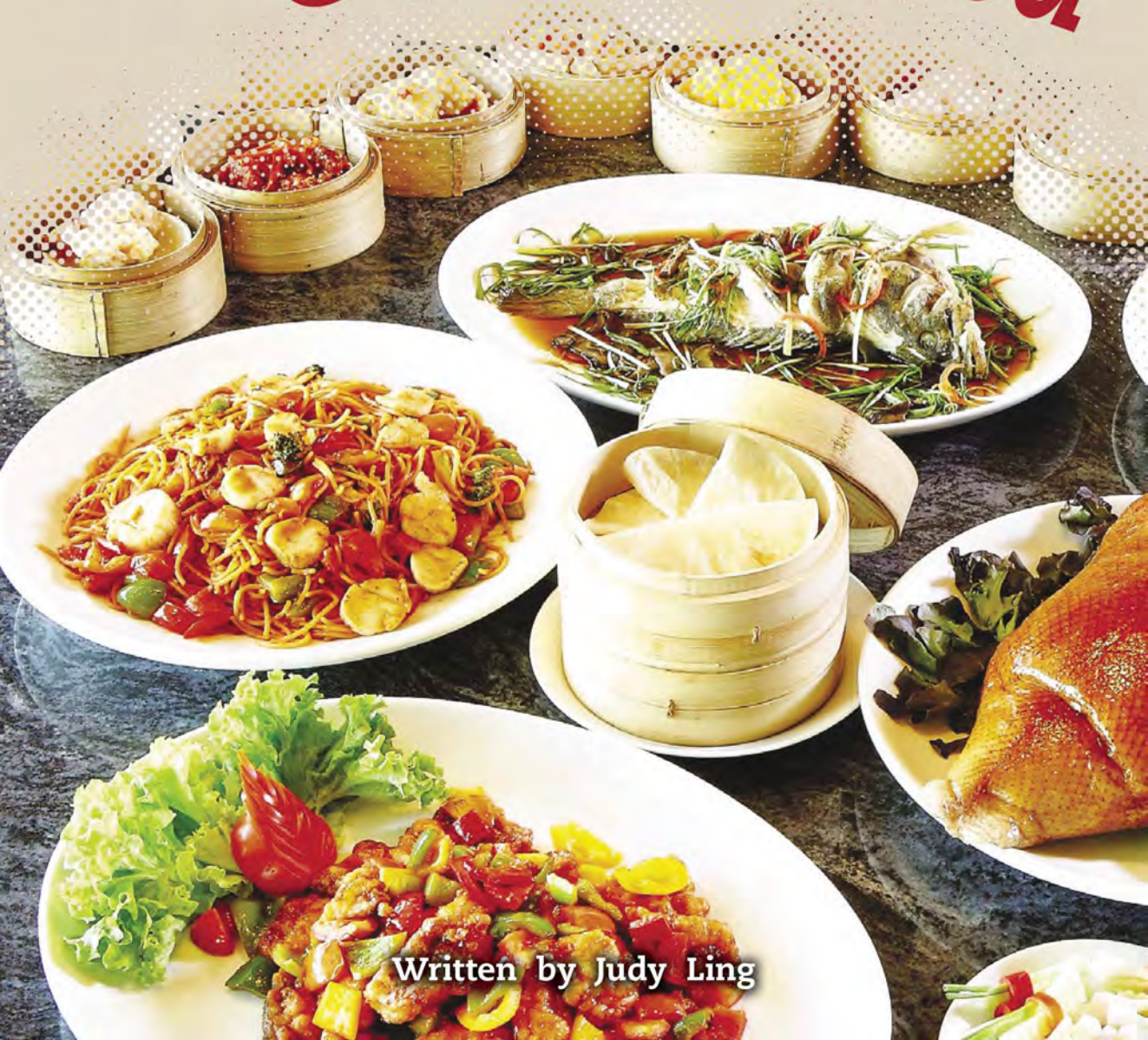




Chinese Food



Written by Judy Ling

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Meeting and Greeting

When people meet in China, they may say “Chī le ma” (chur luh ma).

It means, “Have you eaten?”

This greeting shows how important food is to people in China.



Many Areas, Many Foods

China is a big country.

It has many different kinds of food.

In some parts of China, the food is salty.

In some parts, the food is sweet.

Dumplings are eaten in many parts of China.



In the south of China, people cook with very spicy chillies.

It is hot most of the time in the south.

The spicy food helps people feel cool.



Food in the south of China is made with very hot chillies.



Rice in the South

Rice is very important in China.
It grows easily in the south where
it is warm.

People have been growing rice
in China for thousands of years.

Rice can be eaten on its own, or with meat and vegetables.

Some people eat rice with every meal.



Rice porridge is a common breakfast.



Chopsticks can be used to eat most dishes.