



善 一 堂 安 逸 幼 稚 園

Shin Yat Tong On Yat Kindergarten

學年

年級

2025-2026

K3

活動名稱

K3 Teaching Theme: Food

Peanut Transformation - The Solar Term "Slight Cold" - Peanut Paste

活動目標

- Learn about " Slight Cold " in the 24 solar terms, including its climate characteristics and dietary customs.
- Use fine motor skills to peel peanuts and learn to use tools to crush peanuts and make peanut paste.
- Learn to appreciate the wisdom of traditional Chinese life and the food culture that follows the seasons.

活動簡介

In this activity, the upper-grade children made fragrant and delicious peanut paste by hand. The children peeled fresh peanuts with their little hands, trying to keep the shells intact, experiencing the fun and sense of accomplishment of peeling peanuts. Next, they crushed the peanuts with a flour press, then mixed peanut paste premix powder with hot water until smooth, and added the crushed peanuts to the peanut paste—the aroma was irresistible!

This activity not only got the children hands-on and thinking, but also taught them the importance of eating seasonally. Eating peanut paste in accordance with the solar term "Slight Cold" provides warmth and rich nutrition, replenishes qi and blood, and helps keep the body warm to prepare for cold weather.

活動記錄 (例如：兒童作品 / 活動的照片 / 影音)



