

# Ladders

## WELCOME TO CHINA

AROUND THE WORLD



Welcome to  
China



Rice



The Thief and  
the Elephant



# RICE FOR BREAKFAST, LUNCH, AND DINNER

The Chinese word *fan* means “rice.” It also means “meal.” Rice is served at every meal in China. You might think that the Chinese would get tired of eating so much rice. They don’t. Eating rice in China is not boring.

Rice is served in many ways. For breakfast, you might have a bowl of rice porridge with cinnamon. Porridge is a soft





food made from rice cooked in milk. For lunch, you might have soup with rice. You might also have steamed sticky rice with vegetables. For dinner, you might have vegetables and chicken with rice. At every meal, you eat with **chopsticks** instead of a fork. Chopsticks are thin sticks used to pick up and eat food.

## HOW TO HOLD AND USE CHOPSTICKS

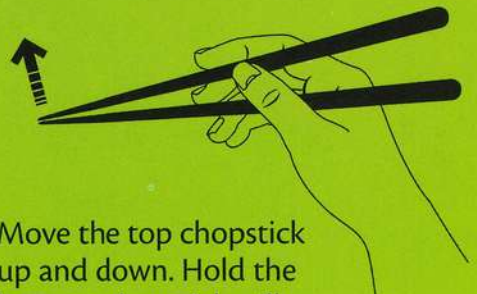
Hold one chopstick like a pencil.



Place the other chopstick against your fourth finger (the finger next to your pinkie). Rest it on the base of your thumb. It should be facing in the same direction as the other chopstick. Make sure that the chopsticks are even.



Move the top chopstick up and down. Hold the bottom chopstick still. Pinch a piece of stir-fried shrimp between the tips. Carefully bring the shrimp to your mouth. Mmm, mmm, good!



◀ In China, rice can always be found on the dinner table. It's delicious by itself, or eaten with another dish.



# CELEBRATING WITH RICE

There are many holidays in China. On these fun days, Chinese people cook and eat foods made with rice.

Chinese New Year is a special holiday that takes place in January and February. It lasts for 15 days. People in China celebrate the new year by watching fireworks. They also dress in bright clothes. And they march in parades. Chinese New Year is a time when families share special meals. Many people make sticky rice cakes. They believe that these sweet cakes bring good luck in the new year.





The last event of Chinese New Year is the Lantern Festival. People hang lanterns in their homes and shops. Dancers perform with a big, colorful dragon. The dragon is a symbol of good luck. People make and eat sticky rice balls. The rice balls have nuts and fruits in them. The rice balls stand for family togetherness.

Rice is important to people all across China. In the country and in the city, this little grain plays a big part in Chinese people's lives.



Colorful dragon dancers carry a cloth dragon on poles. The lead dancer moves the head. The rest of the dancers move the long body.

**Check In** How do the people of China use rice in different ways?



# The Thief and the Elephant

retold by Elizabeth Massie  
illustrated by Rich Lo

Stories are an important part of a country's culture. They entertain us. They can also teach us important lessons about life. A folk tale is a story passed down by families for many years. This Chinese folk tale teaches that honest people do not need to fear the truth.





Long ago in China, elephants were taught to do many things. They helped farmers plow the land. They helped build roads. They even helped woodcutters carry heavy logs. People knew elephants were strong. They also believed elephants were wise. Many people thought an elephant could tell if a person was lying or telling the truth.

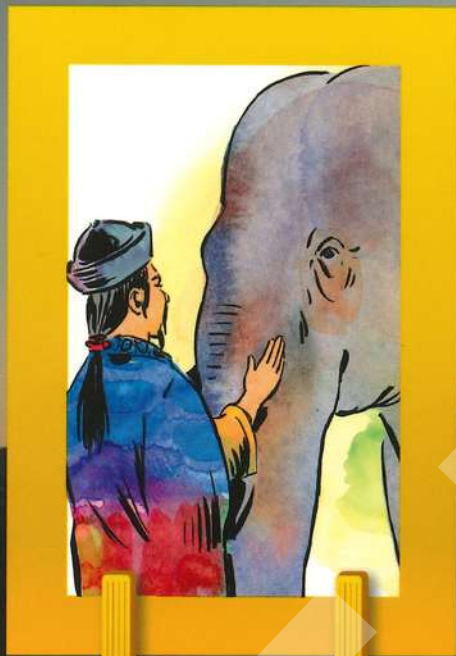
One day, a woman went to the court. She was very upset. "I was robbed!" she told the judge. "A man came into my house last night. He stole my jewelry. I want him to be found. He should be punished." She said that she saw the man who robbed her. She told the judge what the man looked like.

The judge told her he would solve the crime. He sent his officers to find five men who looked like the robber. The five men were brought to court.



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