



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

The Solar Term "Great Cold" - Making Preserved Meat Rice

活動目標

- Learn about "Great Cold" in the 24 solar terms, and understand its climate characteristics and dietary customs.
- Understand the meaning behind eating preserved meat rice during the Great Cold, and work with partner to make preserved meat rice according to the process.
- Learn to appreciate the wisdom of traditional Chinese life and the food culture that follows the seasons.

活動簡介

"Great Cold," one of the 24 solar terms, signifies the coldest time of the year and symbolizes the approaching end of one year and the beginning of the next. At this time, eating warm and auspicious foods is believed to bring good luck and warm blessings. Traditional preserved meat rice, not only fragrant but also representing reunion and harvest, is a heartwarming dish for winter.

To celebrate the theme of "Great Cold," the older children in the senior class made preserved meat rice by hand. The activity began with the children helping to wash the ingredients: white rice, preserved sausage, shiitake mushrooms, dried shrimp, and scallions. Then, they carefully sliced and diced the ingredients with knives. Next, they added all the ingredients to a pan and stir-fried until fragrant. Finally, they put all the ingredients into a rice cooker, pressed the switch, and waited for the delicious preserved meat rice to be ready. This was not only a cooking class but also a fun experience of traditional culture.

活動記錄 (例如：兒童作品 / 活動的照片 / 影音)



