

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 as well as 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.

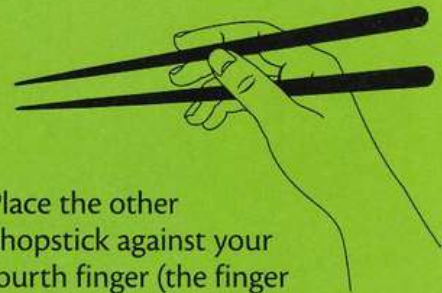


◀ In China, rice can always be found on the dinner table. It's delicious by itself, or eaten with another dish.

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!

CELEBRATING WITH RICE

Chinese people celebrate holidays in many fun ways. They always cook and serve delicious foods made with rice.

Chinese New Year is a holiday that happens in January and February. It lasts for 15 days. People in China celebrate each new year by watching colorful fireworks, wearing bright clothing, and marching in parades. Chinese New Year is also a time for families to share special meals. Many people make sticky rice cakes. These sweet treats are said to bring good luck and a sweet life in the new year.



The last event during Chinese New Year is the Lantern Festival. People hang lanterns in their homes and shops. The lanterns are different colors, shapes, and sizes. Dancers perform with a big, colorful dragon that is a symbol of good luck. People make and eat sticky rice balls filled with nuts and fruits. The rice balls stand for family unity, or togetherness.

In both villages and cities, rice is a part of Chinese people's lives. Who would have thought that a little grain could be so important?



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 are meant to entertain us, but they can also teach us important lessons. 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 their land, they helped build roads, and they helped woodcutters carry heavy logs. Many people believed elephants were as wise as they were strong. It was said that an elephant could see into a person's heart and know if he or she was lying or telling the truth.

One day, a woman visited a judge named Ko-Kia-Yong. She was very upset. "I have been robbed!" she said. "A man came into my house last night. He stole my bracelets and necklaces. I want the guilty man found and punished." She described the thief to the judge.

Ko-Kia-Yong told her he would do all he could to solve this crime. He sent out his officers to find five men who matched the description the woman had given. The five men were brought to court.



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ISBN 978-1-2853-4820-9

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