

Resources to help your school celebrate  
Chinese New Year 2017

## Primary Education Pack

YEAR OF  
THE ROOSTER



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## Introduction

According to the Chinese Lunar Calendar, we enter the Year of the Rooster on January 28, 2017. This education pack for UK primary schools contains information and activities to help teachers and pupils learn more about this important spring festival and explore Chinese culture and language.

Your pupils can learn about the story of The Rooster, the Dragon and the Centipede, how to play a traditional Chinese playground game, find out how to say what foods you like and dislike in Chinese and cook some delicious Chinese food. You can also get creative making rooster paper cuts and painting traditional plate designs, find out some facts and hear from children across China about their favourite meals.

### Spring Festival Chūn Jié (春节)

Celebrated from the first day of the first lunar month, the Spring Festival is regarded as the most important festival of the year in Chinese culture. During the festival, people hold family reunions and honour their ancestors. The lion dance is performed in public and red envelopes of money are placed in the lion's mouth for good luck. It is traditional also for grandparents to give their grandchildren red envelopes with money inside; this is called **压岁钱** yā suì qián. These days the envelopes are just as likely to have cartoon characters on them as traditional symbols.

Are you going to celebrate Chinese New Year with the Year of the Rooster education pack? If so, we want to hear your stories. If you have any images or quotes please share them by sending to: [content@britishcouncil.org](mailto:content@britishcouncil.org)





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# Assembly/Lesson Plan: The Story of the Rooster, the Dragon and the Centipede

To celebrate the start of the Year of the Rooster why not read to your pupils the story of the *The Rooster, the Dragon and the Centipede*. If you are holding an assembly you could play some Chinese music for the children to listen to on the way in and out of the assembly. The rooster is the tenth creature in the twelve year cycle of the Chinese zodiac and this traditional Chinese tale tells the story of how the rooster got his traditional call of “Cock a doodle doo” and was tricked by the Dragon in the run up to the Chinese zodiac race.

**Learning Objectives:** To engage pupils with a traditional Chinese story related to the start of The Year of the Rooster.

**Curriculum Links:** English, Music.

**Core Skills:** Creativity and imagination.

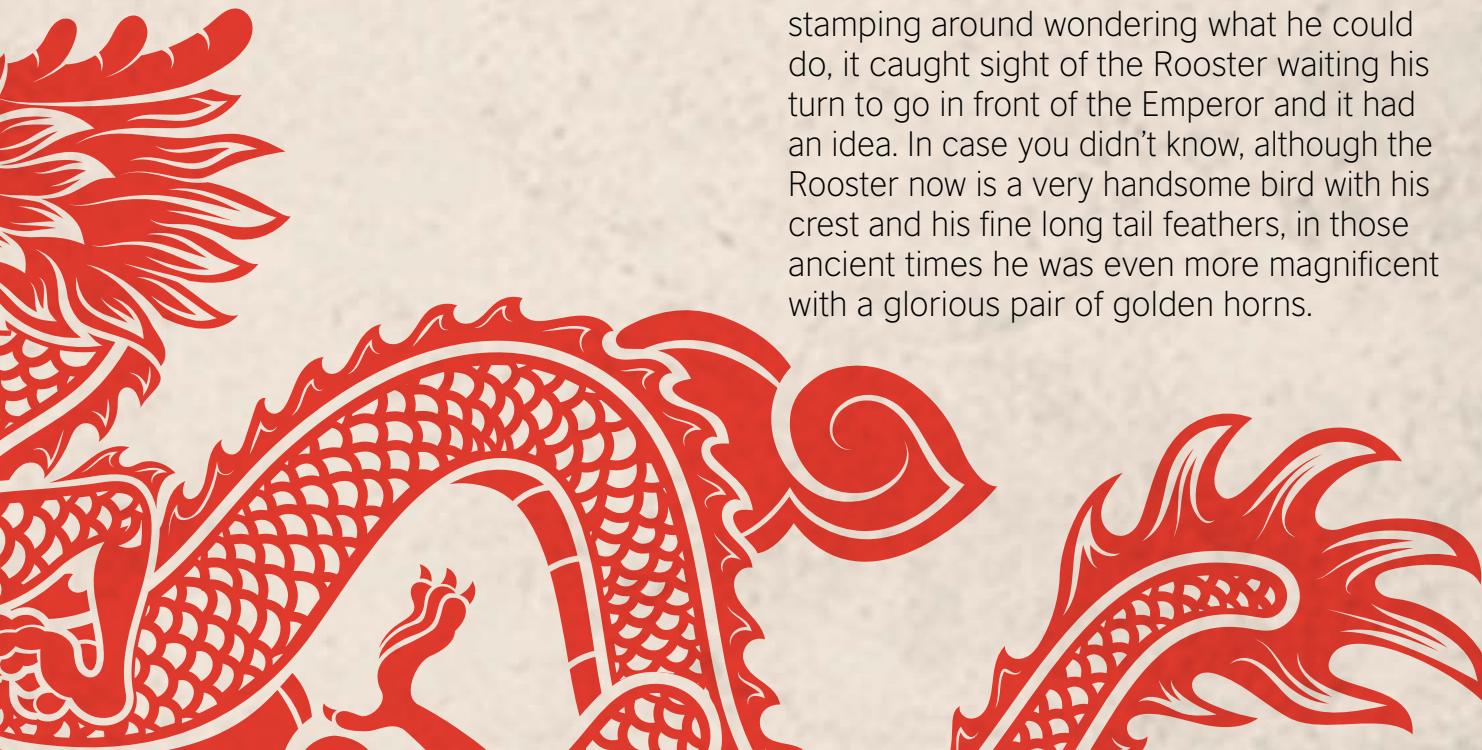
**Preparation and resources:** Copy of The Rooster, the Dragon and the Centipede story.



## Information and activity sheet 1

# The Rooster, the Dragon and the Centipede

Now, you probably all know the story of how the Jade Emperor arranged a great race to decide which animals should be part of the Chinese zodiac, and why the years appear in this order: Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog, Pig. You may even have heard the tale of why the Cat is not part of the chosen animals – if you haven't, then we will save that for another time. But I bet you don't know how the dragon tricked its way into the race, and cheated the rooster!



When the animals were gathering to go before the Jade Emperor to try to persuade him to choose them for the race, the Dragon was sulking around the palace looking very miserable. It had heard that the Emperor was going to stop it from entering the race because it would be too easy for it to win. Not only was the Dragon huge, it could also swim and fly better than all the other animals. The dragon did not think this was fair and was sure that it would win easily and become the first of all the animals in the zodiac. As it was stamping around wondering what he could do, it caught sight of the Rooster waiting his turn to go in front of the Emperor and it had an idea. In case you didn't know, although the Rooster now is a very handsome bird with his crest and his fine long tail feathers, in those ancient times he was even more magnificent with a glorious pair of golden horns.

The Dragon was very sensitive about its bald shiny head and kept looking and looking at the Rooster and its wonderful horns. It thought to itself: "If only I could have a pair of horns like that, I would look so powerful and important that the Emperor couldn't possibly keep me out of the race. But how can I get them?" As the Dragon was muttering to itself about roosters and horns and races, its distant cousin the Centipede stopped to listen. Now, once again you should know, that this creature wasn't called the Centipede in those ancient times, because it didn't have many pairs of legs as it does now. Although it still had the same long wiggly body, it only had six legs, which made it very slow and awkward when it tried to run. Plucking up its courage, the lowly creature cleared its throat, and asked its mighty cousin what was causing it so much worry. Glad of someone to talk to, the Dragon explained his problem.

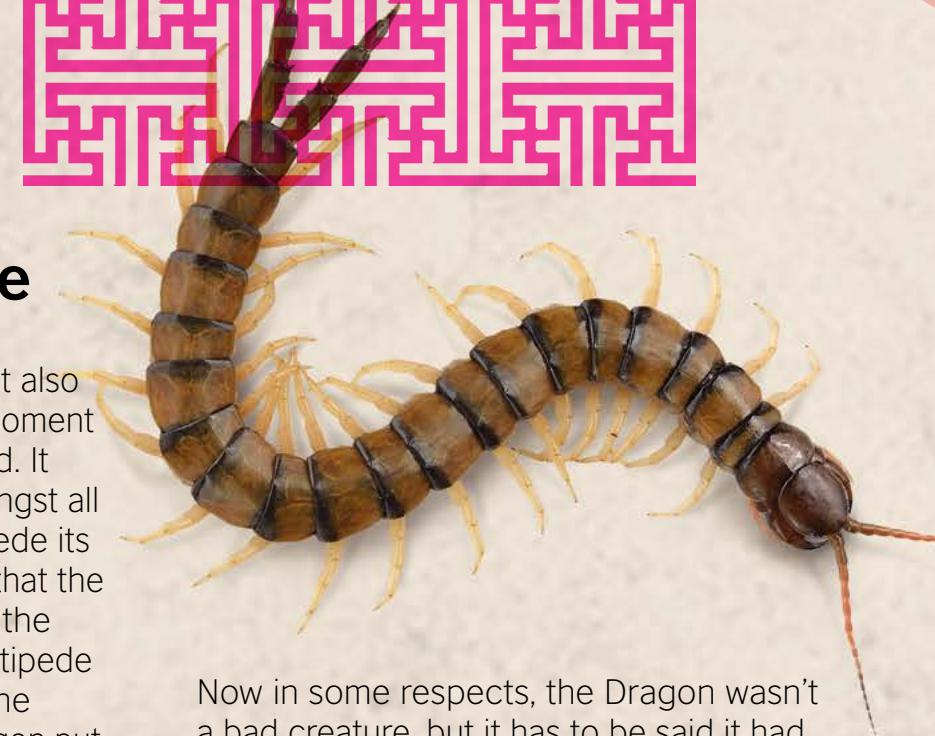


## Information and activity sheet 1

# The Rooster, the Dragon and the Centipede

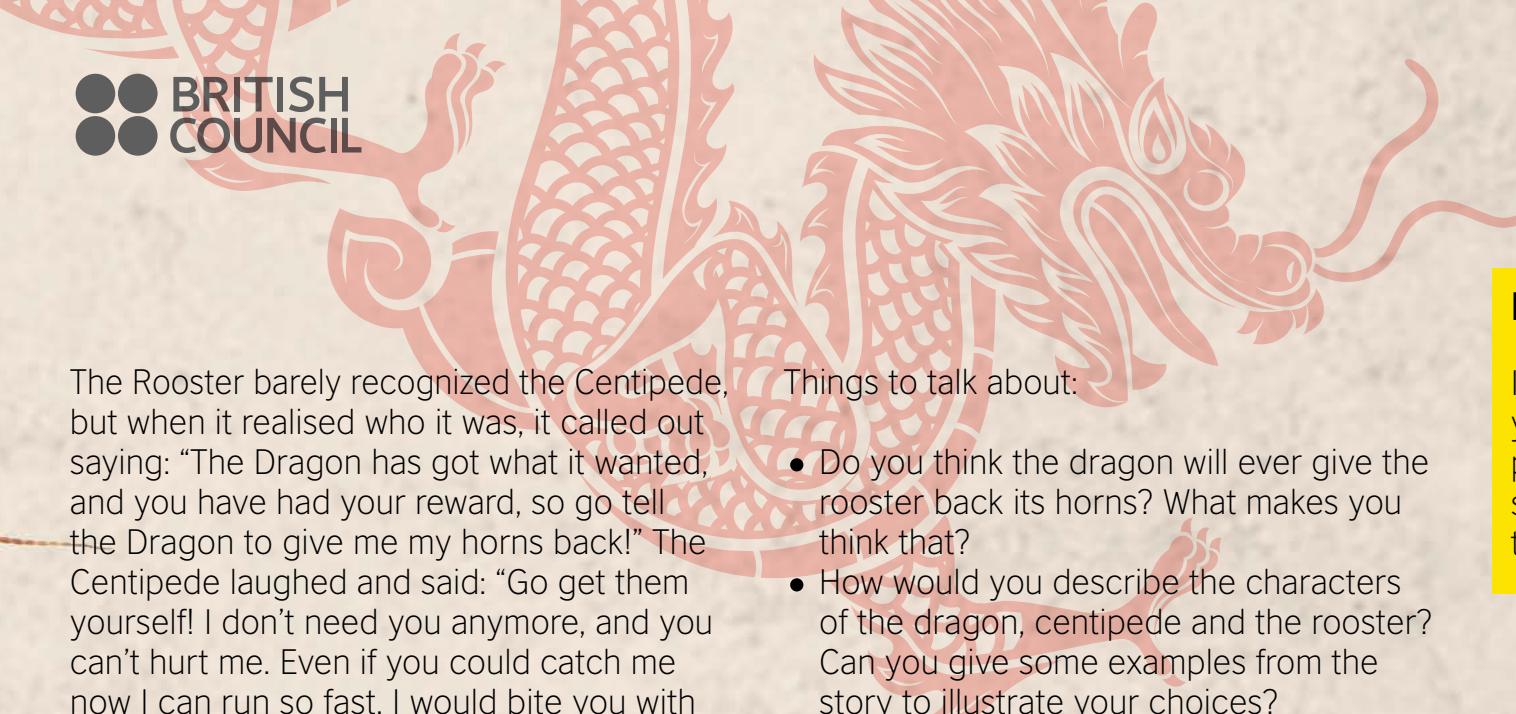
"Well," said the Centipede, "it just so happens the Rooster is a friend of mine and owes me a favour. I'll go and ask it if it will lend you its horns just until the Emperor has made his selection. That way you are bound to be picked." The Dragon thought this was an excellent plan, and told the Centipede to hurry off right away. He told the little creature that he would give him a wonderful reward if he were successful. So, the Centipede waddled off in search of the Rooster, and began to flatter it most attentively. "Oh mighty Rooster", the Centipede said, "How magnificent you look with your colourful feathers and wonderful tail! Even the mighty Dragon was saying that you are first in beauty amongst all the birds, and that the Emperor is sure to pick you first for the race. My cousin is sad because he cannot compete, and feels most ashamed. Do you think you would be able to help him? It is not right to see the Dragon so cast down. If you were only to lend him your horns when he goes before the Emperor, he would be sure to be chosen. And even without your horns, how could anyone suppose that you would not still be first among the birds and even the animals too?"

The Rooster, who was very vain, but also had a kindly nature thought for a moment about what the Centipede had said. It thought it was indeed the first amongst all the creatures, and gave the Centipede its horns, on the strict understanding that the Dragon returned them as soon as the Emperor made his choice. The Centipede hurried off and gave the Dragon the Rooster's horns. As soon as the Dragon put them on, it knew that its troubles were over. It was as though the horns had been made for it. They sat perfectly on its scaly head and spread magnificently over its neck, reflecting the shimmering gold and silver of its body. As it walked past all the other creatures into the Emperor's throne room, they gasped in amazement and stepped back. The Emperor too was amazed and knew at once that he could no longer keep the Dragon out of the great race. The Dragon was delighted.



Now in some respects, the Dragon wasn't a bad creature, but it has to be said it had its faults too, as the Rooster was about to find out. Because the Centipede was family, however distant, the Dragon remembered its promise and sought it out to give it its reward. "Climb into this magic purse," the Dragon told the Centipede, "And when you come out, not only will you be the fastest of all the land creatures, you will also be able to protect yourself from all your enemies." The Centipede did as he was told, and when he emerged from the magic purse, it found that it no longer had just six legs, but a hundred instead which meant it could twist and turn and run at a speed that baffled the eye. It also now had a pair of huge pincers and a long sharp sting to scare off anything that wanted to eat it. The Centipede was delighted and scuttled away showing off its new body.





The Rooster barely recognized the Centipede, but when it realised who it was, it called out saying: "The Dragon has got what it wanted, and you have had your reward, so go tell the Dragon to give me my horns back!" The Centipede laughed and said: "Go get them yourself! I don't need you anymore, and you can't hurt me. Even if you could catch me now I can run so fast, I would bite you with my pincers and sting you with my tail, and you would soon let me go!" So saying, the Centipede ran off, and try as it might, the Rooster couldn't catch it. Angrily, the Rooster stalked off in search of the Dragon to ask for its horns back, but the Dragon too just laughed at it and flew off into the sky shouting: "Come and catch me if you can!" And of course the Rooster had no hope of catching a flying dragon, so all it could do was stand on a high post and call into the sky "Give me my horns back! Give me my horns back!" To this very day, all roosters are still trying to get their horns back from the Dragon, and in case you were wondering, "Give me my horns back! Give me my horns back!" in rooster language sounds to us like "Cock-a-doodle doo! Cock-a-doodle-doo!"

#### Things to talk about:

- Do you think the dragon will ever give the rooster back its horns? What makes you think that?
- How would you describe the characters of the dragon, centipede and the rooster? Can you give some examples from the story to illustrate your choices?
- Can you think of any other stories that you have read or heard that try to explain why an animal looks or sounds as it does?
- The dragon eventually got to enter the New Year Race along with the rooster. Can you remember the names of the other animals in the race and the order in which they came?

#### Follow up activity

Many cultures have stories that try to explain how and why a particular animal looks or behaves as it does. Ask your pupils to write their own imaginative tale to explain a characteristic of another animal in the Chinese zodiac. They might for example write about how the tiger got its stripes, the pig its curly tail or why the snake slithers as it does.

#### Partner school activities:

If you are working with a partner school, you could exchange your stories with your partner school, find out if they have similar story traditions and add illustrations to their stories.



# Lesson plan: Paper cutting

## Factual Information to share with pupils

Many outstanding discoveries were first made in China, as the ancient Chinese were experts at inventing new things, which went on to change the world.

They developed a writing system between 2000 and 1000 BCE but originally wrote on silk, bones, bamboo and wood. However paper was invented in China in the first century CE. According to research, Cai Lun of the Eastern Han Dynasty was the person who invented the world's first batch of paper using fishnets, tree bark, bits of rope and rags. Later on plant materials such as hemp and bamboo were also used. This new material had many purposes as well as writing. These included clothes, a type of armour for soldiers and the ancient craft of paper cutting. Intricate pictures are cut into paper using scissors or a craft knife and

**Learning Objectives:** To learn about the background to the Chinese art of paper cutting and make a decorative rooster paper cut to mark the start of the Year of the Rooster.

**Curriculum Links:** Art and Design, Design Technology, History.

**Core Skills:** Creativity and imagination, collaboration and communication, digital literacy.

**Preparation and resources:** You will need: copies of **Activity Sheet 2**, small sharp scissors or craft knives, newspaper or craft mat, tracing paper, red paper, masking tape.

these are used as decorations and given as gifts at festivals and special occasions such as Chinese New Year.

Show your pupils some examples of Chinese paper cuts and then demonstrate how they can make their own special Year of the Rooster paper cut using the template on **Activity Sheet 2**. Copy the activity sheet onto red paper or ask your pupils to use tracing paper to copy the design onto a sheet of red paper. Then encourage them to carefully cut out the shaded areas.

The final results can be taped onto doors and windows or mounted on different coloured paper for a New Year display. Remind your pupils to be very careful as they are working with sharp tools, and to secure the template to padding or a mat with masking tape, if they use craft knives.



## Additional activities

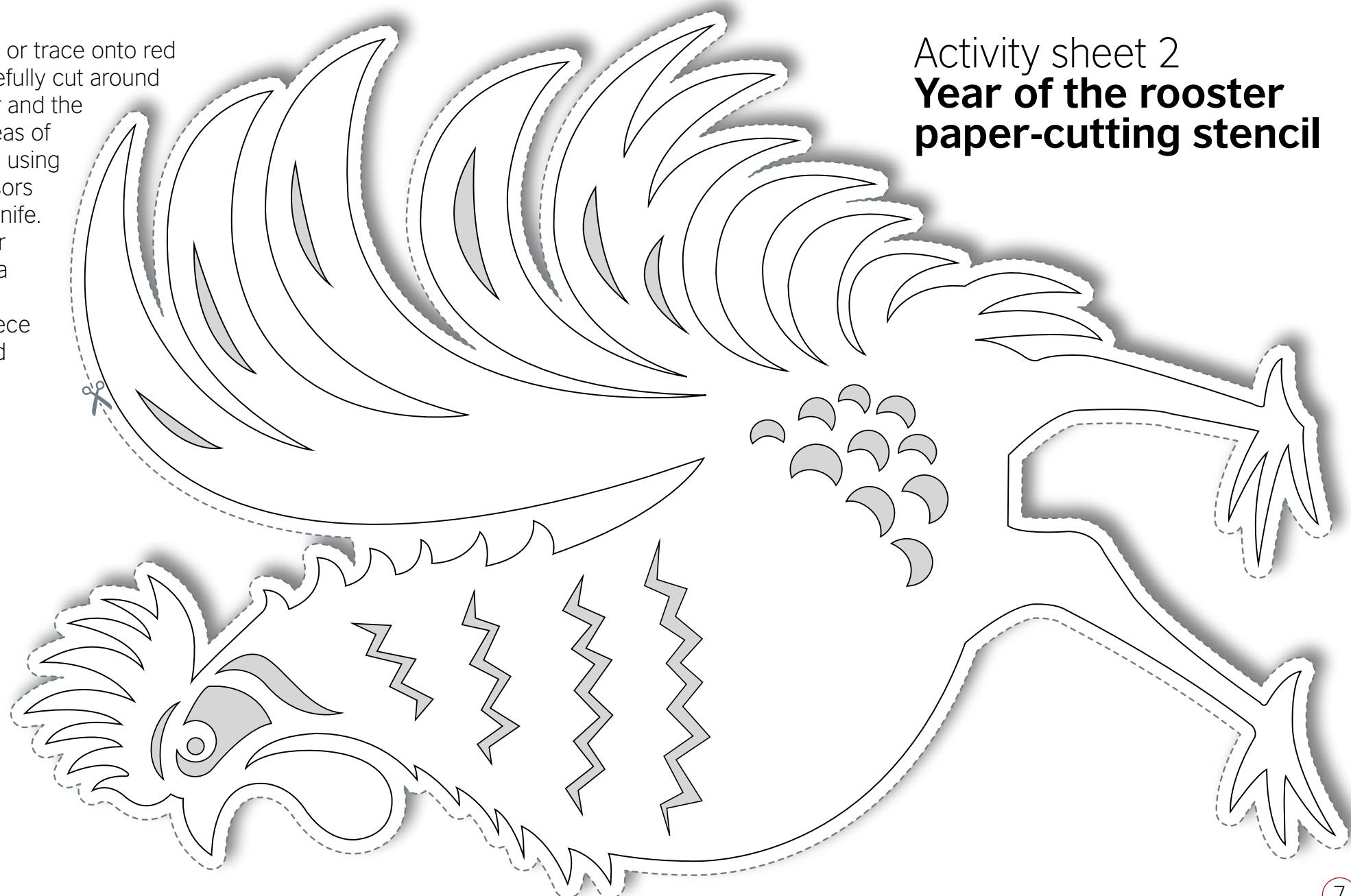
Pupils can go on to design and make their own paper cuts, which could be based on traditional designs including the animal associated with the year they were born in the Chinese zodiac.

Ask students to work together to carry out some research about some of the other great Chinese inventions that changed history. These could include gunpowder which was used to make fireworks and then weapons and the magnetic compass which would always point north, which helped sailors find their way at sea and was used in voyages of exploration including Columbus' discovery of the Americas in 1492. These could be compiled into an information book for the school library.

### Partner school activities:

If you have a partner school, you could share photographs of your rooster paper cuts and send templates of your designs for your partner school pupils to make.

Photocopy or trace onto red paper. Carefully cut around the rooster and the shaded areas of the design, using sharp scissors or a craft knife. Mount your design on a window or another piece of coloured paper.



## Activity sheet 2

# Year of the rooster

## paper-cutting stencil



# Lesson plan: Chinese porcelain

## Factual Information to share with your pupils

Ancient China produced many types of beautiful art and design, but it is particularly famous for a high quality type of pottery called porcelain. This becomes white, hard and almost transparent when it is baked in a kiln. It was first developed in China over 2000 years ago and was made for the imperial court, the domestic market and for export. It is thought that the word 'china' was first used in Britain in the 17th-century to describe this type of pottery, which was very expensive. A range of styles and techniques were used to decorate the porcelain including designs of roosters and chickens which were very popular. They remain highly prized today. In fact in 2014, a tiny porcelain wine cup measuring only just over 7 centimetres and decorated with a cockerel and hen tending to their chicks, was sold for over 21 million pounds!

Show your pupils some examples of Chinese porcelain decorated with rooster and hen designs. Give out copies of the plate template on **Activity Sheet 3** and invite your pupils to create their own rooster related patterns and motifs on the white background for display to celebrate the Year of the Rooster.

## Additional activities

Your pupils could go on to create their own bowls and cups out of clay or use paper maché layers laid over a blown up balloon, and then decorate them with similar designs and motifs.

### Partner school activities:

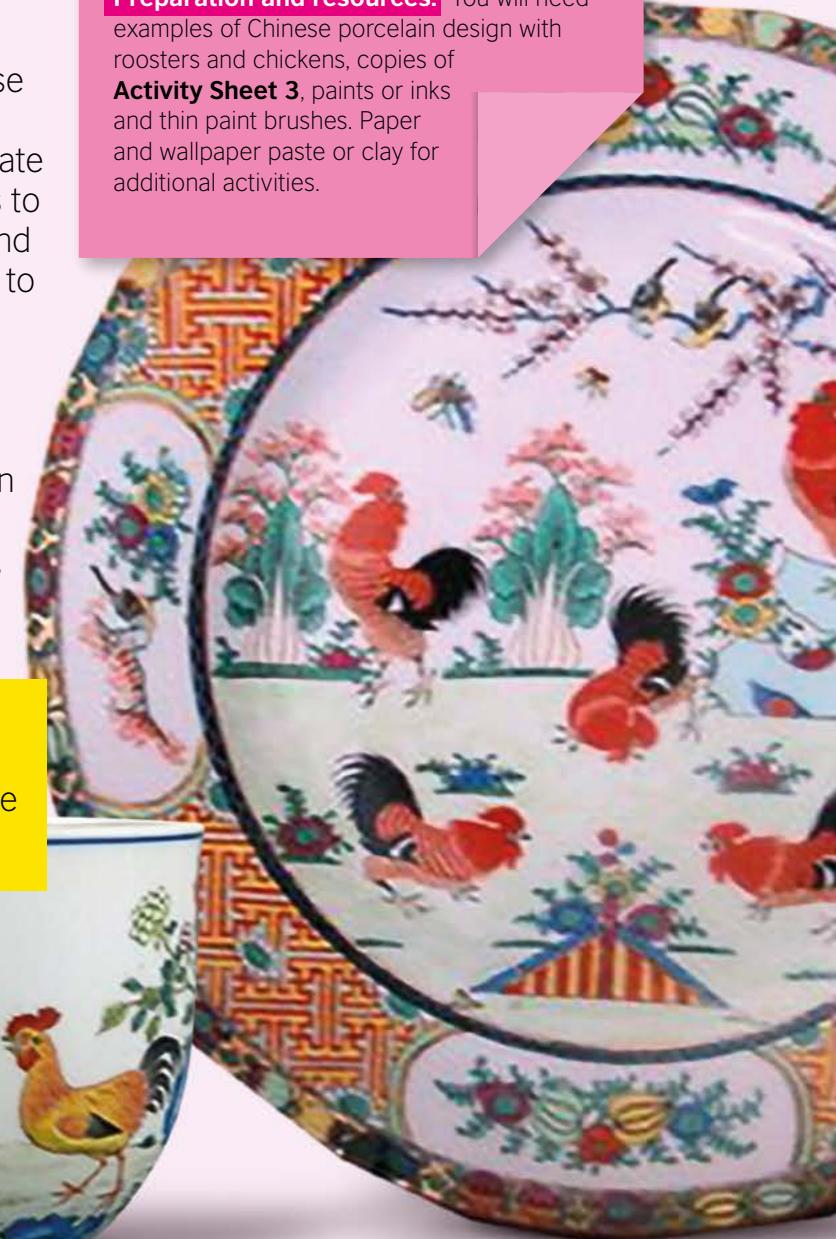
If you are working with a partner school, you could swap photographs of your plate and bowl designs.

**Learning Objectives:** To learn about the origins of Chinese porcelain and the designs used for decoration. To design a plate with a rooster motif.

**Curriculum Links:** English, Art and Design, History of Art.

**Core Skills:** Creativity and imagination.

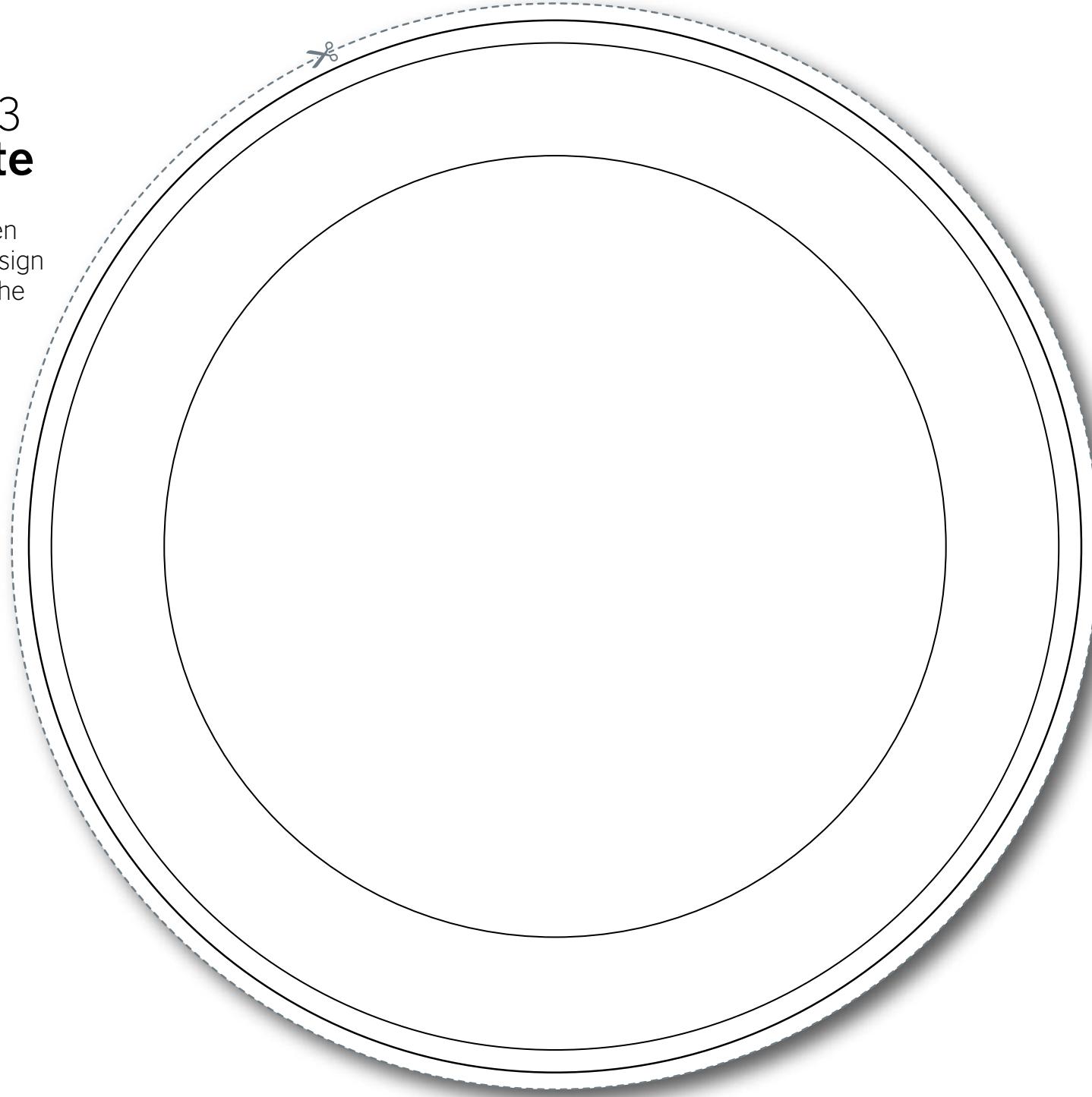
**Preparation and resources:** You will need examples of Chinese porcelain design with roosters and chickens, copies of **Activity Sheet 3**, paints or inks and thin paint brushes. Paper and wallpaper paste or clay for additional activities.



## Activity sheet 3

### Design a plate

Photocopy onto card, then create your own plate design to celebrate the year of the Rooster using Chinese patterns and rooster related motifs.



Lesson plan:

# The Eagle, the Mother Hen and the Rooster – a traditional Chinese playground game

Hens, roosters and their chicks also feature in a number of traditional Chinese playground games. Explain to your class how to play one of these called The Eagle, the Mother Hen and the Rooster. You could also watch a clip of some Chinese children playing it at <http://bit.ly/2dJdrVE> before having a go yourselves.

**Learning Objectives:** To learn to play a traditional Chinese playground game with a chicken theme!

**Curriculum Links:** English, P.E.

**Core Skills:** Collaboration and communication, student leadership.

**Preparation and resources:** Open space.

## Instructions for playing The Eagle, the Mother Hen and the Rooster

- The game needs at least five children to start, but the more the better.
- Choose one child to be the eagle and another as the protective mother hen or rooster.
- The rest of the children will be the chicks.
- The chicks line up behind the mother hen or rooster one by one. The first chick holds onto the mother hen's or rooster's waist or clothing, and the others hold onto the chick in front of them
- The eagle stands in front of the mother hen or rooster who spreads his/her arms out wide
- The eagle tries to catch one of the chicks by tagging them as the mother hen or rooster tries to protect the chicks from the eagle
- The eagle “catches” a chick by tagging it; the chicks try to escape from the eagle by following behind the mother hen or rooster.

- When the eagle “catches” a chick, he/she calls out “**抓住了**” zhuā zhù le (pronounced jwa joo le) which literally means captured.
- Chicks may break away from the chain briefly but they must return.
- If the eagle “catches” a chick, that chick becomes the eagle and the game starts again





## Additional activity



Ask your pupils to find out about some of the traditional playground games that were played by their parents and grandparents or were common in their local community in the past. Ask them to write some instructions or perhaps make a short film interviewing members of their family and recording how these games were played. They could then teach The Eagle and the Hen game and some of these others, to younger pupils in the school.

### Partner school activities:

If you are working with a partner school, you could find out about and learn to play some of the traditional games that are popular in their local area.



# Chinese food

**Learning Objectives:** To learn about the different regional cuisines in China and identify Chinese provinces on a map.

**Curriculum Links:** English, Geography.

**Core Skills:** Communication and collaboration, digital literacy, critical thinking.

**Preparation and resources:**

You will need copies of **Activity Sheet 4**, atlases or digital maps of China, colouring pencils, scissors, glue sticks.



## Factual information to share with your pupils

Chinese cuisine is a very important part of life in China and no social occasion or family gathering is complete without sharing a meal. Food is often prepared in a wok – a special pan that is rounded rather than flat or steamed in special bamboo baskets and eaten out of bowls using chopsticks. Did you know that chopsticks were first used for cooking and it has been estimated that China produces billions of pairs of disposable chopsticks each year.

There are many different styles of Chinese food and cooking, as flavours and ingredients vary considerably across the different regions of this vast country. However, they are often divided into the best-known eight distinct regional cuisines, which are:

1. **Sichuan** 四川: hot and spicy, uses lots of chilli, garlic and peppercorns
2. **Shandong** 山东: crispy and salty, contains lots of seafood
3. **Guangdong** (Cantonese) 广东: lots of seafood and rice dishes, sweet and light flavours, very popular internationally
4. **Anhui** 安徽: many dishes include wild plants and herbs from the mountains
5. **Jiangsu** 江苏: fresh, aromatic moderately salty and sweet with artistic and colourful presentation
6. **Zhejiang** 浙江: food is fresh and crispy and often served raw or almost raw
7. **Fujian** 福建: light with a mild sweet and sour taste, known for great seafood and soups
8. **Hunan** 湖南: spicy with a hot and sour taste, stir frying, steaming and smoking are often used.



Discuss the different types of food that can be found across China and your pupils' own favourite Chinese dishes. Perhaps you could have a selection of different foods for them to taste. You could also try practising your chopstick skills in the classroom by picking up different objects. Encourage your pupils to try picking up a pen, a rubber, or a tiny object such as a pea or having a relay race passing small objects with chopsticks in a line.

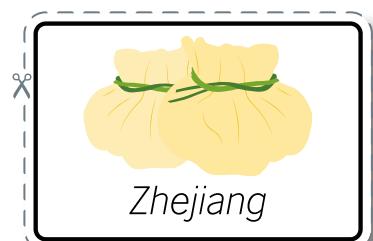
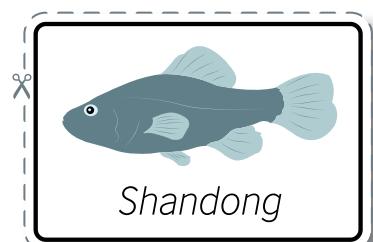
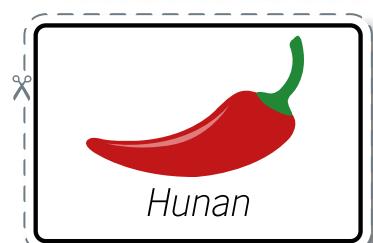
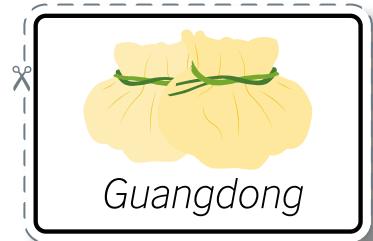
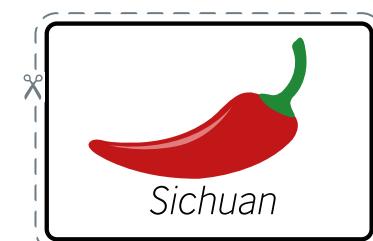
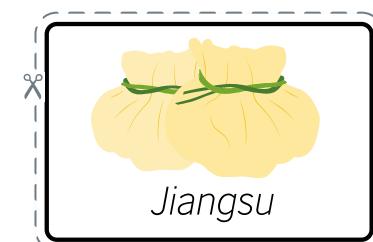
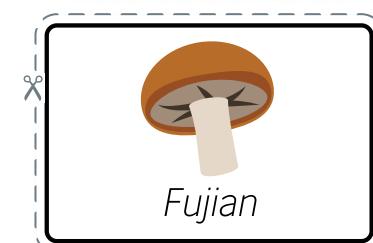
Give out copies of the map on **Activity Sheet 4** showing some of the provinces of China. Ask your pupils to use atlases or online tools to identify the eight Chinese provinces which are particularly famed for their cuisine and cut out and stick on the correct cuisine label.

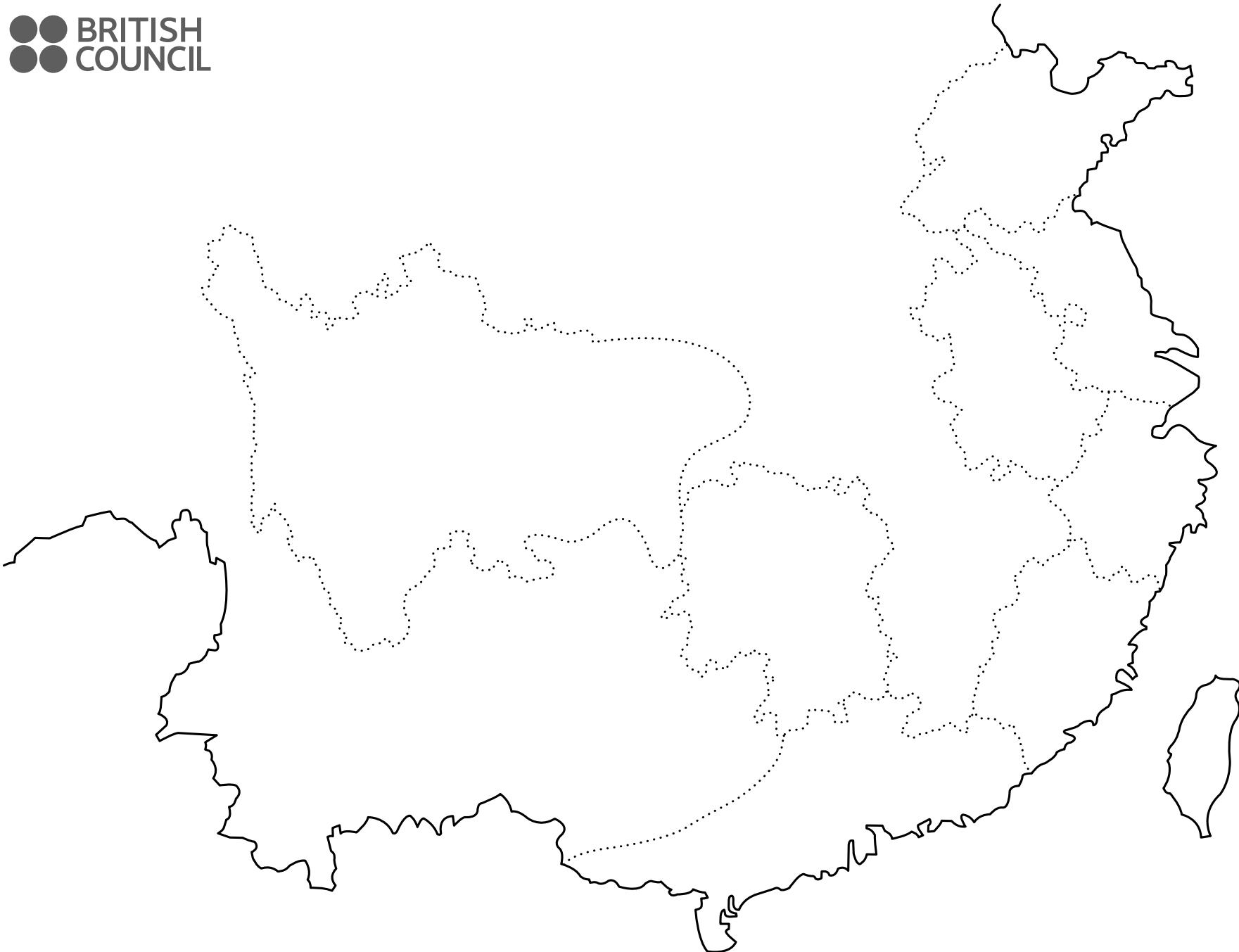


## Activity sheet 4

# Map of the eight great regional cuisines of China

China is a huge country, which is divided into areas called provinces. Use atlases or online tools to match the cuisine to the right area on the map. Cut out and stick on the correct cuisine label, then colour in the coastline, label the South China Sea, East China Sea and Yellow Sea and the cities of Shanghai, Guangzhou and Chengdu.





# Information and activity sheet

## Chinese language

In the Year of the Monkey education pack we learnt how to express preferences and to say I like and I dislike in Chinese.

Listen to the sound files and practise saying which foods you like and dislike together and then with a partner.



### Eating

Access the online copy to hear the phrases.



你喜欢吃中餐还是西餐? *nǐ xǐhuan chī zhōngcān háishi xīcān?*  
Do you prefer Chinese food or western food?

中餐西餐我都喜欢吃 *zhōngcān xīcān wǒ dōu xǐhuan chī*  
I like both Chinese food and western food

你喜欢吃什么中餐? *nǐ xǐhuan chī shénme zhōngcān?*  
What Chinese food do you like (to eat)?

我喜欢吃。。。 *wǒ xǐhuan chī...*  
I like (to eat)....

鸡肉炒面 *jīròu chǎomiàn*  
Chicken fried noodles/chicken chow mein

红烧肉 *hóngshāo ròu*  
Red-cooked meat (pork stewed in soy sauce)

麻婆豆腐 *mápó dòufǔ*  
Mapo beancurd (spicy stewed tofu)

**Learning Objectives:** To learn the names of some foods in Chinese and express preferences for different types of food.

**Curriculum Links:** Modern Languages.

**Core Skills:** Communication and collaboration, critical thinking and problem solving.

**Preparation and resources:** You will need internet access for the online copy of the pack to hear the sound files, copies of **Activity Sheet 5**.

糖醋猪肉 tángcù zhūròu

Sweet and sour pork

虾仁炒饭 xiārén chǎofàn

Prawn fried rice

你喜欢吃什么西餐? nǐ xǐhuan chī shénme xīcān?

What western food do you like (to eat)?

我喜欢吃。。。 wǒ xǐhuan chī.....

I like (to eat)...

汉堡 hǎnbǎo

Burger

比萨 bǐsà

Pizza

炸鱼薯条 zháyú shǔtiáo

Fish and chips

意大利面 yìdàlì miàn

Pasta (lit: Italian noodles)

三明治 sānmíngzhì

Sandwiches

你喜欢吃辣吗? nǐ xǐhuan chī là ma?

Do you like spicy food?

我很喜欢/不喜欢吃辣 wǒ hěn xǐhuan / bù xǐhuan chī là

I really like/don't like (to eat) spicy food

迎春接福

接福

福

## Additional activities

Give the pupils copies of **Activity Sheet 5**, scissors and glue sticks and ask them to match the Chinese words to the correct dish.

You could also set up a roleplay restaurant or café in the classroom to help your pupils to practice their new vocabulary. Encourage them to decide on a name for the class restaurant and design a menu, writing the different foods in English and Chinese to practise their Chinese calligraphy.



## Activity sheet 5

# Chinese language

Can you cut out these word labels  
and match the Chinese words to the  
correct dish?



鸡肉炒面  
*jīròu chǎomiàn*

意大利面  
*yìdàlì miàn*

麻婆豆腐  
*mápó dòufǔ*

三明治  
*sānmíngzhì*

糖醋猪肉  
*tángcù zhūròu*

汉堡  
*hǎnbǎo*

虾仁炒饭  
*xiārén chǎofàn*

炸鱼薯条  
*zháyú shǔtiáo*





# Letters from China

## Our favourite foods

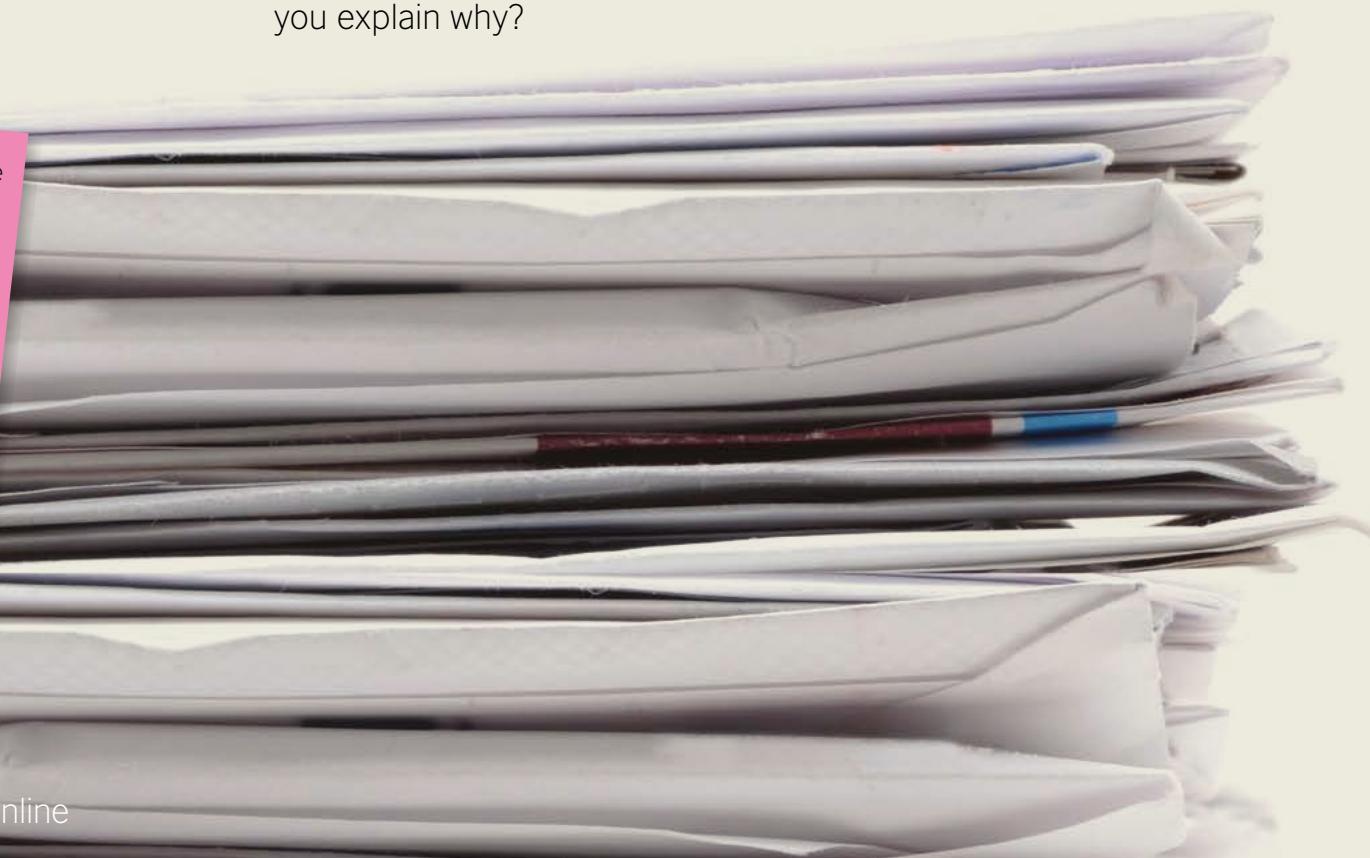


The following letters are from children living in different parts of China describing their favourite Chinese dishes. Divide the class into small groups with copies of some of the letters. Use your judgement to select which may be most appropriate for their reading levels. Ask your pupils to read the letters as a group and discuss and record their responses to the following questions before reporting back to the rest of the class.

- What are the names of the children who wrote the letters you have read? Which Chinese city do they live in? Can you find this location on a map of China and find out 3 facts about it?
- What are the most interesting or surprising things that you read in the letters?
- Which of the dishes described by the children would you most like to try? Can you explain why?

Ask your pupils to draft a reply to one of the letters describing their own favourite foods and including a recipe if they can.

Note that Billy's favourite dish contains peanuts, although it can be made without.



**Learning Objectives:** To learn more about the lives of children across China and their favourite foods and recipes.

**Curriculum Links:** English, Design technology.

**Core Skills:** Collaboration and communication, digital literacy.

**Preparation and resources:** You will need copies of the letters from the children, atlases or mapping tools, access to the internet.



My dear UK friends

My name is Tan Huitong. I come from Suzhou, China and I'm a student in Heng Jing Primary School. I'm really happy to write to you. I have many hobbies. I like playing football and eating different food. Among the delicious food, I like Dongpo Pork the best, it is 东坡肉 in Chinese. Dongpo Pork is the trademark dish in the Jiangnan area (south of the Yangtze River). Do you think the name is a little strange? In fact, the dish is named after a famous Song Dynasty poet, Su Dongpo. Because it is made from a slab of pork belly, there is a lot of fat. But after about 2-hours cooking, it will not be greasy. Do you want to know how to turn a piece of pork into a miraculous dish? Let me state it step by step.

Step 1: Blanch pork in a pot of boiling water. Throw out water.

Step 2: Put pork back in pot and cover with water, boil for 30 minutes.

Step 3: Heat a wok and add sauce mix well and bring to the boil. Add pork and cook each surface

Step 4: Put over a medium heat for a few minutes. Remove pork and drain. Pour remaining sauce into a small saucepan.

Step 5: Clean the wok. Heat vegetable oil to a medium heat. Fry pork on all sides until it is well browned.

Step 6: Place scallion stalks on bottom of a steamer. Transfer pork to steamer. Steam for at least 2 hours.

Step 7: Add broccoli to steamer for the final 5 minutes of cooking time.

Step 8: Remove pork to a serving dish and arrange broccoli around it. Reheat sauce in sauce.

Now you can eat it. Would you like to have a taste?

Yours,

Tan Huitong



Dear English friend,

My name is Yu Qiujiu and I am a student at Chongqing Bashu Primary School. There is a famous dish from Chongqing, which everyone has heard of – it is our delicious, mouth-watering hotpot. Hotpot was originally a workman's dish from the banks of the Yangtze River. When the labourers came home exhausted after a long day's work and were too tired to cook properly, they would just throw all the ingredients into a single pot. From these simple beginnings it slowly developed, adding beef fat and other ingredients until it became Chongqing's famous hotpot.



On Sundays, my mother and I like to make hotpot at home, so we go to the farmers' market to buy potatoes, lotus root, sweet potato, eel, sliced meats, mushrooms, yams and all sorts of other ingredients until we can't carry any more and go home. Back home, I use a knife to peel the potatoes, I wash the yams and clean the eel, cut up each ingredient into slices, and I arrange everything neatly in a basket. Then I lay the potatoes out gently on a plate where they lie glistening with drops of water, and the smooth shiny slices of meat make my mouth water. My mother looks after the hotpot paste, adding water and bringing it to boil so the paste melts; and after a while the smell of all this is so mouth-watering I can't describe it.

We are all starving by this time, and hurry to add all the extra ingredients into the pot; the red-coloured soup in the pot mingles with the smell of the beef fat, the hot red peppers and the shape of the Sichuan peppercorns, all this makes me think there is nothing like Chongqing hotpot anywhere else in the world. The red soup comes to the boil and the bubbles begin to escape with a “wup wup wup” noise, like a song without words and 10,000 fairies dancing. And then, of course, you have to think carefully about the extra seasoning: add a little sesame oil, and some people like vinegar, but generally nothing else (though of course everyone has their own particular likes).

The potatoes are just cooked and I can't wait to fish out a piece; I blow on it to cool it down, dunk it in my sauce, put it in my mouth and chew. It's delicious – the “numbing, spicy, salty and fragrant” taste of the soup base combines with the sharpness of the vinegar tickling my taste buds. After we've finished the hotpot, my Dad says: “It doesn't matter whether it's freezing cold winter or boiling hot summer, Chongqing people just love to eat hotpot!” So true! Hotpot is something you never tire of eating. It is a symbol of Chongqing, and the thing Chongqing folk love most.

你的中国新朋友—余秋瑾

Your new Chinese friend Yu Qiujiu

Dear friends,

I am a cosmic-class foodie! Not only do I know how to eat, I also know how to make really good food with my own hands. Today I am going to use this skill to tell you how to make one of my hometown's traditional Sichuan dishes – Gongbao Chicken. I am guessing that the Gongbao Chicken you may have had in Chinese restaurants was very expensive, and probably didn't taste too good compared to my authentic recipe. But don't worry! If you follow my step-by-step instructions below, you will be able to make a Gongbao Chicken that is both cheap and delicious.

### 所需材料: Ingredients

Chicken breast meat, diced fresh ginger, diced spring onion greens, peanuts, chopped dried red chillis, Sichuan peppercorns, diced spring onion whites, cornflour, soy sauce, water, salt, cooking wine, sugar, vinegar.

### 二、制作步骤: Step by step method

1. Cut the chicken breast into small even pieces, sprinkle with a little salt, add ginger, cooking wine, cornflour and water; mix and leave to marinate for 10 mins.
2. In a separate bowl prepare the seasonings: add 1 spoonful cooking wine, 2 spoonfuls soy sauce, 3 spoonfuls sugar, 4 spoonfuls vinegar, 5 spoonfuls water, a little cornflour. Mix well.
3. Heat up your wok and add some cold olive oil. Put in the marinated chicken breast. Stir-fry for a while and then add the fresh ginger, chillis, Sichuan pepper and keep stir-frying. When it is cooked, add the liquid ingredients
6. Stir fry rapidly, and at the last minute add the spring onion whites and the peanuts, cook a moment longer and take out of the wok
7. Serve the finished dish

### Special tips

- “Hot wok cold oil” is the method for cooking chicken pieces to keep them moist and succulent
- Remember the secret seasoning formula 12345: 1 spoon cooking wine, 2 spoons soy sauce, 3 spoons white sugar, 4 spoons vinegar, 5 spoons water. This way you get the sweet sour balance just right.
- There are lots of advantages to making your own Gongbao chicken:

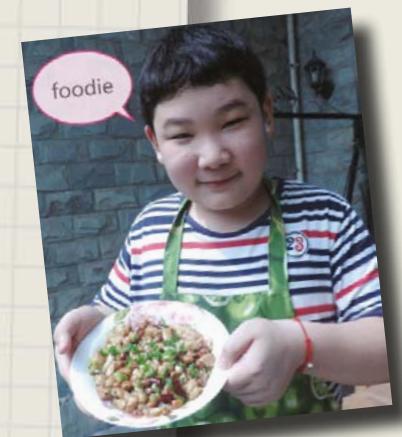
A If you can make your own, you will always have enough, and you won't have to torture yourself waiting in Chinese restaurants  
 B If you share it with the rest of your family, you'll make your mum and dad very happy  
 C You'll make lots of other foodie friends

看我做的, 那是相当的 YUMMY!

Yours sincerely

Yu Yihang ( Billy ) 余易航 6.1班

Bashu Primary School, Chongqing, China.



Hi, everyone

My name is Dou Xinyi and I'm in Year 4 at Bashu Primary School in Chongqing. Today is the Mid-Autumn Festival and me and my Mum and Dad are making a traditional Mid-Autumn dish today – sticky rice cakes called ci-ba.

You may not know much about Mid-Autumn Festival: every year it falls on the 15th day of the 8th month of the traditional Chinese lunar calendar. The 8th month is the second month of autumn, and in ancient times was called Mid-Autumn, which is also what everyday people called it. Because the moon is full on this day, it represents reunion and everyone gathers to admire the moon. Mid-Autumn Festival isn't just celebrated in China, but also in Japan, Vietnam, the Korean Peninsula and other countries that have been influenced by Chinese culture.

Mid-Autumn Festival is a school holiday, and a holiday for adults too; everyone eats ci-ba and moon cakes, and goes to admire the moon. My Mum and Dad call it the reunion festival.



We bought the glutinous rice to make the ci-ba at the supermarket yesterday. When we got it home, Mum and I put it in water to soak, for more than 10 hours. The rice grains go round as a drum and gleaming white. First we have to drain them dry in a cloth-lined bamboo steamer basket. I put some water into a pot and bring it to the boil. Mum puts the bamboo steamer into the pot, and steams the rice for 40 minutes. After the rice has been steamed, we spray it twice with hot water to stop it drying out.

After the rice is steamed Mum puts it into a big bowl. The traditional way of making ci-ba is to pound the rice with a big wooden pestle in a stone mortar. We don't have such big utensils at home, so we use a rolling pin to mash the rice. When you are mashing the rice you have to keep turning and beating, turning and beating, it is really tiring. Mum, Dad and I take it in turns to beat the rice, until every grain is mashed. I always steal some rice to eat while I'm beating it, because it is really good to eat!

After we have mashed the rice, we mould it into round-shaped ci-ba. When you are doing this, you have to keep dipping your hands in water to stop the rice sticking to it. I use both hands to mould the rice into balls the size of ping-pong balls. Then we roll them in yellow bean flower that we got ready earlier, put them in a dish, and they are done. They are really delicious.

Today, I really got into making our ci-ba, and made a huge one, like a giant ping-pong ball. Then I flattened it out into a toy ci-ba cake, and gave it some eyes using chocolate cookies, and a mouth made out of nori seaweed. You can see my toy rice cake and me together in the photo.

China has lots of delicious things to eat, so I hope one day you can come here to try them.

Dou Xinyi

Chongqing Bashu Primary School Y4

# Chinese recipes

After hearing about the children's favourite dishes here are two simple Chinese recipes that you might like to try out with your pupils. Do make sure you take all expected safety precautions and supervision when carrying out these activities.

## Red-cooked Pumpkin 红烧南瓜 hóngshāo nán guā

### Ingredients

1.5kg of pumpkin or other squash (butternut works well), peeled, seeded and chopped into bite-size pieces  
 1 tbsp sunflower oil  
 3 cm piece of ginger, peeled and finely chopped  
 2-3 x star anise (optional)  
 2 x 6cm cinnamon sticks  
 4 tbsp light soy sauce  
 2 tbsp dark soy sauce  
 250 ml hot water  
 ¼-½ tsp five spice powder (to taste)  
 Fresh coriander or parsley to garnish

### Method

1. Heat cooking oil in a wok over medium heat. Add ginger and cinnamon and cook stirring for a few moments until fragrant
2. Add pumpkin/squash and stir-fry for 1 min
3. Add both soy sauces and cook for 1 min
4. Add the hot water, stir, then cover and cook for about 10 mins until pumpkin is tender. Uncover and stir occasionally, adding more water if necessary to stop pumpkin from sticking to wok
5. Season with 5 spice powder and brown sugar and stir
6. Remove from heat and serve, garnishing with fresh coriander/parsley



## Chicken stewed with Fresh Ginger 生姜焖雞 shēng jiāng mèn jī

### Ingredients

500g boneless chicken thighs  
 3 tbsp cooking oil  
 ¼ tsp salt  
 2 tsp light soy sauce  
 100g fresh ginger, peeled and thinly sliced  
 1 tbsp Chinese cooking wine or dry sherry  
 150ml light chicken stock or water  
 (see note below – if using dried mushrooms, use soaking liquid)  
 Dried chilli flakes (optional)  
 Salt  
 3 spring onions – green parts only  
 1 tsp sesame oil  
 Light soy sauce  
 3 tbsp sunflower oil

### Method

1. Cut the chicken meat into bite-size pieces and sprinkle with the ¼ tsp of salt and 2 tsp light soy sauce
2. Heat the oil in a wok over a medium heat. When it is hot, add the ginger and fry, stirring, until it smells delicious and gingery.
3. Add the chicken meat and keep frying until it is just turning golden.
4. Splash in the cooking wine around the sides of the wok, and sprinkle on a few chilli flakes if you want
5. Pour in the stock or water, bring to the boil and then simmer. Taste for seasoning and add salt and soy sauce to taste. Simmer until the liquid is reduced by at least half, then stir in the spring onions.
6. Take it off the heat, stir in the sesame oil and serve

Note: if you like mushrooms, you could add either fresh or dried shiitake mushrooms. If using dried mushrooms, soak for 20 mins in hot water and use the soaking water in place of stock.

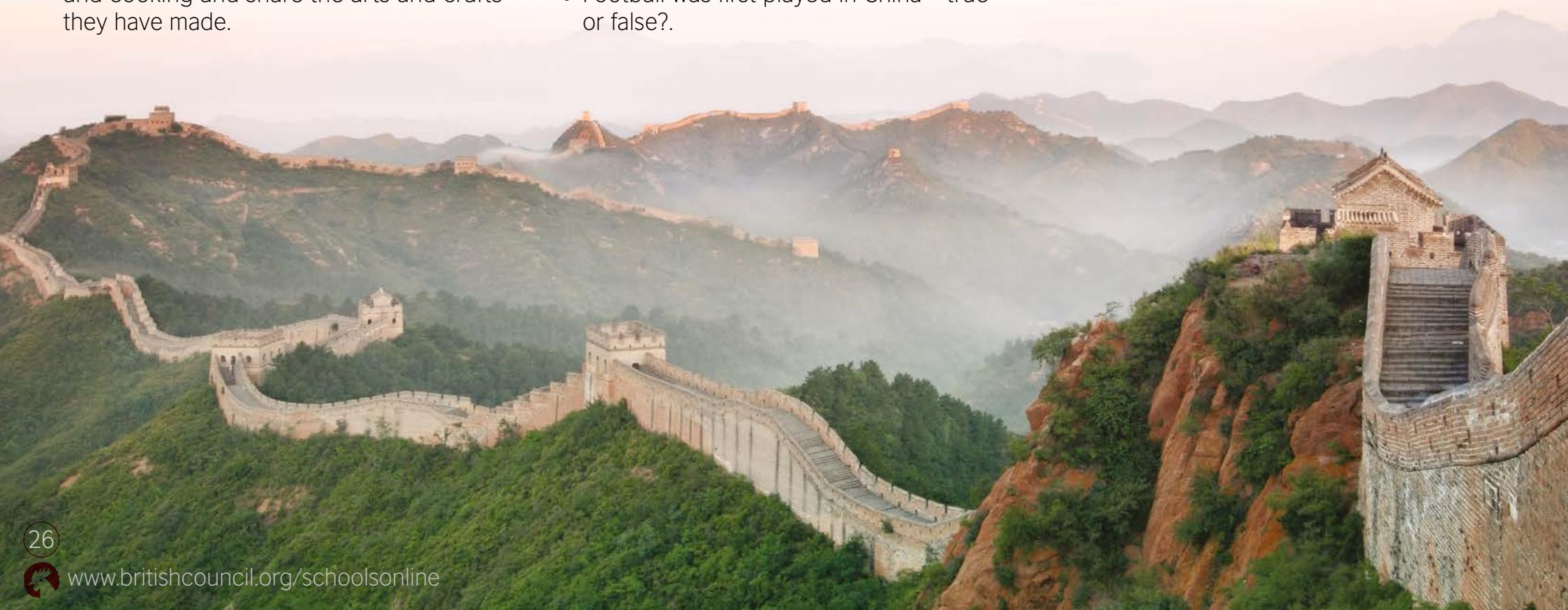


## Amaze your friends and family with facts about China

Did you know that the Great Wall of China is held together by sticky rice and that football first started in China? To celebrate what you have learnt about the Year of the Rooster why not hold a special Chinese banquet for parents or children in other classes. Your pupils could demonstrate what they have learnt, teach them some Chinese language and cooking and share the arts and crafts they have made.

They could also organise a quiz for anyone attending or for their families for home learning by devising some questions based on the following fact sheet about China. For example, they could ask:

- How many time zones do you think there are there across China? One, two or three?
- Football was first played in China – true or false?.



## Activity sheet 8

# Facts about China – did you know...

- The official name of China is the People's Republic of China or (PRC)  
中华人民共和国 zhōnghuá rénmín gònghéguó
- It is located in Asia with an eastern coastline on the Pacific Ocean and has a large variety of climates and landscapes ranging from frozen tundra to tropical forests.
- Despite its size, all of China is in one time zone.
- Playing football is thought to have first started in China with a game called Cuju, which literally means, “kick the ball.”
- It is also one of the main birthplaces of Eastern martial arts known as kung fu.
- China has the largest population in the world, with over 1.3 billion people – equivalent to 19% of the total world population. (Figures from World Population Statistics 2014)
- More people speak Mandarin, as their first language than any other language in the world.
- China's national flag was adopted in September 1949. It has a red background with five golden stars – one large star and four smaller ones in the shape of a semicircle.
- The Great Wall of China is the largest man made structure in the world. The official length is recorded as over 13,000 miles or 21,000 km. It was also recently discovered that a mortar made of sticky rice holds the stones together.
- The Chinese invented many things we still use today including the magnetic compass, mechanical clocks, moveable type printing, kites, gunpowder and papermaking.
- The Chinese were also the first people in the world to use paper money, which was easier to carry around than metal coins. Paper money was not used in Europe until the seventeenth century, 600 years after China.
- The traditional Chinese calendar is calculated using the moon. This is called a lunar calendar – and means that festivals and holidays fall on different days each year. Each year is named after one of twelve animals. They are: Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog and Pig. 2017 will be the start of the Year of the Rooster.
- Red is thought to be a lucky colour in China and is used for Chinese festivals. New Year banners, clothing, and lucky money envelopes are usually red.
- The number 8 is also considered to be lucky. The Beijing Olympics began on 8/8/08 at 8.08.08 pm.
- Chinese white dolphins, which live off southern China, are often pink.
- Ice cream was invented in China when a milk and rice mixture was frozen by packing it into snow.



## Find out more

We hope your pupils enjoyed the activities in this pack. There are lots more ways you can get involved in international work with China and other countries:

### Find a partner school

Use our British Council Schools Online partner finding tool to link up with schools in China and many other countries worldwide:

<http://bit.ly/1TnkJaG>

### Communicate

Use our forums and online project spaces with your partner school:

<http://bit.ly/1Q2ULLH>

### Access resources

Check out our global learning resources, including classroom activities, videos and lesson plans:

<http://bit.ly/1TnkZGM>

### Learn Chinese

Host a Chinese Language Assistant. It's easy to organise and you can share the assistant with other local schools. This scheme is supported by HSBC and the Confucius Institute

Information about the Primary Programme of Study at the Confucius Institute can be found at:

<http://bit.ly/2cVRnkl>

To find out more about implementing Chinese teaching in your school contact James Trapp at the UCL IOE Confucius Institute for Schools: [j.trapp@ucl.ac.uk](mailto:j.trapp@ucl.ac.uk)

### Courses for primary pupils

These popular courses are an exciting opportunity for primary school children (Year 5) in England and Wales to learn Mandarin Chinese and experience some of China's rich culture. This scheme is supported by HSBC. These courses will:

- build on the work you are doing to embed Chinese language and culture in your school
- help to support partnerships with China and the teaching of Mandarin
- inspire students to learn Mandarin at secondary school.

For more information on how to apply, please email [chinaschools@britishcouncil.org](mailto:chinaschools@britishcouncil.org)

### Get recognition

Sign up to our prestigious British Council International School Award scheme to earn accreditation for your international work:

<http://bit.ly/1XMYg8t>

## Previous Chinese New Year resources

To find the education packs containing activities for the year of the horse: <http://bit.ly/1QYMFnE> and sheep, go to: <http://bit.ly/1sGs1xS>

## Information about China

### Chinese history

- <http://bit.ly/1l4qTaz>

### Chinese culture

- <http://bit.ly/1f1pj0A>

## Introduction to Chinese language and support for Chinese language learning

- <http://bbc.in/1OJomqv>
- <http://bit.ly/1lGugUP>
- <http://bit.ly/1MYOX2d>

## General contemporary information on China

- [www.chinatoday.com](http://www.chinatoday.com)
- [www.chinaculture.org](http://www.chinaculture.org)

## Information about Chinese New Year and Chinese language teaching

- <http://bit.ly/1Fpjy7h>
- <http://bit.ly/1lc6Npt>
- <http://bbc.in/1HIHmWL> 201

Further information about Chinese inventions including porcelain and paper can be found at:

<http://www.dkfindout.com/us/history/ancient-china/>

Two examples of popular books that contain stories explaining how animals came to look and behave as they do are the *Just So Stories* by Rudyard Kipling and *How the Whale Became and Other Stories* by Ted Hughes.



And don't forget, next year is the Year of the...



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Download additional copies of this pack in English and Welsh at  
<https://schoolsonline.britishcouncil.org/classroom-resources/chinese-languages-and-culture>

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