

Photo: Sing Tao Daily

Monday 25 September 2017

Lunar food and fun

ID-AUTUMN
Festival
began in China
thousands of years ago, but
it also spread to other Asian
countries. Each country has its
own moon festival rituals in
addition to the traditions that
all these countries share,
such as families coming
together.

China

eating mooncakes, while kids play with lanterns. In the past, lanterns were lit by candles, but now they have small electric lights. People used to only eat traditional mooncakes with lotus seed paste and salted egg yolk, but today we can buy 'snowskin' ones with different types of fillings.



Japan (日本)

THE Japanese call MidAutumn Festival 'The
Fifteenth Night'. It is one of
the few traditional festivals
that is still calculated using
a lunar calendar. Instead
of eating mooncakes, they
eat tsukimi dango – moonwatching dumplings.





IN South Korea, Mid-Autumn

Festival is a big holiday. In addition to admiring the full moon, Koreans also meet up with their family and visit the graves of their late relatives. They also give gifts to their family. This is why the holiday is also called 'Korean Thanksgiving'.

Different tastes

WHY not try other mooncake fillings if you do not like lotus seed paste. You can try nuts and ham, black sesame, taro, red bean, coconut, green tea, custard cream, chocolate or cream cheese. And if you are really adventurous, try durian mooncakes!



In Chinese legend, who lives on the moon with Chang'e?

A. The Jade Rabbit

B. Pigsy

C. The Monkey King

Answers on P12



Only us

adults like

the traditional

ones

ritual (n) 儀式 tradition (n) 傳統 celebrate (v) 慶祝 lotus (n) 蓮 calculate (v) 計算 admire (v) 欣賞

