

Name _____

Date _____

Chinese New Year Counting

Draw the Traditional Foods

Chinese New Year is a time to celebrate with friends, family, and food! But did you know that many of the foods enjoyed are not just delicious? They also have special meaning for good fortune in the coming year.

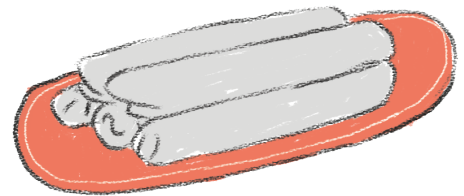


Read about a few traditional Chinese New Year dishes. Then follow the directions to make your own banquet on the next page.



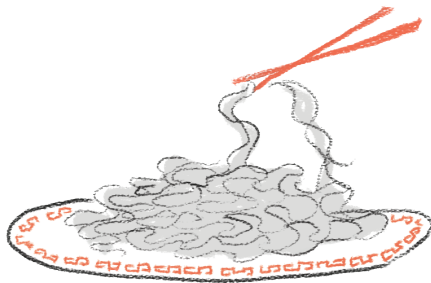
Dumplings

Dumplings are dough wrapped around a variety of fillings, and can be steamed or fried. Because dumplings look like ancient gold coins, called ingots, they are eaten for prosperity in the coming year.



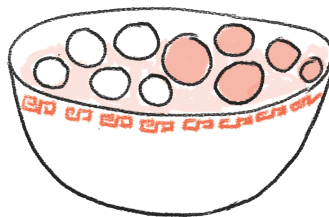
Spring Rolls

These golden fried rolls look like gold bars and are a wish for prosperity.



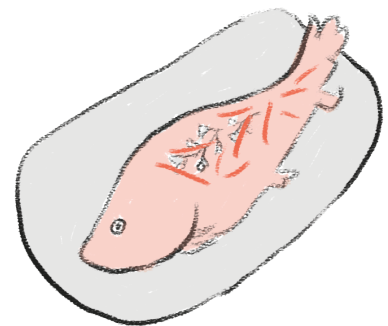
Longevity Noodles

These extra-long noodles are eaten for an extra long life!



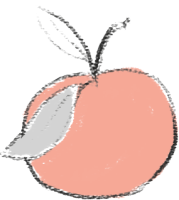
Sweet Rice Balls

This small, round dessert called *tangyuan* is eaten to celebrate family togetherness.



Fish

The word for fish sounds like surplus, or abundance. The head of the fish should face special guests or elders.



Citrus fruit

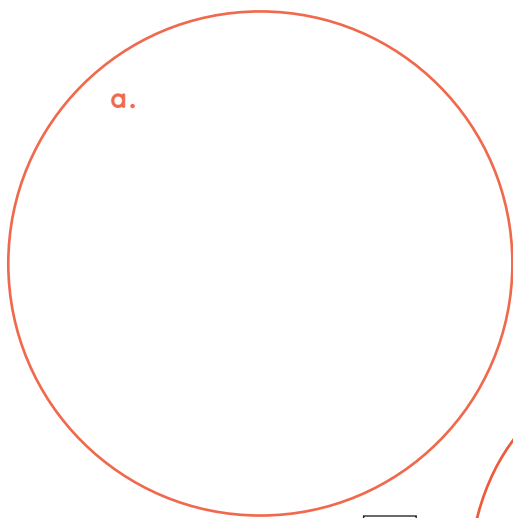
Tangerines and oranges are round and golden, symbolizing fullness and wealth.

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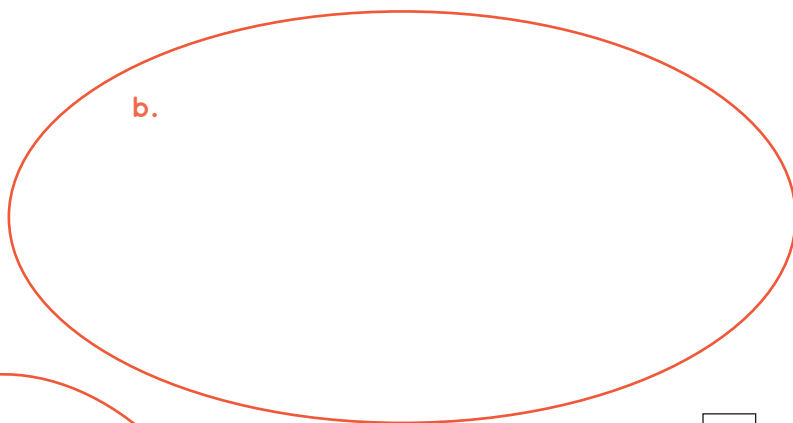
Draw the Foods on the Banquet

After reading about a few traditional Chinese New Year dishes, use your counting skills to create a banquet! (**Tip:** You can also look up the foods online to see what they look like in real life!) Then, determine whether you have drawn an odd or even number of objects on the plate. Circle if the number is odd (**o**) or even (**e**).



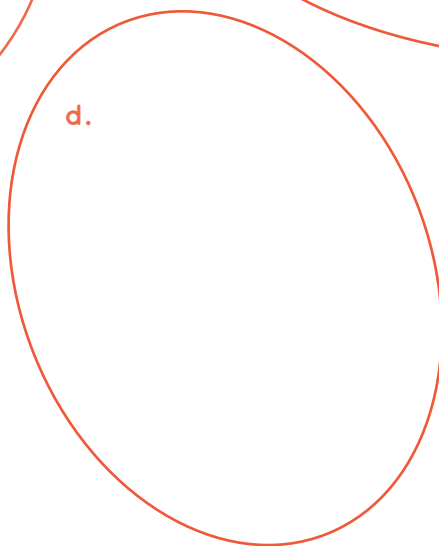
a. Draw 8 dumplings.

o
e



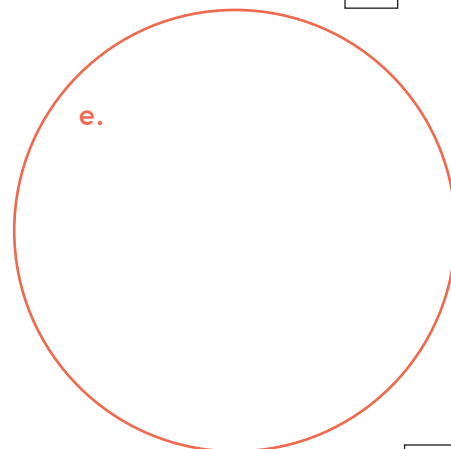
b. Draw one large fish.

o
e



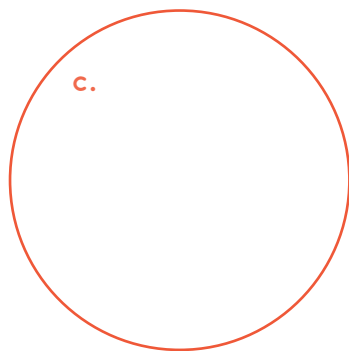
d. Draw 11 longevity noodles.

o
e



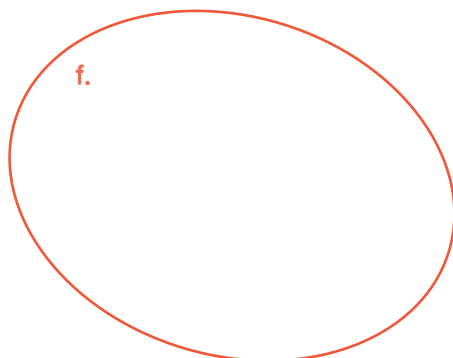
e. Draw 7 spring rolls.

o
e



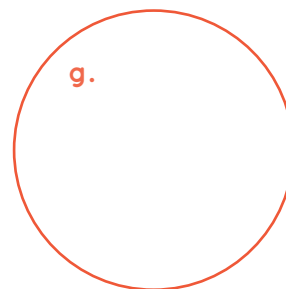
c. Draw 5 sweet rice balls.

o
e



f. Draw 2 of your favorite foods to eat at Chinese New Year (or another time!)

o
e



g. Draw 3 oranges.

o
e

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Chinese New Year Counting

Draw the Citrus on the Tree

During Chinese New Year, small citrus plants are given as gifts and displayed for good luck and prosperity — usually in pairs to symbolize a “doubling” of wealth.

According to custom, the trees should have an odd number of orange or gold colored fruit, like kumquats, mandarins, or oranges.

Below, draw the number of citrus fruits on the tree shown.



Example: Draw **11** fruits



a. Draw **17** fruits



b. Draw **23** fruits



c. Draw **15** fruits



d. Draw **19** fruits



e. Draw **21** fruits

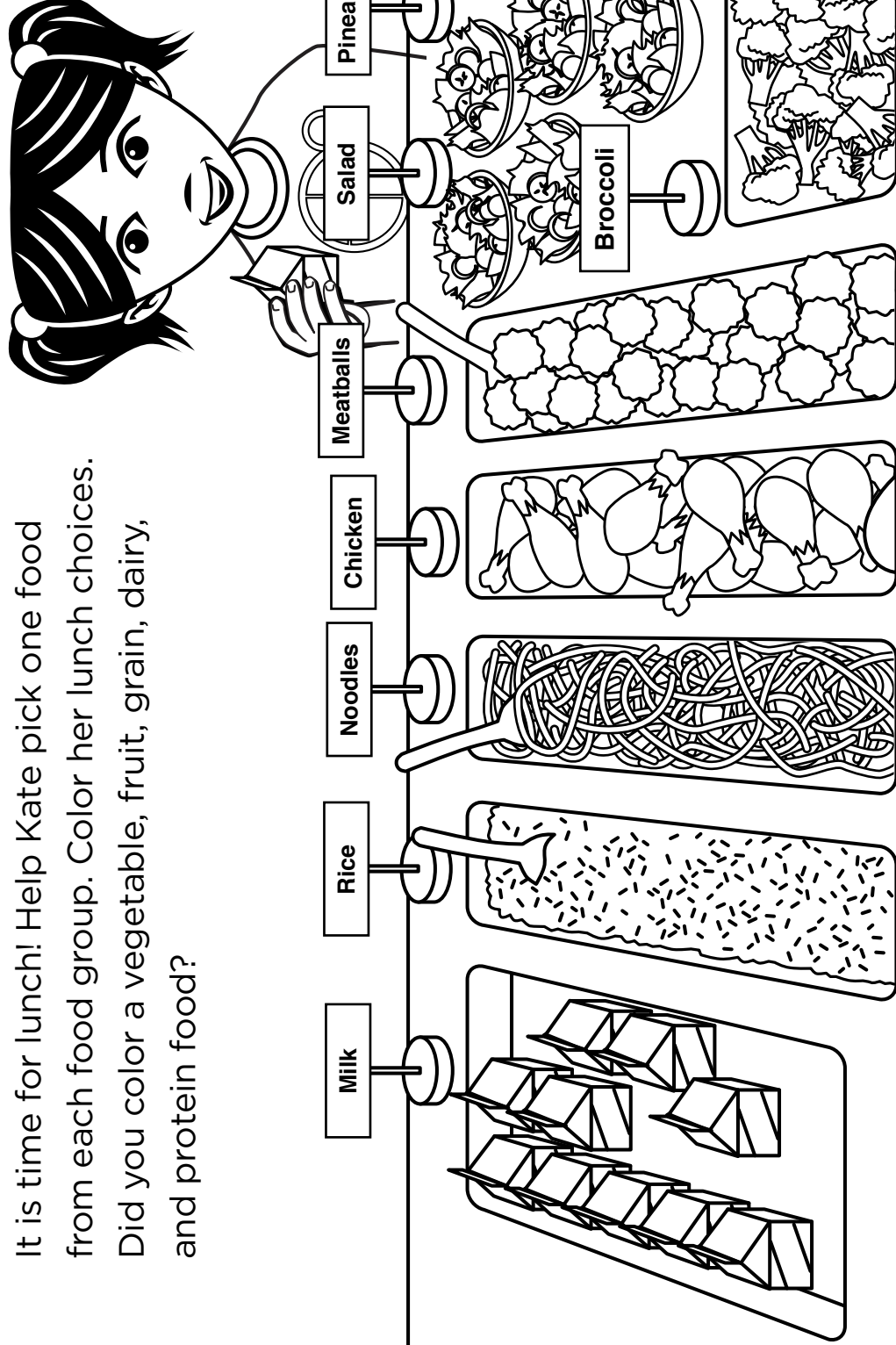


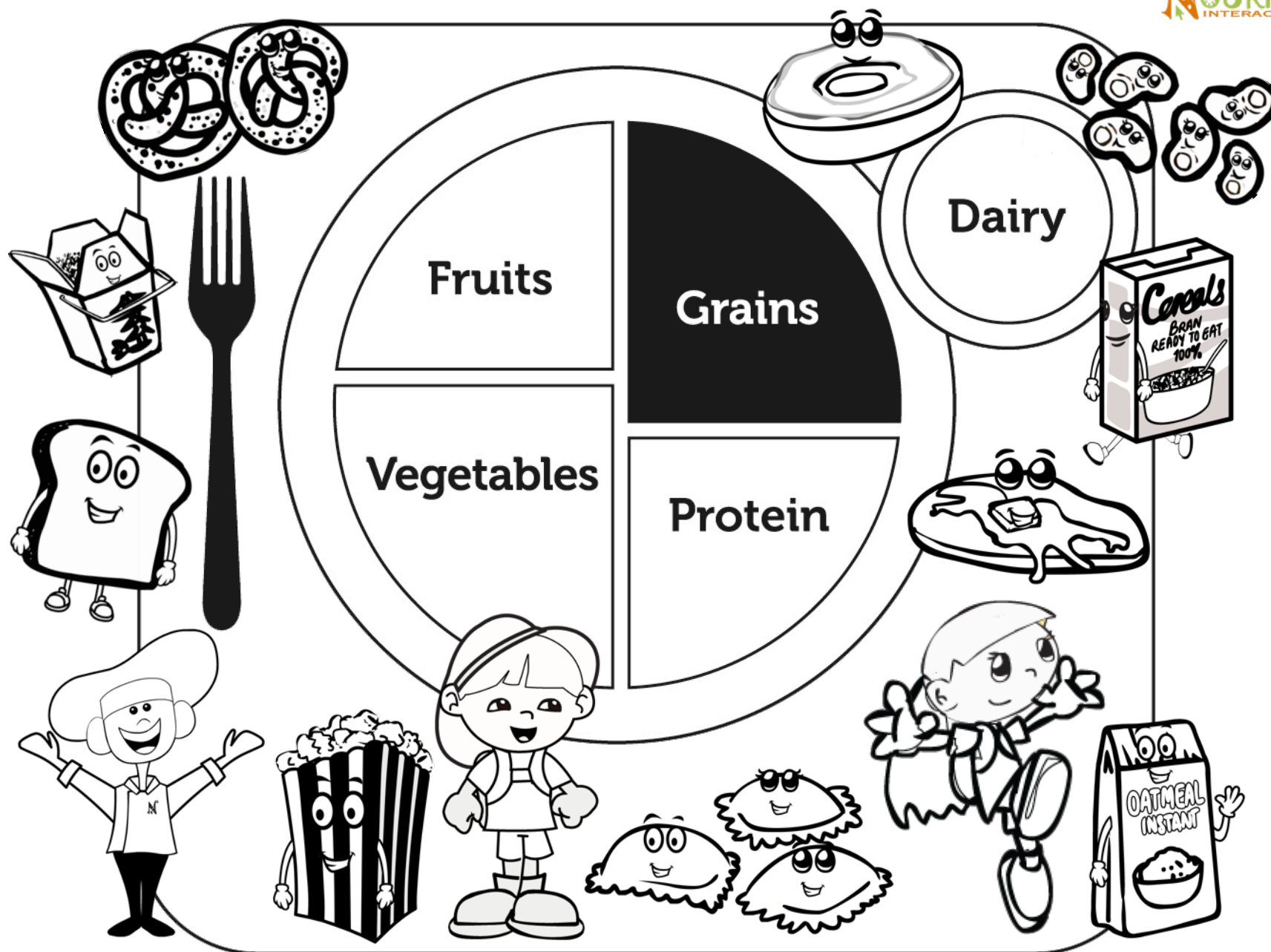
Lesson 2

Kate's Lunch Plate

Activity
2

It is time for lunch! Help Kate pick one food from each food group. Color her lunch choices. Did you color a vegetable, fruit, grain, dairy, and protein food?





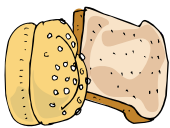
MyPlate Grocery Store Treasure Hunt



Families and Friends:
Take this sheet along with you the next time you go to the supermarket, and have your child look for foods in each food group. Make this a fun treasure hunt and a memorable activity for your child.

GRAINS

Start every day the whole-grain way. Find a breakfast cereal that has one of these listed as the first ingredient: brown rice, oatmeal, rolled oats, whole oats, whole-grain corn, or whole wheat.



Make at least half of your grains whole grains.

☐

Check the box and name the cereal _____

The color of the bread does not mean it is whole-grain. Read bread labels and find one with whole wheat as the first ingredient.

☐

Check the box and name the bread _____

VEGETABLES

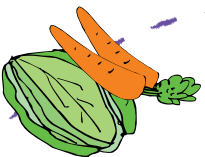
Look for a dark green and a red or orange vegetable.

☐

Check the box and name the red or orange vegetable _____

☐

Check the box and name the dark green vegetable _____



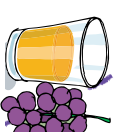
Color your plate with great tasting veggies.

FRUITS

Find a fruit. If you choose a fruit juice, make sure it is 100% juice.

☐

Check the box and name the fruit _____



Fuel up with fruit.

DAIRY

Dairy foods contain calcium for strong bones and teeth. Find a dairy food that is low-fat or fat-free.

☐

Check the box and name the dairy food _____



Get your calcium-rich foods.

MEAT AND BEANS

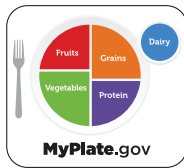
Try fish, shellfish, beans, and peas more often. Find a bag of dry beans.

☐

Check the box and name the beans _____



Vary your proteins.



MyPlate Word Blanks

"Cook-Off Craze"

How to play: Fold the paper in half so that the story is hidden. Read the Word Blanks below and fill in a word for each one. Match the numbered words from your word list with numbered blanks in the story. When you've finished, read your funny story out loud! You can also play with friends by writing down their choices for the word list, adding their words to the story, and then reading their special story to them.

WORD LIST

- | | |
|----------------------------------|-----------------------------------|
| 1. Noun: _____ | 10. Orange/red vegetable: _____ |
| 2. Your name: _____ | 11. Grain food: _____ |
| 3. Friend's name: _____ | 12. Lean protein food: _____ |
| 4. Verb (ending in "ing"): _____ | 13. Dairy food: _____ |
| 5. Verb (ending in "ing"): _____ | 14. Noun (plural): _____ |
| 6. Green vegetable: _____ | 15. Adjective: _____ |
| 7. Noun (plural): _____ | 16. Fruit: _____ |
| 8. Noun (plural): _____ | 17. Verb (ending in "ing"): _____ |
| 9. Color: _____ | 18. Verb (past tense): _____ |

----- Fold Here -----

"Cook-Off Craze"

It was the end of the school year, and summer was just around the corner. It was almost time for the annual (1) _____ County School End-of-Year Cook-Off! (2) _____ and (3) _____ entered themselves in the cook-off. They knew they had a good chance of winning if they used fresh veggies from Grandma and Grandpa's garden — the secret to their recipe! They were ready to start (4) _____!

Once they got the pot of water (5) _____, they began adding the ingredients. While (2) _____ chopped up the (6) _____, (3) _____ washed the (7) _____. (8) _____ and (9) _____ cabbage were next. After this, they threw in some grated (10) _____, going crazy with all of their yummy fresh veggies! Making sure they didn't forget some grains, they added some whole wheat (11) _____, and for protein power, chopped (12) _____. For a finishing touch, they sprinkled some low-fat (13) _____ on top. *Voilà!* Summer Garden Soup!

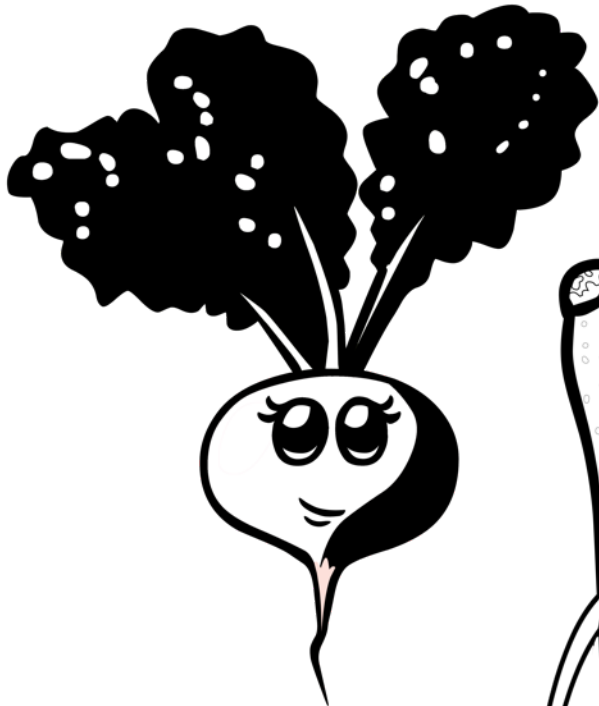
The day of the cook-off finally arrived and they were ready. The event was a huge success! At the end of the day, it came time for the group of (14) _____ to announce the winners. After Runner-Up went to a (15) _____ (16) _____ frozen yogurt, (2) _____ and (3) _____ were (17) _____ their breath. "And first place, with the highest score, goes to (2) _____ and (3) _____'s Summer Garden Soup!!!" They were so happy that they (18) _____ all day long!



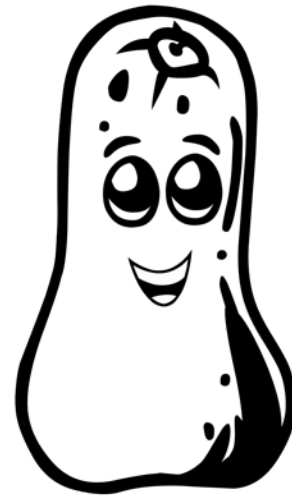
Word Blank #1

Color and Name ME Winter Vegetables

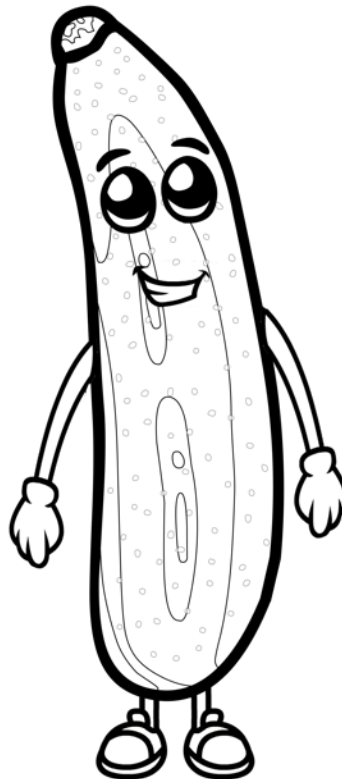
Meet these vegetables that are popular in winter! Can you color them and give them a name?



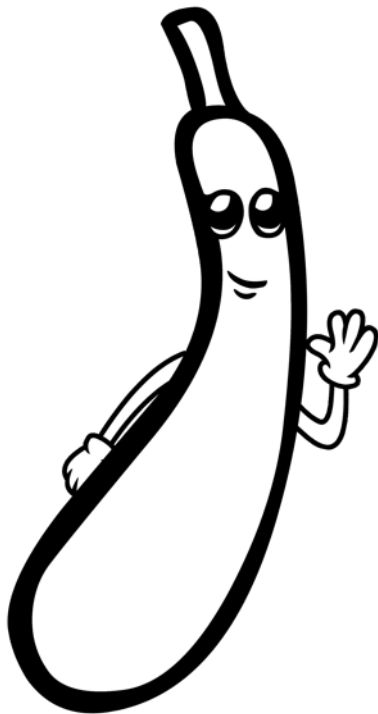
Hi! I am a Radish



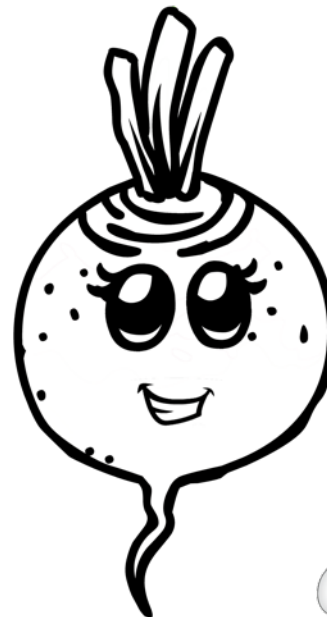
Hi! I am a Gourd!



Hi! I am a zucchini!



Hi! I am a Squash!



Hi! I am a turnip!



Visit www.ChefSolus.com for free printable worksheets for kids, nutrition education games, healthy eating tips, exercise and healthy goals and food diary and more!

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