

# Chinese/Japanese Cultural Unity Patch Program

## Leader's Guide



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## **Purpose**

To work for togetherness in my family, our community in which we live, our Nation and with others through cultural understanding.

To increase one's knowledge, understanding, and appreciation of various heritage and cultural perspectives.

Linking Chinese/Japanese history with contemporary American culture. Girls will participate in activities that will include the World of Girl Scouting in member Chinese/Japanese nations.

## **The Cultural Unity Patch**

Description of the Patch:

All of the symbols are kanji. The red kanji represents Japan (Nihon), the blue kanji represents China (Chuugaku), the green kanji represents Culture (Bunka), and the purple kanji represents Together (Tomoni). Jessica Hjulstrom, 2001 Gold Award Recipient, designed the Chinese/ Japanese Cultural Unity Patch

## **Patch Requirements**

The requirements for the patch are the following:

Girl Scout Brownie: 1 activity from each of the 6 different content areas.

Girl Scout Junior: 1 activity from each of the 8 different content areas.

Girl Scout Cadette: 1 activity from each content area.

Girl Scout Senior: 1 activity from each content area.

Girl Scout Ambassador: 1 activity from each content area.

The patch may be obtained from the Girl Scouts of Connecticut Shops. Submit form to the shop at the time of purchasing the patches. You may also contact them at 203-234-6253 or [shop@gsofct.org](mailto:shop@gsofct.org). Please contact the Girl Scouts of Connecticut Program Department for more information at 203-239-2922 or 800-922-2770 or [program@gsofct.org](mailto:program@gsofct.org).

## **Defining Ourselves**

China. Japan. With such diversity of origin, it's no easy task to define the "typical" Asian American. The U.S. Census Bureau defines "Asian" as "a person who identifies him/herself as having ethnic origins in any of the original peoples of the Far East, Southeast Asia, and the Indian subcontinent." The Asian American population is estimated to grow to over 20 million by the year 2020, making them one of the fastest growing groups in America. There are more than 1.5 million Asian Americans in the tri-state region of New York, New Jersey and Connecticut alone.

With such a large population how do we learn about each of them? This patch was designed to give Girl Scouts an overview of two of these ethnic groups.

## **Chinese Americans**

Chinese immigration to the U.S. began in the middle of the 19th century, and almost completely halted with the Chinese Exclusion Act of 1882. Immigration resumed around 1943, with most immigrants becoming a part of the U.S. labor force. More recent waves of Chinese immigrants have included scientists, students, engineers, entrepreneurs and professionals. Chinese Americans are the largest Asian American population group today, at 2.4 million. Most Chinese immigrants now come from Mainland China, Taiwan, and to a lesser extent, from Hong Kong.

Traditionally, Taoism, Confucianism and Buddhism provide ethical guidelines about proper behavior for individuals and families among the Chinese. These philosophies advocate moderation in all aspects of individual, family and social life.

Today, Christianity has become the most practiced religion among the Chinese in America. There are more than 1,000 Chinese churches in the United States. The church has become a place where they can assimilate into American society while preserving Chinese values and culture.

Most Chinese Americans speak Mandarin, Cantonese, Hakka, Suchow, Shanghainese, or a variant dialect of the Chinese language, depending on their region of origin.

## **Japanese Americans**

The first significant wave of Japanese Americans came as agricultural workers in the late 19th century. Despite substantial legal barriers in the early 20th century, there are many successful generations of Japanese Americans in the U.S. today. With their long immigrant history and a high rate of inter-ethnic marriage, most of the current population of about 1.2 million Japanese Americans has become assimilated into mainstream America to a large extent.

Shinto is the indigenous religion of Japan, while Buddhism and Christianity are prevalent religions among Japanese Americans. Among Japanese Americans, Japanese is the only native language used for written and oral communication. Most Japanese Americans assimilated into American society, though, may be more comfortable with English. So far as language is concerned, statistics point to the fact that a majority of Asian Americans prefer to communicate in their native language.

# **Chinese/Japanese Cultural Unity Patch Program Content Areas**

- History
- Music
- Mix Media Art
- Food
- Chinese/Japanese Women
- Literature/Folklore/Folktale
- Holidays/Celebrations
- Language/Communications
- The World of Girl Scouting

## Patch Requirement Activities

### History

1. Interview a Chinese or Japanese senior citizen, like a grandmother or grandfather, or your troop can visit a senior center or convalescent home. Ask about his or her life history and take note of differences in your experience. Make sure you explain to the person in advance who you are and what your purposes are. See if your senior citizens have old photos and other mementos to share during the oral history. You may ask the following questions at your interview:
  - A. Name, address, and date of birth.
  - B. Where were you born? Did you have brothers or sisters?
  - C. Where were your parents, grandparents born?
  - D. When did you come to America, this city, and this neighborhood?
  - E. What are your childhood memories?
  - F. How large was your family?
  - G. What was the house like that you lived in?
  - H. What chores or jobs did you have as a child?
  - I. Do you remember any family legends?
  - J. What part did religion or politics play in your family?
  - K. What was your father's/mother's occupation?
  - L. What was the physical appearance of your neighborhood?
  - M. What are your memories of school?
  - N. What are your memories of your friends and neighbors?
  - O. Describe your teenage years (13-19). Did you have a job? What types of recreation activities do you remember?
  - P. If married, describe your courtship and marriage.
  - Q. What customs do you remember associated with courtship and marriage?
  - R. Where did you live as an adult? After you were married? What do you remember about the neighborhood?
  - S. What was your occupation?
  - T. Did you belong to a union or another professional organization?
  - U. Did you belong to a church?
  - V. What was the place of religion in your life? What was the place of politics in your life?
  - W. Did you belong to any social organizations or clubs? What were their names? What were their activities?
  - X. Describe family customs or traditions that you remember.
  - Y. How many children did you have? What do you remember about raising them, sending them to school, church?
  - Z. How has your neighborhood changed since your youth?
  - AA. What kinds of foods did you enjoy growing up?

2. Research a famous Chinese or Japanese person and complete a biography on him/her. Work together with others in your troop. Have each group select a different person. Include in the biography:
  - His or her name
  - Country of origin
  - Date of birth
  - Date of death
  - Accomplishments
  - General biography
  - Include a photo and display your project
3. Do a contrast of China and Japan. Make up a chart and compare countries. Does this help you to understand the different heritages? Choose five topics from below to be included in the report:
  - population, language, religion, government, currency, important cities, national holidays, agricultural products, important people/places, ethnic groups/customs, history, sports & recreation, foods, music, and arts
4. Create a time line about various aspects of Chinese or Japanese American history. Have the girls work as groups and pick a specific period of time. Display the completed time lines in chronological order as a wall chart.
5. Find out why many Japanese people immigrated to America. Where did they move to in the USA? When did large groups arrive?
6. Invite members of the Chinese or Japanese community to come to a troop meeting. Have them share some family stories with the troop. Do these differ from the troops own?
7. Research and conduct discussions about some of the problems Chinese/Japanese people have experienced living in the United States. Such discussion topics could include language differences, housing, employment, climate, rights, etc.
8. Provide each girl with a blank piece of paper and have her draw a picture of China and Japan. Have each girl draw a scene, person, map, or anything else she feels will represent these countries. Encourage her to show as much detail as possible.
9. Visit a Chinese or Japanese historic site or attend a history activity in your community. Tell girls, "Keep a log of your feelings and what you have learned."
10. Develop your own Chinese/Japanese cultural trivia game. Research and identify the trivia facts, put them on cards and set the rules for playing the game. Share this with other troops.

## Patch Requirement Activities

### Music

1. Share examples of several types of Chinese or Japanese music. Discuss why this music is still popular, and in fact, is gaining in popularity. Ask girls to bring in their favorite Chinese or Japanese music to share at the troop meeting.
2. Research the different forms of music that are listened to here in the United States. Are the styles or instruments from China or Japan?
3. Learn more about traditional Chinese (gu zheng, dizzi or the suona) or Japanese (koto, shamisen, or taiko drums) instruments or make your own. After you are done hold a mini concert for your troop.
4. Learn and teach at least one verse of a Chinese or Japanese song to your sister troop or a group of younger girls.
5. Plan and conduct a Chinese or Japanese dance workshop for younger Girl Scouts. Ask someone from the community who knows these dances to come to your troop meeting and teach you. Research dances from China or Japan, and explain their purpose and message.
6. Have you ever tried karaoke? Karaoke became a popular form of entertainment in Japan in the late 1970's. Karaoke means "empty orchestra." With your troop try to borrow a karaoke machine and have fun singing.
7. Visit your local music store. Is there a special section for Chinese or Japanese music? Do you know or have you heard of any of the musicians?
8. Attend a dance or musical concert, which features Chinese or Japanese dance and/or music.

## Patch Requirement Activities

### Mix Media Art

1. Visit a library, museum or community featuring Chinese/Japanese exhibits. Design a model of something you observed.
2. Try your hand at origami! Learn more about this paper folding art form.
3. Learn how to make Chinese/Japanese jewelry, crafts, pottery or basketry.
4. What is Chinese egg painting? Learn more about this beautiful craft. With your troop design your own egg painting and display all of them as a paper egg tree.
5. Plan your troops own marketplace and then open it up to other troops. Sell traditional merchandise such as foods, clothing, and jewelry.
6. Explore what feng shui is? Can you make a room follow the feng shui pattern?
7. In China and Japan kites often take on a special creative twist. Some kites depict insects, birds, and other animals. Other kites are based on mythical creatures, such as dragons. Some Chinese and Japanese kites appear to be too beautiful to fly! Design and create your troop's own kite.
8. Duplicate pictures, statues, or mobiles of Chinese/Japanese artwork. What textures, colors, themes, etc. are used to express emotion and design?
9. Use mixed media to create a collage that represents the diversity of China and Japan.

## Patch Requirement Activities

### Food

1. Learn how to use chopsticks. Try eating different foods with the chopsticks. Is it easier or harder than using a fork?
2. Host a traditional tea ceremony for family and friends at your next troop meeting.
3. What are distinctive characteristics of the foods Chinese and Japanese people eat? How do foods and meals differ from ours?
4. Trace the origins of some of your favorite foods (ice cream or ketchup are examples) and see how they have changed throughout the years.
5. How has the United States been influenced by Chinese or Japanese foods?
6. Compare and contrast recipes of dishes from China and Japan and those from the United States. What are the similarities? Prepare a buffet style "Taste-a-rama" of at least seven of the recipes you researched. Write out note cards to place in front of each dish listing main ingredients and spices specific to China and/or Japan. Note the relationship of climate, environment, and tribal characteristics to the preparation techniques of the food for each dish.
7. Collect family recipes from Chinese/Japanese people in your troop, council, or town. Develop a Chinese/Japanese family cookbook.
8. In Japanese rooms there are no chairs. So family and guests kneel or sit cross-legged on cushions at a low table in their stocking feet. Try this at your next troop meeting while having your snack. Did you enjoy it more than sitting on a chair?
9. Visit a Chinese or Japanese restaurant. Sample some of the dishes, find out how a particular dish is prepared, and learn eating customs.
10. Prepare food from China or Japan and invite your friends, parents, or sister troop to the meal.
11. Visit a Chinese or Japanese grocery store. Learn about a number of specialty foods that are sold in the store. How many labels are written in Chinese or Japanese?

## Patch Requirement Activities

### Chinese/Japanese Women

1. Write a profile of two great Chinese or Japanese heroines who were/are active in one of the following fields; art, music, literature, exploration, sports, medicine, science, etc. Here are some examples:
  - Patsy T. Mink-United States Representative
  - Maxine Hong Kingston -Author
  - Amy Tan -Author
  - Vera Wang -Fashion designer
  - Kristi Yamaguchi -Ice skater
  - Si Re Pak -Golf
  - Lisa Ling -News reporter
  - Amy Chow -Gymnastics
  - Kalpana Chawla -NASA astronaut
  - Maya Lin -Architect -Vietnam War Memorial
  - Wu Chien Shiung -Scientist
  - Lucy Liu -Actress
  - Tomoe Gozen – female warrior
  - Ann Curry -News reporter
  - Connie Matsui –Past National President of Girl Scouts of the United States of America
  - Give two more names which you found as a troop.
2. Research more about the types of jobs women have in China or Japan. Are they similar to the jobs that women hold in the United States?
3. Ask each girl to bring a magazine to the troop/group meeting. Have copies of publications by Chinese and Japanese to share. "East," "Women of Asia," and "Jasmine Tea" should represent these magazines. Look through the magazines and see how women are portrayed. Do the women in magazines really show the "average" women, or are stereotypes used?
4. Watch television for a weekend and notice how women are portrayed in situation comedies, dramas, movies, news stories, advertisements, etc. Are Chinese or Japanese women portrayed differently than others? Are women in general portrayed differently from men? Are there any Chinese or Japanese women on top 20 television shows?
5. Research Chinese/Japanese women who have made a difference in Connecticut's history. Go to your local library or contact the Connecticut Women's Hall of Fame to get information about these women. Share your findings with your troop.

## **Chinese/Japanese Women Continued**

6. Have the girls pick a famous Chinese or Japanese woman. Have each girl create a portrait of that person. The portrait does not have to be realistic in style. It can be abstract and can include designs which refer to the person's achievements.
7. Discuss the role of girls in the Chinese or Japanese culture. Are the girls similar to the girls in your troop? Do you have any interests that are the same?
8. Invite a Chinese or Japanese woman artist, dancer, dentist, doctor, musician, or scientist to speak to your troop about her work.
9. Research Chinese/Japanese rites of passage traditions for young girls. How do these traditions compare to becoming an adult woman in the United States?
10. Make a collage of newspaper articles featuring Chinese/ Japanese. Interview and take pictures of Chinese/Japanese leaders in your community. Include these with collage of articles.

## Patch Requirement Activities

### Literature/Folklore/Folktale

1. Select a Chinese or Japanese folktale to read. Your local librarian may have a few suggestions. Does this folktale have characters in them similar to those in folktales you read from other countries? Try reading some folktales from other countries to compare.
2. Try writing your own cookie fortunes. Example of a fortune is "May you enjoy continuous good health". Write a few and then exchange them with your troop.
3. Learn more about haiku's and try your hand at writing one of your own.
4. Practice reading poetry of a Chinese or Japanese poet. Discuss with the girls in your troop/group their feelings about the poem.
5. Write an original folktale on a subject of your own choosing.
6. Organize a storytelling event for another troop/group. Introduce them to poems or stories written by and about Chinese or Japanese people.
7. Write your own autobiography about working on this patch program. Explain what you did to complete the patch requirements. Don't forget to explain what you have learned.
8. Create a numbers or colors book with drawings of English and Chinese/Japanese words. Donate to your local library, school, children's organization, or Girl Scout troop.

## Patch Requirement Activities

### Holidays/Celebrations

1. Research the different holidays and celebrations related to Chinese or Japanese Heritage. Learn the history of the celebration and why this group of people celebrates it. Use the resource section for a glossary of holidays and celebrations.
2. Celebrate the Chinese New Year with your troop or family and friends. Make crafts and a traditional food dish to celebrate the event. The food that the Chinese eat during the Chinese New Year represents wishes they have for the whole year.
3. Explore more about the Chinese calendar. Under what sign were you born, and does it represent you?
4. Learn a Chinese or Japanese game. Find the game in your library or a school recreation department. Teach the game to other Girl Scout troops.
5. Attend a Chinese or Japanese festival or event in your community.
6. Did you know that paper was invented in China more than 2,000 years ago? Shortly after inventing paper, the people in northern China began cutting the paper into beautiful designs. Today, the Chinese use paper cuttings for celebrations and festivals. Often, paper cuttings are used to bring luck. Lucky paper cuttings are made on red paper. To the Chinese, red is a lucky color. Try your hand at making your own paper cutting. Directions are in the resource section.
7. Have a Chinese/Japanese History trivia game during Asian American Heritage Month in May. Give recognition to those girls who know the most trivia facts. Why not organize a Trivia Bowl for a younger troop/group?
8. Host your troop's own Chinese or Japanese celebration.

## Patch Requirement Activities

### Language/Communications

1. Learn to say the following phrases in Chinese or Japanese:
  - I am a Girl Scout.
  - What is your name?
  - My name is \_\_\_\_\_.
  - Where do you live?
  - How are you?
  - Good Morning
  - Good Afternoon
  - The Girl Scout Promise
2. How are Chinese or Japanese publications similar or different from the magazines that are read by members of the troop/group? Share your findings with your troop.
3. Learn to say the numbers 1-10 in Japanese.

<i>English</i>	<i>Japanese</i>
0	zero
1	ichi
2	ni
3	san
4	yon
5	go
6	roku
7	nana
8	hachi
9	kyuu
10	juu

4. Learn a Chinese or Japanese game and song. Teach them to another troop/group at a Girl Scout event within the next year.
5. Learn what English words have come into the language from China or Japan. Many are words we use everyday.
6. In Chinese and Japanese languages, there are many different dialects. Dialects refer to the regional forms of a language. They differ from region to region. People often overlook the fact that dialects in the United States vary just as much. Discuss with your troop about dialects and see if there are any dialects in your own area.

## **Language/Communications Continued**

7. Tape your next conversation with friends. Listen for slang words. Identify words and expressions that are derived from either Chinese or Japanese origin.
8. Learn how many Chinese or Japanese greet each other. Can you name two ways people greet one another in other countries?
9. Develop a dictionary of Chinese/Japanese youth slang phrases for adults. Give it to your parents, teachers, or troop leaders.

## Patch Requirement Activities

### The World of Girl Scouting

1. Learn about Girl Scouts/Girl Guides in the Chinese or Japanese region. What are they called? Compare them with what we have in the United States: Girl Scout uniform, Girl Scout pins and the Girl Scout Promise.
2. Explore ways to become pen pals with a Girl Scout/Girl Guide in China or Japan. Exchange information about music, activities, family life, schools, etc. Share your knowledge with your troop.
3. Learn a song or game from the Chinese or Japanese Girl Guides or Girl Scouts that are members of the World Association of Girl Guides and Girl Scouts (WAGGGS).
4. Learn to greet and bid farewell to your Girl Scout/Girl Guide friends in Chinese or Japanese.
5. Find out about service projects of the Girl Scouts/Girl Guides in China or Japan.
6. Develop a troop exchange with a troop in a China or Japan.
7. Design your troop's own requirement and submit it with your order for the patch.

# Chinese/Japanese Cultural Unity Patch Program

## **Resource Section**

## Food and Beverages

### Chopsticks made Simple

- Chopsticks have a history that is longer than the Great Wall of China. They were first used in ancient Japan and China. The Chinese say you can tell a lot about people by the way they use their chopsticks:
  - If a Chinese baby girl first grasps chopsticks at the far end, her future husband lives far away.
  - If you drop your chopsticks, you will have bad luck.
  - If your chopsticks are not the same length, you will miss a boat or a train.
- Not all chopsticks are alike. Those of the Chinese kind are longer than the Japanese chopsticks and have blunt ends. Japanese chopsticks have pointed ends and are more tapered.
- Have you ever tried eating with chopsticks? Did you struggle to hold them and pick up food? Read the steps below and struggle no more:
  1. Hold the upper chopstick between the thumb and first finger as if holding a pencil.
  2. Position the lower chopstick in the crook of the thumb resting on the fourth finger.
  3. Move the upper chopstick to pick up the food. The lower one remains still.

### Gohan Fluffy Boiled Rice (Makes about 3 cups)

What you will need:

- 1 cup rice
  - 2 ½ cups cold water
  - ½ teaspoon salt
1. Place rice in a heavy, deep saucepan with a tight fitting lid. Add water and salt.
  2. Place over high heat and bring quickly to a full boil.
  3. Reduce heat to lowest setting and let rice simmer about 25 minutes.
  4. Turn off heat and let rice stand about 5 minutes or longer. Never remove cover until time to serve.

## Food and Beverages Continued

### Goma Zu Pickled Vegetables (Serves 4)

What you will need:

- 1 tablespoon sesame seeds
- 1 tablespoon sugar
- ¼ teaspoon salt
- 1 teaspoon cornstarch
- 2 tablespoons water
- ½ cup white vinegar
- 1 medium-sized cucumber
- 2 carrots or white radishes
- 1 large stalk celery

1. Preheat oven to 350 degrees Fahrenheit (moderate). Spread sesame seeds on small baking pan and toast for 5 minutes.
2. Blend sugar, salt, cornstarch and water in a small saucepan. Blend in vinegar.
3. Stir constantly and simmer until thick (about 5 minutes). Add sesame seeds. Cool.
4. Strain liquid through a double thickness of cheesecloth.
5. Peel cucumbers and carrots or radishes. Cut in thin crosswise slices. Sprinkle with salt. Chop celery fine.
6. Combine vegetables with vinegar mixture. Refrigerate several hours. Serve chilled.

## Food and Beverages Continued

### Ocha

Place a scant teaspoon of green tea directly into the teapot for each cup to be made. Add freshly boiling water. Allow to stand a moment, and then swirl gently to dampen all the leaves and pour immediately into cups. To preserve the fragrance of the tea, do not add more water until more tea is desired.

### Shrimp with Tomato

What you will need:

- $\frac{3}{4}$  lb. shelled and cleaned shrimp
- $\frac{1}{4}$  cup tomato Ketchup
- 3 white onions
- 2 teaspoons sugar
- 3 teaspoons flour
- 1 tablespoon vinegar
- 1 egg white
- $\frac{1}{3}$  cup water
- 2 thin slices of ginger
- salt

1. Mix a pinch of salt, the egg white and 2 teaspoons flour.
2. Add the shrimp and mix well.
3. Peel the onions and chop finely.
4. Heat a little oil in a frying pan.
5. Fry the onions and ginger for 30 seconds.
6. Add the ketchup, shrimp, sugar and vinegar.
7. Dissolve the rest of the flour in the water and add to the pan.
8. Reduce the heat and let the sauce thicken, stirring continuously. Serve with rice.

## Food and Beverages Continued

### Chan Pon Men (Serves 2)

What you will need:

- ½ pound of broccoli
- 3 or 4 spring onions
- 10 ounces tofu
- Vegetable oil for deep frying
- 2 cups water (adjust according to instant noodle instructions)
- 2 packages instant noodles, with soup base
- ½ cup frozen sweet corn (optional)
- Toasted sesame seeds (optional)

1. Wash and trim broccoli, cut into smallish pieces.
2. Trim spring onions and cut each into three pieces.
3. Cut tofu into 12 equal-sized cubes.
4. Heat oil and deep-fry tofu until crisp and golden brown on the outside (about three minutes).
5. Drain tofu on kitchen towels.
6. Meanwhile, bring water to boil in medium to large saucepan, add broccoli and spring onions.
7. Return to boil and add ramen noodles, stirring to separate noodles.
8. Boil for two minutes, add tofu and com.
9. Boil one minute, add soup base.
10. Divide noodles, vegetables, tofu, and soup between 2 large bowls.
11. Sprinkle over sesame seeds, serve immediately.

Note: This dish is suitable for vegetarians if you are careful of what kind of instant noodles you buy.

## Food and Beverages Continued

### Deep-Fried Tofu with Mustard-Soy Sauce (Serves 4)

What you will need:

- 10 ounces tofu, firm.
  - Cornstarch
  - Spring onions for garnish
  - 2 tablespoons soy sauce
  - 1 teaspoon Japanese or English mustard (not American or French!)
  - Vegetable oil for deep-frying.
1. Trim a couple of spring onions, wash well and shred finely on the diagonal.
  2. Mix soy sauce, mustard and 1 tablespoon cold water.
  3. Cut tofu into four squares, then cut each square in half on the diagonal to make 8 triangles.
  4. Coat with cornstarch (you can season the cornstarch with some black pepper for a small variation).
  5. Heat oil to 350 degrees Fahrenheit and deep fry tofu until golden and crisp.
  6. Drain on paper towels.
  7. Divide tofu among four small dishes, drizzle sauce over them and sprinkle with spring onions.

### Tokyo Peanut Cookies

What you will need:

- 1  $\frac{3}{4}$  cups cake flour
  - 1 stick margarine
  - 1 cup brown sugar
  - 2 eggs
  - Dash of vanilla extract
  - $\frac{1}{2}$  cup or more peanuts
1. Mix the margarine and brown sugar until fluffy then beat in the egg and vanilla.
  2. Mix the flour into the batter.
  3. Add peanuts and mix lightly.
  4. Drop from a teaspoon onto a greased baking pan.
  5. Flatten with a fork dipped in flour.
  6. Let them cool in a refrigerator for 20 minutes.
  7. Bake at 320 degrees Fahrenheit for 15 to 20 minutes.

## Food and Beverages Continued

### Ginger Salad Dressing

What you will need:

- 1 tbs. rice vinegar
- 1 tbs. vegetable oil
- 1 tbs. sesame oil
- 1 tbs. grated fresh ginger

Mix all together and toss with salad.

### Okinawan Sweet Fritters (Makes about 12 Fritters)

What you will need:

- 1 large egg
- 1 ½ cups evaporated milk
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/8 teaspoon salt
- 1/3 cup light brown sugar
- 1 ¼ teaspoons ground cinnamon
- 1/3 cup chunky or smooth Japanese bean paste
- 6 cups peanut oil or vegetable oil
- ¼ cup sugar (optional)

1. In a small bowl, combine egg and milk.
2. In a medium bowl, sift together flour, baking powder, salt, brown sugar and cinnamon.
3. Add the egg and milk to the flour mixture; stir until blended.
4. Stir in bean paste.
5. In a wok or shallow pan, heat oil to 350 degrees Fahrenheit (175 degrees Celsius).
6. Drop batter into the hot oil by the tablespoonful.
7. Fry fritters 3 to 5 minutes, turning often to brown evenly.
8. Cut open one fritter to be sure the batter is cooked inside.
9. Roll hot fritters in sugar or serve plain.

## Food and Beverages Continued

### Papaya Drink with Lime

Cut a ripe papaya into quarters, scoop out and discard seeds, and with a sharp knife remove the skin. Roughly cube and drop into an electric blender. Add the juice of a lime, a tablespoon of sugar, 2 or 3 ice cubes and a little soda water. Blend until smooth and serve right away.

### Chinese Style Honey-Soy Walnuts

What you will need:

- 1 cup walnut halves
- 3 tablespoons liquid honey
- 2 teaspoons light soy sauce
- 4 tablespoons caster sugar
- Oil for frying

1. Peel the walnut halves and dry them on paper towels.
2. Combine honey and soy sauce, pour over the walnuts in a bowl and leave for 1 hour, stirring now and then, turning the nuts over in the mixture.
3. Drain walnuts, leave for 15 minutes to dry, then toss in sugar to coat.

Frying method:

Heat oil in a wok. Turn heat low, add the walnuts and fry for 23 minutes, stirring and turning the walnuts constantly until they are golden brown and the sugar coating forms a glaze. Pour into a wire strainer then spread on a plate to cool, keeping pieces separate. Use within a day or two.

Baking method:

The nuts may also be placed on a baking tray lined with nonstick baking paper and roasted in oven at 350 degrees F (180 degrees C) for 10 minutes. If non-stick paper is not available, transfer walnuts to a lightly oiled plate as soon as possible, or the melted honey and sugar, when cold, will harden and stick the nuts to the tray.

## Celebrations

### Chinese New Year

Chinese New Year starts with the second new moon after the winter solstice (December 21). This is the first day of the New Year. Fifteen days later, the New Year ends on the full moon. The 15th day of the New Year is called the Lantern Festival, which is celebrated at night with lantern displays and children carrying lanterns in a parade.

The Chinese calendar is based on a combination of lunar and solar movements. The lunar cycle is about 29.5 days. In order to "catch up" with the solar calendar the Chinese insert an extra month once every few years (seven years out of a 19-year cycle). This is the same as adding an extra day on leap year. This is why, according to the solar calendar, the Chinese New Year falls on a different date each year.

New Year's Eve and New Year's Day are celebrated as a family affair, a time of reunion and thanksgiving. The celebration was traditionally highlighted with a religious ceremony given in honor of Heaven and Earth, the gods of the household and the family ancestors.

The sacrifice to the ancestors, the most vital of all the rituals, united the living members with those who had passed away. Departed relatives are remembered with great respect because they were responsible for laying the foundations for the fortune and glory of the family.

The presence of the ancestors is acknowledged on New Year's Eve with a dinner arranged for them at the family banquet table. The spirits of the ancestors, together with the living, celebrate the onset of the New Year as one great community. The communal feast is called "surrounding the stove" or **weilu**. It symbolizes family unity and honors the past and present generations.

## Celebrations Continued

### The Chinese Calendar

The Chinese Calendar is based on the cycles of the moon. The start of the New Year begins anywhere from late January to mid-February. A complete lunar cycle takes 60 years. It is composed of five cycles that are 12 years each. Each 12-year segment is named after an animal. According to legend Buddha called all the animals to him before he departed from earth. Only twelve came and as a reward to them he named the years after them in the order they arrived (the order is listed below). It is believed the animal ruling of the year you are born affects your personality and "*it is the animal that hides in your heart.*"

Furthermore, the Chinese Calendar uses the stem-branch system. The branches are the 12 years. There are ten stems that are used in the counting system. The stems are metal, water, wood, fire, and soil; each having a yin and a yang side. There are a lot more intricacies in the system but you should also know that the elements correlate to colors.

Metal=white or golden, water=black, wood=green, fire=red, and soil=brown.

When you put all of this together you end up with the following:

- 2001 - the Year of the White or Golden Snake
- 2002 - the Year of the Black Horse
- 2003 - the Year of the Black Sheep
- 2004 - the Year of the Green Monkey
- 2005 - the Year of the Green Rooster
- 2006 - the Year of the Red Dog
- 2007 - the Year of the Red Pig
- 2008 - the Year of the Brown Rat
- 2009 - the Year of the Brown Cow
- 2010 - the Year of the White Tiger
- 2011 - the Year of the White Rabbit
- 2012 - the Year of the Black Dragon
- 2013 - the Year of the Black Snake
- 2014 - the Year of the Green Horse
- 2015 - the Year of the Green Sheep

## What's your sign?

Mouse/Rat	Very popular, likes to invent things, and is a good artist	1924, 1936, 1948, 1960, 1972, 1984, 1996, 2008
Ox	Dependable, calm, good listener, and has very strong ideas	1925, 1937, 1949, 1961, 1973, 1985, 1997, 2009
Tiger	Brave, has deep thoughts, courageous actions, and gets respect	1926, 1938, 1950, 1962, 1974, 1986, 1998, 2010
Rabbit	Nice to be around, likes to talk, and gets trust	1927, 1939, 1951, 1963, 1975, 1987, 1999, 2011
Dragon	Has lots of energy, is a good friend, and listens carefully to others	1928, 1940, 1952, 1964, 1976, 1988, 2000, 2012
Snake	Has good luck with money and loves good books, food, music and plays	1929, 1941, 1953, 1965, 1977, 1989, 2001, 2013
Horse	Works very hard, popular, cheerful, quick to compliment others	1930, 1942, 1954, 1966, 1978, 1990, 2002, 2014
Sheep/Ram	Good artist, asks many questions, likes nice things, and is very wise	1931, 1943, 1955, 1967, 1979, 1991, 2003, 2015
Monkey	Very funny, makes people laugh, very good at problem solving	1932, 1944, 1956, 1968, 1980, 1992, 2004, 2016
Rooster	Hard worker, has many talents, and thinks deep thoughts	1933, 1945, 1957, 1969, 1981, 1993, 2005, 2017
Dog	Loyal, can always keep a secret, may worry too much	1934, 1946, 1958, 1970, 1982, 1994, 2006, 2018
Boar/Pig	Very good student, honest, brave, always finishes project	1935, 1947, 1959, 1971, 1983, 1995, 2007, 2019

### Teng Chieh- The Feast of the Lanterns

Celebrated on the first day of the First Moon, the Holiday Moon, which is usually early in the month of February. The Chinese New Year celebrations end with the Feast of the Full Moon, or the Feast of the Lanterns. On the last three evenings of the New Year Festival, people hang lighted lanterns on their porches or in their gardens.

### Hina-Matsuri- Doll Day- Girls Day

This celebration celebrated March 3<sup>rd</sup> features dolls which have been purchased on special occasions for the child. The dolls are for display during the special day and are not played with during the year. Friends are invited for storytelling, singing and sharing of tea and other refreshments.

### Shichi-Go-San

In Japan, children who are three, five, or seven years old are thought to be especially lucky. So, on November 15, families who have children of these ages take part in a very old festival. This special children's festival is called Shichi-Go-San, or "Seven-Five-Three." It is for boys and girls who are three, five, or seven years old.

On this day, the children dress in their finest clothes. Some wear Western-style clothes. Others follow the old customs. They wear traditional kimonos, which are beautiful, brightly colored robes made of cotton or silk. And every child has a long, narrow paper bag. On each colorfully decorated bag there are pictures, usually of a pine tree, a tortoise, and a crane. These are symbols of youth and long life.

When everyone is ready, the families go to a shrine, or place of worship. There, they give thanks for the good health of the children. They also ask for a blessing for the future health and happiness of the children.

Outside the shrine, there are stalls where the parents buy candy and toys to fill the children's paper bags. After the families return home, the children give some of their candy to visiting friends and relatives. In return, the children are often given gifts. Finally, the day may end with a party.

Truly Shichi-GO-San is a very special day for a child of three, five, or seven!

## **Games**

### Chinese Kick Rope

A popular game in China is a version of the English favorite, “high water-low water.”

How to play: Two girls hold the rope between them at waist height. The other girls take turns kicking at the rope, facing forward and then backward. If a girl can reach the rope with both kicks, the rope is raised a little higher on the next turn.

Girls who can not kick the rope are eliminated, until only one girl remains.

### Jan-Ken-Po

This Japanese game is a version of the traditional rock-paper-scissor-stone game.

How to play: To start, two or more girls close their fists and swing them in a downward movement, while saying “jan-ken-po.” On the third downward motion they show a frog (scissors), snake (paper), or slug (stone). Repeat the downward motions while saying “ai kono sho.” Girls can make the same or different hand motions. The frog can chop the snake, or the snake can bite the slug, or the slug can slime the frog. Girls are eliminated after each round of play until one person remains and becomes the leader.

## **Art and Handcrafts**

### Good Luck Dragon

The dragon is a make-believe creature that has been a part of the Chinese culture for thousands of years. Chinese New-Year parades always feature a fierce dragon with a large gold and red head and a very long, costumed body. Underneath, men dance and move so that the glorious dragon comes to life!

#### Materials:

- Papier-mâché mixture in bowl
  - Newspaper strips
  - Paper drinking cup, paper towel tube, paper egg carton
  - Scrap aluminum foil, cardboard scrap
  - Tempera paints, many colors, in small cups
  - Acrylic gloss varnish
  - Paintbrushes, scissors, glue, tape, toothpicks
1. To form the mouth, cut wide slits into each side of the paper cup.
  2. Then tape the cup to one end of the paper tube.
  3. Cut out two egg carton sections for the dragon's feet and glue them to the tube. Let dry.
  4. Cut out three humps from the center section of the egg carton and tape this to the dragon's back.
  5. Form the tail with some scrap aluminum foil. Tape an arrowhead shape cut from the cardboard scrap to the foil tail. Stick the other end of the foil tail into the paper tub and tape in place.
  6. Cover the dragon's form with papier-mâché paste and newspaper strips. Dry overnight.
  7. Trim off any extra newspaper around the feet. Paint the dragon any color you wish with tempera paint mixed with a little acrylic gloss varnish. When the body is dry, paint on scales, eyes, a nose and claws with other colors. Let dry.
  8. To make the teeth, glue two toothpicks to the front of the mouth at the top. Tape in place until the glue dries; then remove tape.

## Chinese Egg Painting

What a better place to paint a picture than on an egg. Just think of an eggshell as a perfect piece of blank paper. Chinese egg painting- an ancient tradition still in use today- was so special that they put painted eggs in temples or holy buildings.

Materials:

- White chicken egg
  - Watercolor paints, cup of water, small paintbrush
  - Paper clip, small bowl
  - Milk bottle cap
  - Pencil, glue
1. Open the paper clip so that you have a long, straight piece. With the wide end of the egg up, gently tap an opening in the egg using the clip's sharp end. Be careful not to crack the whole egg.
  2. Empty the insides into a small bowl. Dry the outside of the egg.
  3. Glue the eggshell, broken side down, onto the bottle cap. Let dry.
  4. Lightly draw a design on the eggshell with a pencil.
  5. Paint you egg with watercolors, keeping the painting light and open. Rinse the brush between each color. Let dry. In Asian art, the background is not all covered with paint.
  6. Sign your eggshell painting with your initials in a small box shape. This kind of signature or mark is known as *chop* and is used by Chinese painters.

## Paper Uchiwa

The Japanese fan themselves with paper fans called uchiwa (OO-chee-wah), made of split bamboo and washi (WASH-ee), Japanese paper. Stenciled designs make the fans especially beautiful. Keep cool with your own hand-powered cooler made out of poster board and a wooden tongue depressor.

Materials:

- White or any light-colored poster board, 7" X 7"
  - Scrap paper
  - Wooden tongue depressor
  - Pencil, markers, scissors, stapler
1. Draw a fan on the poster board, using almost the whole piece, and cut out. Staple tongue depressor to the fan with half of it on the back of the board.
  2. Turn the fan over and decorate with markers. Remember, keep the design simple.

## Decorative Kites

### Materials:

- 12" X 18" construction paper of assorted colors
- Tissue paper
- Crepe paper
- Construction paper scraps
- Yarn
- White glue
- Pencils
- Markers
- Scissors
- Hole punch

1. Have each girl sketch a design on the 12" X 18" sheet of construction paper. If the kite design is symmetrical; remind students that they can cut out the kite shape by folding the paper and cutting only half the design.
2. Have girls decorate the kites using the paper scraps, tissue paper, markers, scissors and white glue.
3. When the kites are complete, make a small hole in each kite with the hole punch, and attach some yarn for exhibiting. Fancy tails can be added by using the rolled crepe paper.

## Japanese Haiku

Japanese haiku (a form of poetry) may look simple, but it is actually very structured, with rules for choosing a subject and the way you write about it. The classical form goes back to the 15<sup>th</sup> century, consists of as many as 100 verses in one poem, with each verse having a set number of syllables. Often these poems were written by more than one poet working together.

Modern haiku (since the 1890s), is a short verse complete in itself, using 17 characters. In the Japanese Haiku form, there must be a seasonal word, or *kigo* to make it true Haiku. This word is supposed to remind readers of one of the four seasons, without being too obvious (like using the word crisp instead of fall, to suggest cold autumn nights).

In English, Haiku consists of 17 syllables, which are arranged in three lines:

**Line 1: 5 syllables**

**Line 2: 7 syllables**

**Line 3: 5 syllables**

Spring goes, summer comes with the warm heat from the sun, swimming, picnics fun!  
A Haiku by Megan, age 12

A good Haiku selects a subject that is something simple (like a coin in your pocket, a sunset you see out your window, or a daily event) and makes you think about it in a different way.

## Paper Cutting

### Materials:

- Scrap paper
- Pencil
- Red construction paper
- Scissors

1. Trace the fish pattern on scrap paper. Trace all around the fish, and the inside shapes too.
2. Cut out the fish with scissors. Make sure you cut only on the lines. This scrap paper fish is called a stencil.
3. Put your stencil on the red construction paper. With your pencil, trace around the stencil. Don't forget to trace the inside shapes
4. Cut along the lines with your scissors
5. Hang up your fish for good luck.