



# 中秋节

Mid-Autumn  
Festival

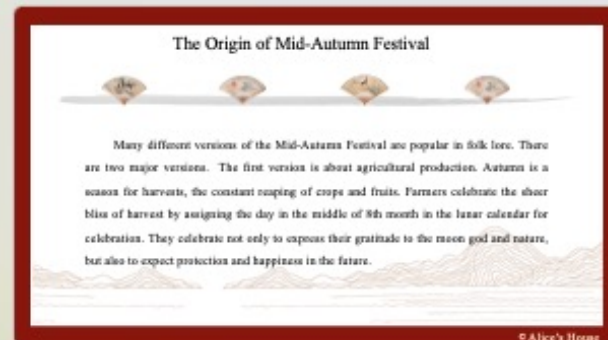
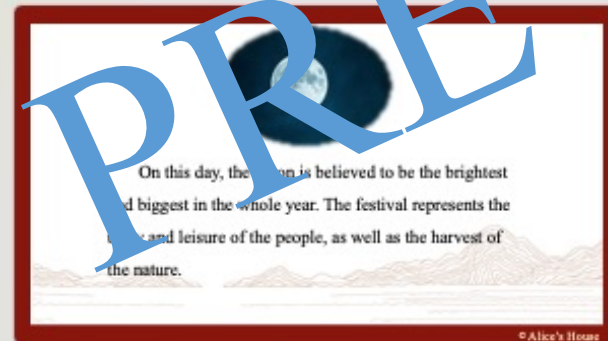
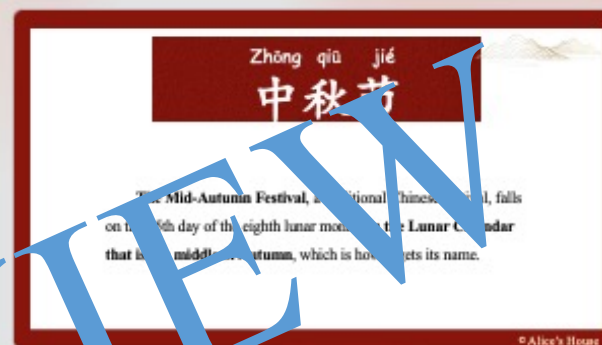




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## Introduction to Mid-Autumn Festival and its Origin.



# Activities during Mid-Autumn Festival and Introduction to “Mooncakes”

## The development of Mid-Autumn Festival

In ancient times, the custom varied in different periods. In the Song Dynasty, all men and women, both adults and children, whether rich or poor, put on adobe pigtoes to burn incense and worship the moon, to express wishes and pray for happiness. In the South Dynasty, friends and families presented mooncakes to each other. Since the Ming and Qing Dynasty, the customs of the Mid-Autumn Festival were more popular. They kept traditions which included burning incense, admiring sweet Osmanthus flowers, setting towers alight, burning pagodas, performing the fire dragon, and displaying lanterns.

Today, some customs have disappeared in the city centers, but eating moon cakes and holding a banquet for families are important activities. Everyone prays for happiness in the future of the whole family.



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## Activities during the Mid-Autumn Festival

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## 1. Worshipping the Moon

In China, full moon symbolises reunion and happiness. On the day, people looked up the full moon to expect family reunion. People far away from home also expressed their homesickness by gazing at the moon.



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## 2. Eating Mooncakes



It is generally believed that the tradition of moon cakes was started from Ming Dynasty. Mooncake was originally used as an offering to the moon god. After worshipping the moon, the whole family shared mooncakes together, and that's when people started to think of mooncakes as involving reunion.

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## What is mooncake?



Mooncake is a kind of wheaten food. The dough is made of flour, oil and sugar, and filling in red-bean, lotus paste, salty egg yolk, preserved fruit, or chocolate. In some metropolitan areas such as Shanghai and Hong Kong, there are mooncakes filled with black truffle, caviar, and foie gras. Besides, the relief patterns on mooncakes are exquisite.

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## Varieties of Mooncakes

The most popular mooncakes are Beijing-Style Mooncakes, Cantonese-Style Mooncakes, and Snow Skin Mooncakes.



### Beijing-Style Mooncakes

Beijing-Style Moon cakes are one of the kinds in the north and originated in Beijing. They are the surrounding area. Two famous moon cakes are moon cakes and moon cakes, which are famous for their crisp and soft texture.

### Cantonese-Style Mooncakes

This style of moon cakes is famous for the craftsmanship and creative use of materials. Having two tastes of sweet and savory, it is thin and soft. It is a delicate pattern.



### Snow Skin Mooncakes

These mooncakes are non-sticky and kept in a refrigerator. It is made of glutinous rice, and looks like a snowflake. Then people add some colorful juice to the crust, creating for diverse tastes with the different appearance.

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## 3. Lighting Lanterns

A notable part of celebrating the holiday is the carrying of brightly lit lanterns, lighting lanterns on towers, or floating sky lanterns. Lanterns of all size and shapes, are carried and displayed, symbolizing beacons that light people's path to prosperity and good fortune. Another tradition involving lanterns is to write riddles on them and have other people try to guess the answers.



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## Mid-Autumn Festival Greetings in Chinese

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Zhù nǐ zhōng qiū kuài lè, hé jiā tuán yuán.

祝你中秋快乐，阖家团圆。

Wish you a happy Mid-Autumn Festival and family reunion.

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# Cross-Cultural sharing with printable worksheets



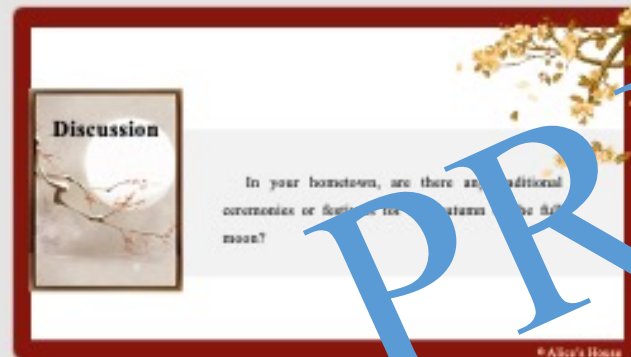
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## Things I know about Mid-Autumn Festival

Mid-Autumn Festival represents:

One legend of Mid-Autumn is:

In Mid-Autumn Festival, people will:

- 1.
- 2.
- 3.

For mid-autumn or full moon  
my hometown / that I know

The origin of \_\_\_\_\_ Festival is:

The origin of \_\_\_\_\_ Festival is:

To celebrate the \_\_\_\_\_ Festival, people will:

- 1.
- 2.
- 3.