



# LET'S TRAVEL TO CHINA



Welcome friends,

We hope this pack allows you to explore China without the need for a plane ticket!

Embark on this journey with your family, friends or neighbours and travel the world together, learning some of the unique things that make the country of China and its people so special.

Like any travel plans you make, you can pick and choose what you do! See the next page for some suggestions as to how you can use this resource. Just know you don't have to use everything in one go. We hope you enjoy your trip and have fun in the immersive experience!



## Here are some suggestions for using this pack;

1. Make family dinner time extra-special by working through this pack together.
2. Open your home to your neighbours and spend the night cooking, eating and learning together.
3. Host a virtual evening of travel for your friends.
4. Use one of the books recommended and create a virtual or real life book club, eating together and sharing reflections.
5. Use it as a way to meet new neighbours by 'travelling' the world together or possibly learning more about their culture.



# FUN FACTS ABOUT CHINA

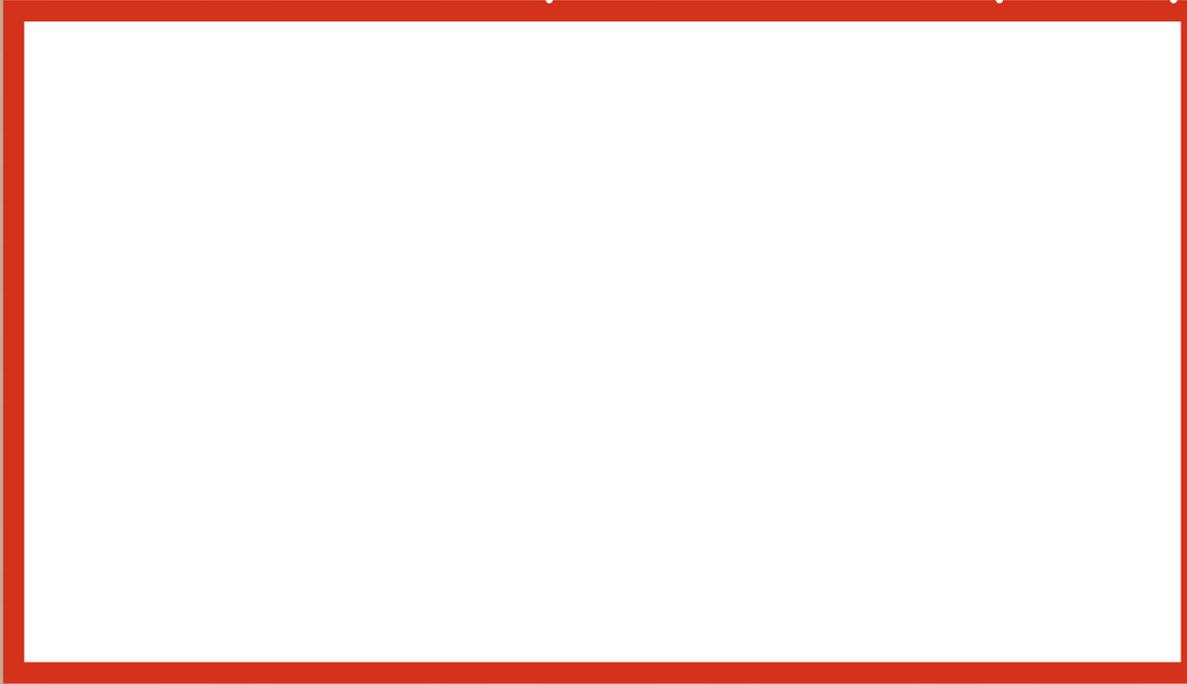
- Ancient Chinese soldiers sometimes wore armour made from paper.
- The Forbidden City, a palace complex in Beijing, contains about 9,000 rooms.
- If joined together, China's railway tracks could loop around the earth twice.
- The mortar used to bind the stones of The Great Wall was made with sticky rice.
- You can buy green bean flavoured ice cream.



# FUN FACTS ABOUT CHINA

- Chopsticks were developed about 5,000 years ago and were made for cooking with, not eating.
- More people speak Mandarin as their first language than any other language in the world.
- Half of all the pigs on earth live in China.
- It took around 37 years to make the Terracotta Army, a set of around 8,000 clay soldiers built in Xi'an to guard an Emperor's tomb.
- Chinese brides often wear red instead of white as it is considered to be lucky.

# THE CHINESE FLAG



## Challenge

Can you draw the Chinese Flag?

China's flag has a simple design with a red background and five golden stars. The red background and the larger star represent the Communism Party and its leadership. The smaller stars represent the unity of China's people.

# MAP OF CHINA



## Challenge

Find these cities:

- Shanghai
- Gansu
- Beijing

# ANIMALS OF CHINA

- Giant Panda
- White Flag Dolphin
- Tibetan Antelope
- Golden Snub Nosed Monkey
- Pink Dolphin
- Chinese Pheasant
- South China Tiger
- Chinese Alligator
- Chow Chow
- Bactrian Camel



## Challenge

Research the animals listed on this page & find 3 interesting facts about each.

## Game

Take turns to draw one of these animals in 10 seconds and have the others guess what it is.

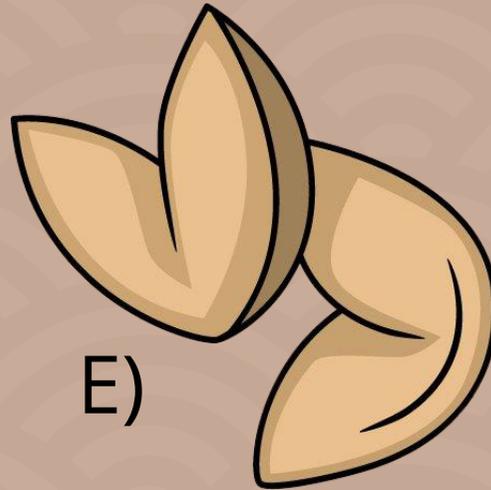
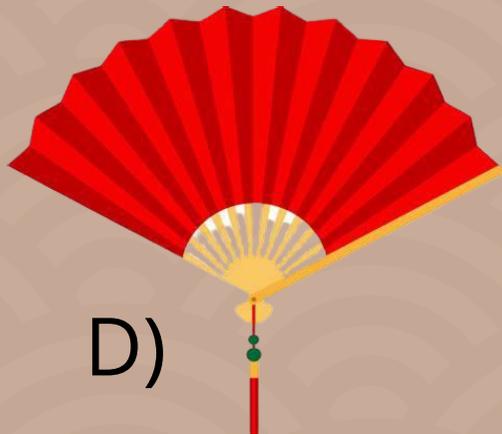
# ANIMALS OF CHINA

Draw your favourite Chinese animal and colour it in.

# CHINESE LIFE IN CARTOON



Can you correctly label the cartoons?



a) paper lanterns b) temple c) lion costume d) fan e) fortune cookies f) traditional hanfu

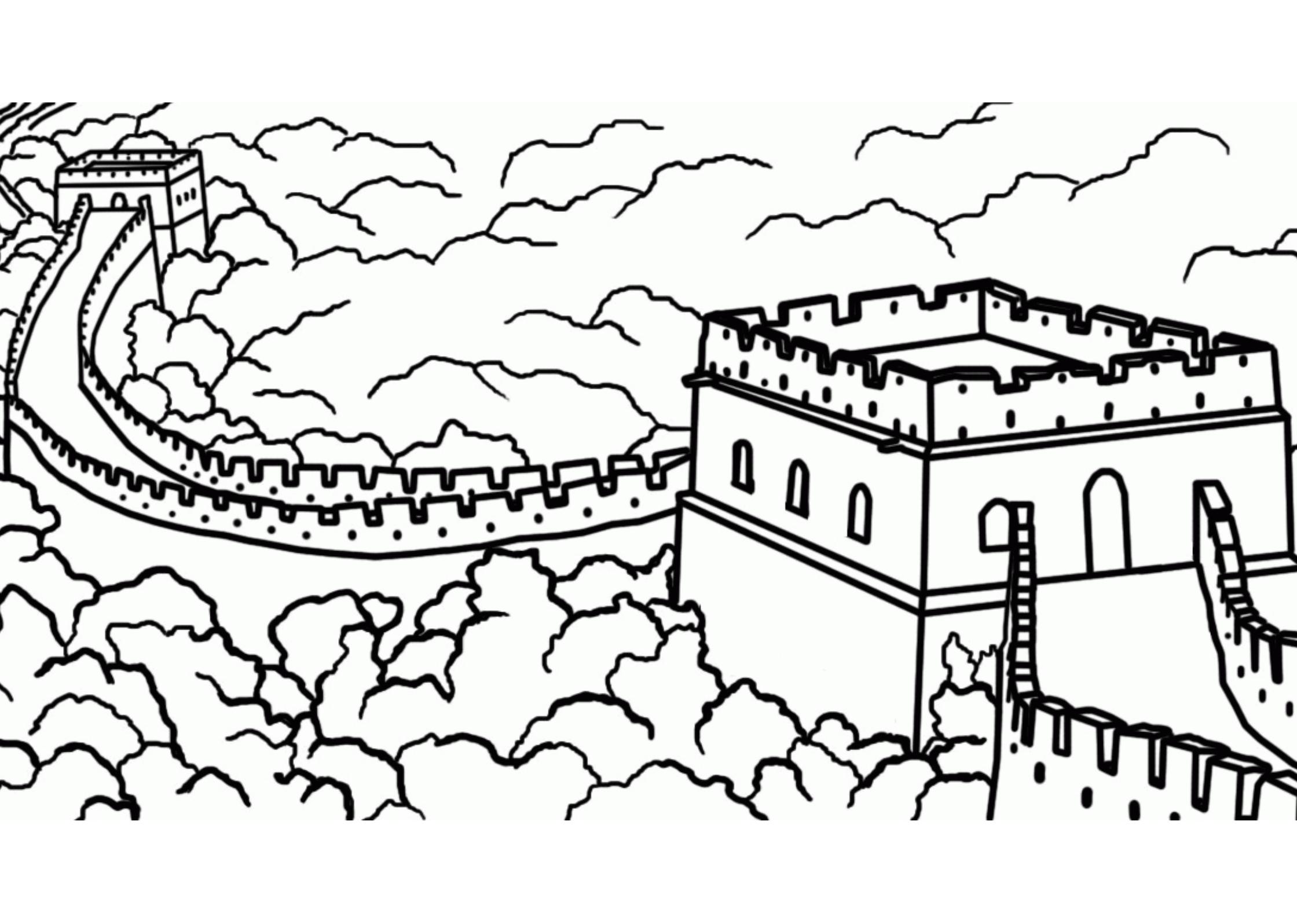


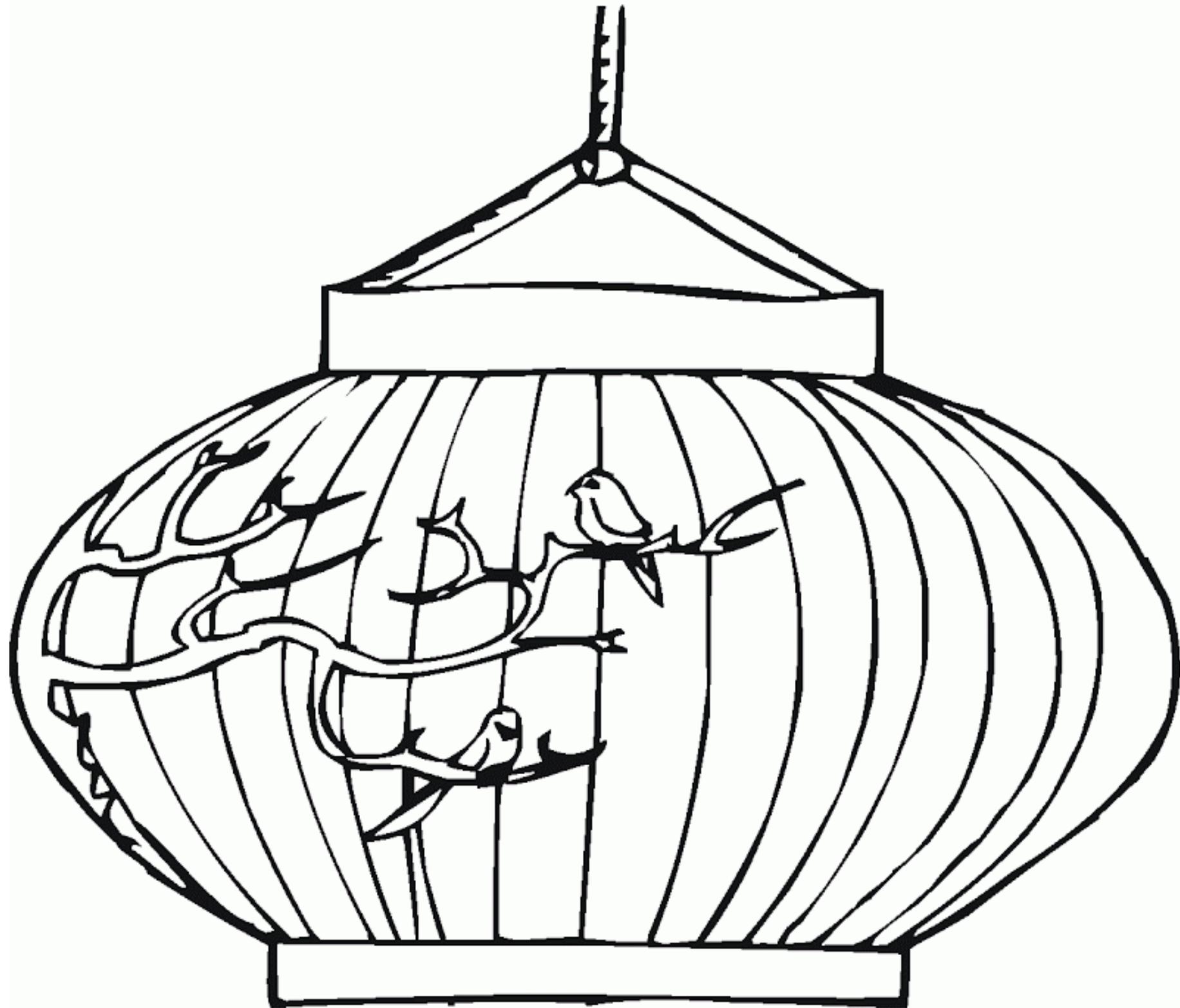
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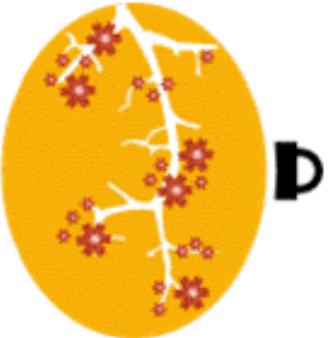
# Coloring Pages

Find more coloring pages at [crayola.com](http://crayola.com)



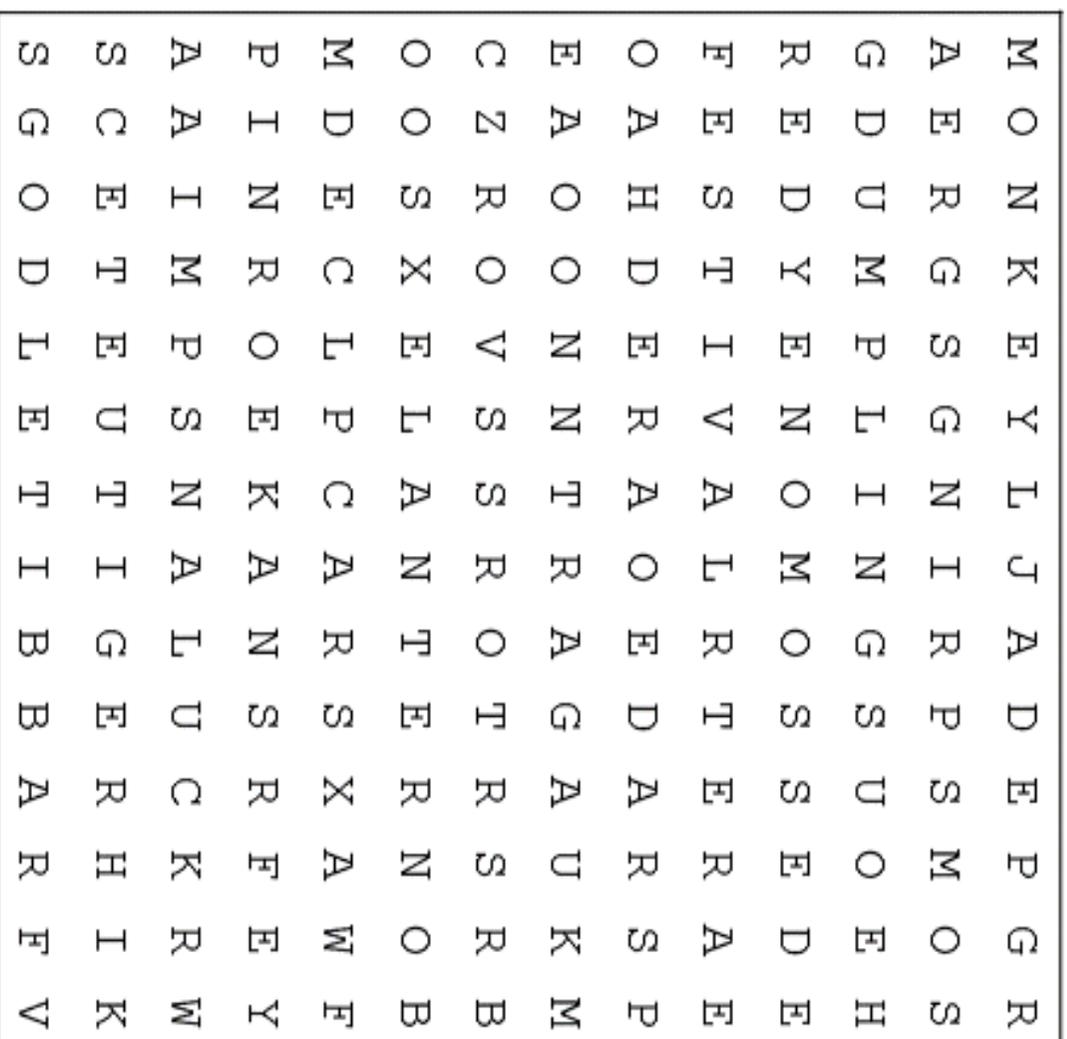






# Chinese New Year

## Chinese Lunar New Year



ANCESTORS  
BOAR  
COMPASS  
DOG  
DRAGON  
DUMPLINGS  
ENVELOPE  
FANS  
FESTIVAL  
FIREWORKS

HORSE  
JADE  
LANTERN  
LUCK  
LUNAR  
MONEY  
MONKEY  
OX  
PARADE  
RABBIT

RAT  
RED  
ROOSTERS  
SHEEP  
SNAKE  
SPRING  
TIGER  
ZODIAC



# HOISIN BEEF

## Ingredients

- 1 cup long-grain rice
- 3/4 cup hoisin sauce
- 1 1/2 tbsp soy sauce
- 1 1/2 tbsp sugar
- 4 tbsp olive oil
- 3 tbsp finely chopped shallots (white parts only)
- 2 tbsp finely chopped garlic
- 1 tsp crushed red pepper (optional)
- 500 grams flank or boneless sirloin steak, thinly sliced
- 1 red/orange or yellow capsicum, seeded and thinly sliced
- 1 medium sweet potato, peeled, halved, sliced 1/4 inch thick
- 1 1/2 cups snow or sugar snap peas
- 3 shallots (green parts only), cut into 1 1/2-inch length

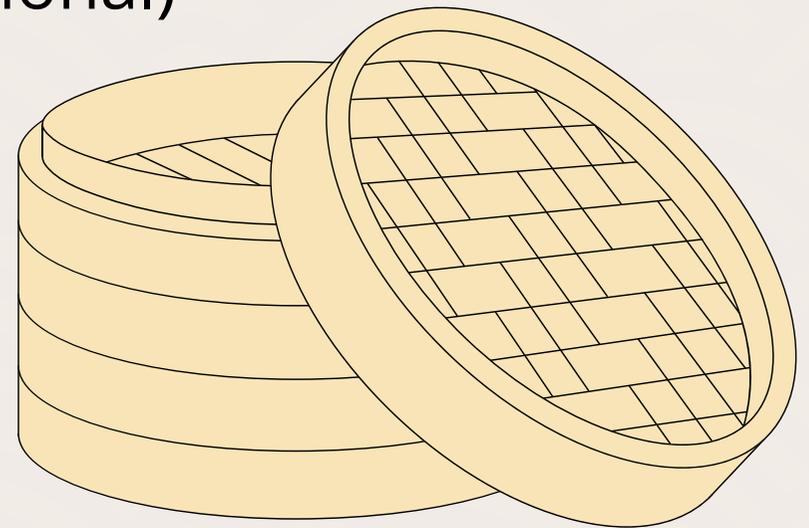


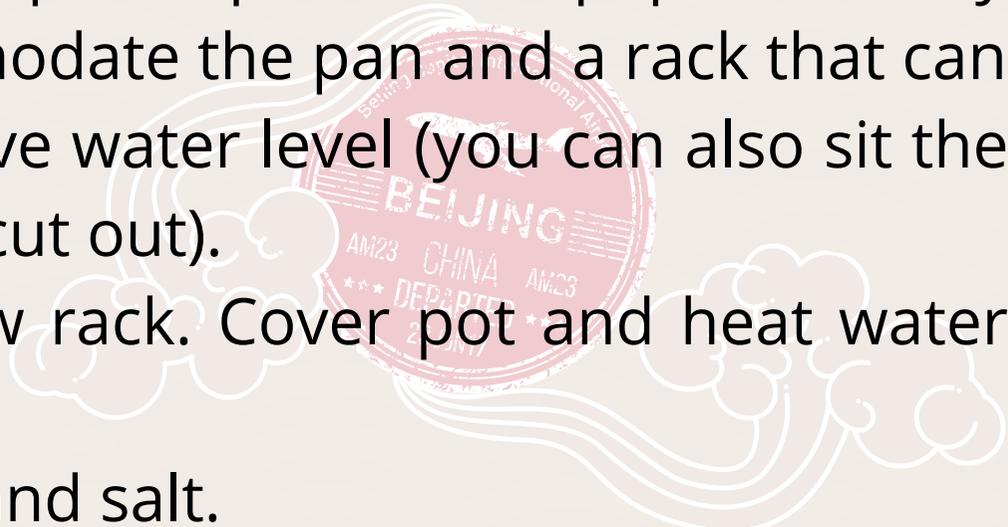
1. Cook the rice according to the package directions.
2. Meanwhile, combine the hoisin,  $\frac{1}{2}$  cup water, soy sauce and sugar in a small bowl.
3. In a small saucepan, heat  $1\frac{1}{2}$ Tbs of oil over medium-high heat. Add the shallots and garlic, stirring until fragrant (~30 seconds). Add the hoisin mixture and bring to a boil. Stir occasionally until sauce thickens slightly. Pour into a bowl and set aside.
4. Heat a wok or pan over high heat with 2Tbs of oil.
5. Add the steak and stir-fry until cooked through. Transfer to a plate.
6. Wipe out pan. Reduce heat to medium-high.
7. Add the remaining  $\frac{1}{2}$ Tbs oil and heat for 30 seconds. Add the capsicum & cook, stirring constantly, for 10 seconds. Add sweet potato &  $\frac{1}{3}$  cup water. Cover partially & cook, stirring occasionally, for 7 minutes. Add the peas & remaining shallots; cook for 1 minute.
8. Increase heat to high. Add the sauce. When it starts to bubble, add the steak. Stir-fry until warmed through (~1 minute). Serve immediately over rice.

# CHINESE STEAMED SPONGE CAKE

## Ingredients

- 5 large eggs (at room temperature)
- 3/4 cup granulated sugar
- 1 cup cake flour
- 1/2 teaspoon baking powder (optional)
- 1 pinch salt
- 1 teaspoon vanilla extract



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1. Line an 8-inch cake pan with wax paper or parchment paper. Identify a wide pot or wok that can accommodate the pan and a rack that can fit in the pot and hold the pan above water level (you can also sit the pan on 2-inch high cans with ends cut out).
  2. Add water to about 1/2-inch below rack. Cover pot and heat water while you mix cake.
  3. Sift together flour, baking powder and salt.
  4. Add eggs to a large mixing bowl. Using an electric mixer on high speed, beat eggs for one minute and add sugar slowly. Beat for until mixture thickens, about five minutes.
  5. Gradually whisk flour mixture into eggs. Add vanilla extract.
  6. Pour batter into prepared pan. Set pan on rack and cover pot. Turn heat to medium and steam until toothpick inserted into center comes out clean, about 20-25 minutes. If you run out of water during cooking (i.e. you stop seeing steam), carefully add boiling water to pan. Take care when removing lid so that condensation from lid does not drip on cake. Serve cake warm or cooled.

# CHINESE PHRASES

Ni hao (nee haow)

Hello

Ni hao ma (nee haow ma)

How are you?

Nin hao (neen haow)

Hello (formal)

Nin hao ma (neen haow ma)

How are you? (formal)

Hao

Good

Bu hao

Not good

Xie Xie (zy-yeh zh-yeh)

Thank you

# PRAY FOR CHINA

**Christians in China often undergo persecution for their beliefs.**

Here are some prayer points for China that you can use as a guide:

- Continued church growth and pure biblical teaching despite ongoing persecution.
- Ask God to encourage and uplift Christians in China despite the pressures and persecution they face.
- Pray for those who struggle to work out how to live out their faith and not be considered disrespectful to their families and their ancestral beliefs.
- Pray for ethnic minority Christians who are doubly under threat.

# PRAY FOR CHINA

- Pray for Jesus' teachings to take deep root in the culture and to expose false religions and beliefs.
- Pray for those churches that are “underground” and have to meet in secret. Pray for their members strength and safety.
- Pray for a renewed valuing of life. Pray for people who are fighting against suicide, abandonment, and human trafficking. Pray for wisdom to know how to tackle these big issues.
- Pray against racism and racist attacks made against people of Chinese descent and heritage globally.



# BE A GOOD NEIGHBOUR

**Find ways to connect with your Chinese neighbours.**

Here are some suggestions:

1. Find out about gift giving in Chinese cultures and find a way to give your Chinese neighbours a gift that would mean something to them.
2. Learn a few words in Chinese so that you can greet them and make small talk when you see them around.
3. Find out when Chinese New Year is and leave a small card and gift on the porches of your neighbours.
4. Write letters to your local Chinese restaurants and organisations encouraging them and supporting them. You can let them know that you value their culture and what they bring to your local area.

# BOOKS & MOVIES



## Books to read:

Wild Swans: Jung Chang

The Joy Luck Club: Amy Tan

Mao's Last Dancer: Li Cunxin

## Movies to Watch:

Mulan (PG)

Abominable (PG)

The Karate Kid (PG)

The Farewell (PG)



