

# Facts about Chinese food

Cut these out and scrunch them up for a game of 'Chopstick relay'.



<p>Rice porridge, steamed buns, noodles, and pancakes are popular breakfast foods.</p>	<p>It is bad luck (and rude) to leave chopsticks sticking up in a bowl of rice.</p>	<p>Table manners are very important. For example, it's rude to tap your chopsticks on the edge of your bowl.</p>	<p>Grass jelly is a dessert made from leaves. Other desserts include red bean cake and custard tarts.</p>
<p>In Chinese, chopsticks are called kuàizi (筷子). The first character is made from the characters for 'quick' and 'bamboo'.</p>	<p>As well as common vegetables, unique vegetables include bean sprouts, lotus roots, and water chestnuts.</p>	<p>Red egg and ginger parties can be held to celebrate babies turning one month (sometimes one hundred days) old.</p>	<p>Dining tables are usually round, especially in restaurants.</p>
<p>At dinnertime, people often put more than one main dish on the table, and share them.</p>	<p>Generally, noodles are found in the north of China, while rice is more popular in the south.</p>	<p>Food varies a lot across China. Regions have different foods - they can be spicy, sweet, sour, or salty.</p>	<p>During the Dragon Boat Festival people eat Zongzi, sticky rice dumplings in pyramid shapes.</p>
<p>Dinner is often the biggest meal of the day. A lot of people eat it between 6pm and 8pm.</p>	<p>One legend says tea was invented when a Chinese Emperor saw a leaf fall into boiling water.</p>	<p>Food names don't always sound like the food. 'Ants climb trees' is minced meat with rice noodles.</p>	