



善 一 堂 安 逸 幼 稚 園

Shin Yat Tong On Yat Kindergarten

學年

年級

2025-2026

K1

### 活動名稱

K1 Teaching Theme: Food

Snack Making: "Great Cold Red Dates"

### 活動目標

- Learn that eating red dates during the "Great Cold" season can boost immunity.
- Under guidance, they can wash red dates, remove the pits, and use their fine motor skills to knead glutinous rice balls.
- Actively and enthusiastically make red date cakes to inspire children's interest in seasonal food culture.

### 活動簡介

K1 children became little chefs, making "Great Cold Red Date " by hand.

As the "Great Cold" solar term approaches, the children, under the guidance of their teachers, experienced washing red dates, removing the pits, and learning to make small glutinous rice balls. In the process, the children not only learned how to make "Great Cold Red Date ," but also learned that eating red dates during the Great Cold season can boost immunity and make the body stronger.

### 活動記錄 ( 例如：兒童作品 / 活動的照片 / 影音 )



