



善 一 堂 安 逸 幼 稚 園

Shin Yat Tong On Yat Kindergarten

學年

年級

2025-2026

K2

## 活動名稱

K2 Teaching Theme: Food

The Solar Term "Slight Cold" - Brown Sugar Ginger and Jujube Tea

## 活動目標

- Learn about "Slight Cold" in the 24 solar terms, including its climate characteristics and dietary customs
- Able to work together with partners to make brown sugar ginger and jujube tea according to the steps.
- Learn to appreciate the wisdom of traditional Chinese life and the food culture that follows the seasons.

## 活動簡介

During the activity, the children first learned about the characteristics of the Great Cold weather, understanding that this is the coldest period of winter and suitable for warming the body with hot drinks. The children recognized and explored the ingredients, and through the teacher's explanations, learned about the nutritional value of ginger, brown sugar, and red dates. They learned that the spiciness of ginger helps dispel cold, brown sugar helps blood circulation, and red dates have blood-nourishing effects; the combination of these three ingredients achieves a warming effect. During the process, the children worked together, learning not only about the traditional custom of drinking ginger and jujube tea to ward off the cold during the Great Cold, but also about patience and mutual assistance.

## 活動記錄 ( 例如：兒童作品 / 活動的照片 / 影音 )



