

Chinese New Year ideas

- **Chinese New Year** is the festival that celebrates the beginning of a new year on the traditional Chinese calendar. In Chinese culture and East Asian countries, the festival is commonly referred to as the **Spring Festival**, as the spring season in the lunisolar calendar it is a festival celebrating the end of winter and the beginning of the spring season. The first day of Chinese New Year begins on the new moon that appears between 21 January and 20 February. In 2021, the first day of the Chinese New Year will be on Friday, 12 February, which is the Year of the Ox.

Red is a popular colour in **Chinese** culture, symbolizing luck, joy, and happiness. It also represents celebration, vitality, and fertility in traditional **Chinese** colour symbolism. **Red** is the traditional colour worn by **Chinese** brides, as it is believed to ward off evil.



<https://www.youtube.com/watch?v=p3PDOgG7fUE>



Dance is an important part of the culture and is present in rituals, celebrations, folk traditions, and as entertainment or even exercise. **Chinese dances** have existed for over 4,000 years and probably started as religious rituals. They became popular for royal entertainment.

CHINESE NEW YEAR SNAKE CRAFT



Craftiments

- **Materials**

- paper towel or toilet paper tubes (*we will need to make tubes in school for ours as can't use toilet rolls*)

- construction paper cut in 1 inch wide strips

- tempera paint and painting supplies

- scissors

- glue

- stapler

- googlie eyes, glitter glue, stickers, other embellishments



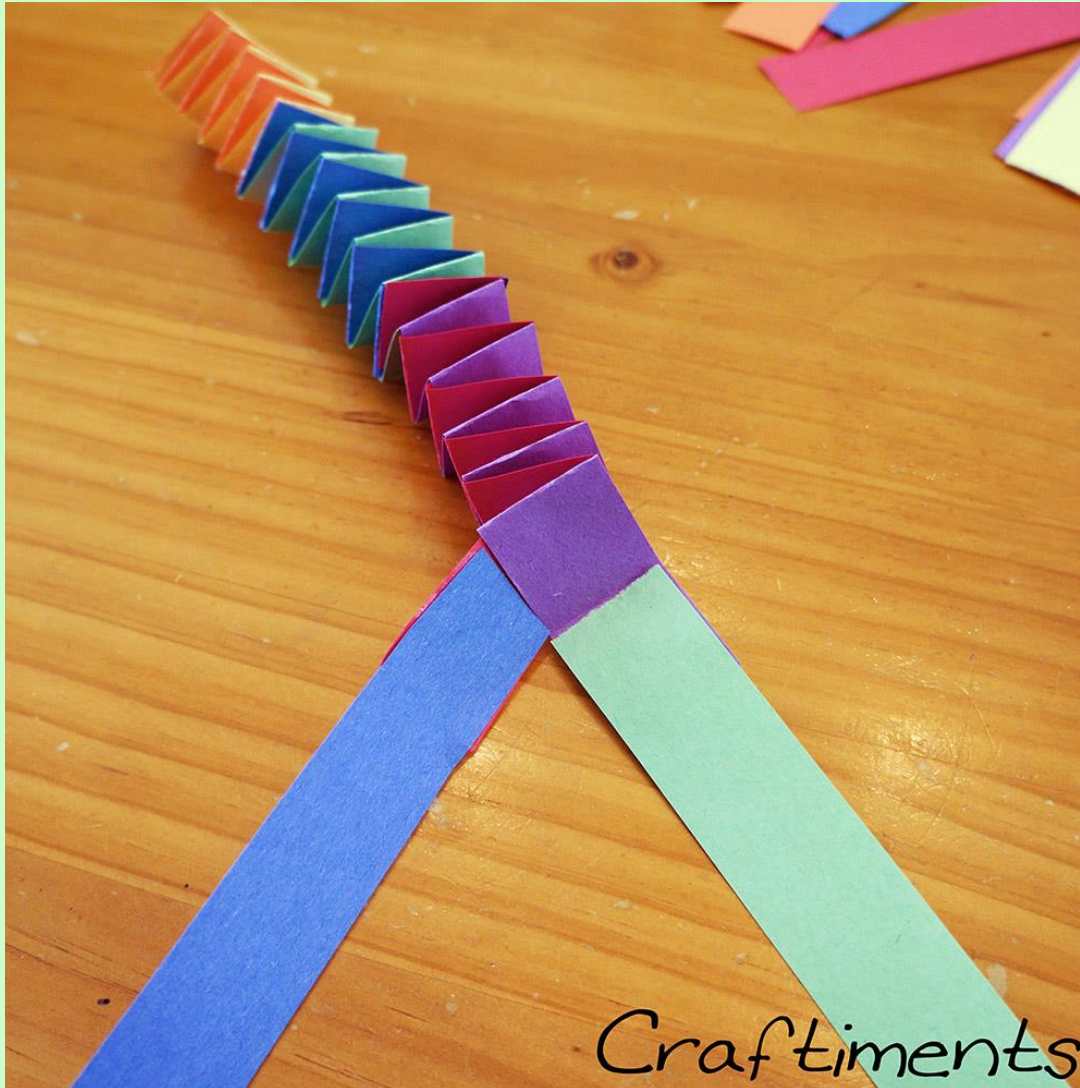
- Cut a piece of cardboard tube approximately 3 inches in length. Cut a mouth shape at one end
- Start on the snake's the body while the paint dries. Glue the ends of two contrasting strips of construction paper together at a right angle. Fold the bottom strip over the top strip, making sure they remain perpendicular. Crease the fold. Continue criss-crossing bottom over the top, keeping the strips at right angles to each other.



Craftiments



When you reach the end of the strips, leave a 1 inch overhang, trimming if necessary. Glue another paper strip to each of the two ends, overlapping by 1 inch.



- Continue folding and adding strips until the snake body reaches the desired length. Glue the ends together leaving another inch of overhang.

Craftiments



- With the top of the snake's head facing you, glue the ends of the strips inside the back opening.



Craftiments



Squeeze the opening closed and trim the corners to round out the back of the head.
Staple it closed.

Craftiments



- Add eyes, fangs and a tongue. Embellish with some glitter or stickers.



- These resources have been downloaded and sent to you as a PDF.

Handprint this super ox painting for Chinese New Year



- **You will need:**
- Construction paper
Dark brown and light brown poster paint
Black pen
- **Instructions:**
- Spread your hand so that your fingers form two groups of two, and your thumb sticks out to the side. Make two brown handprints side by side for your ox's body.
- Paint the palm of your hand brown. Make a third handprint next to the others for the head of the ox.
- Use your thumb to add a pale brown nose. With your finger draw on two pale brown horns.
- When the paint is dry, draw on two black eyes and two nostrils..

Ox mask



- **You will need:**
- Large paper plate
- Brown paint
- White card
- Elastic
- Black pen
- Glue
- **Instructions:**
- Paint the paper plate brown and leave it to dry thoroughly. You might want to do this in advance for younger children.
- Cut out two eyes (an adult should provide help with this). Punch a hole on either side of the paper plate and tie a piece of elastic through to hold your mask on your head.
- Cut a large oval from white card as your nose and two white horns. Glue the horns and nose to the mask.
- With a black pen, draw on two nostrils and a mouth. Your ox is ready to wear!

Stir fry



Adult supervision is essential

- This speedy veggie stir-fry is super easy to make, packed with vegetables and full of flavour.

Each serving provides 103kcal, 3g protein, 7g carbohydrate (of which 7g sugars), 6g fat (of which 0.7g saturates), 3.5g fibre and 1.4g salt.

Safety

Using the Kitchen Safely

- You have your ingredients neatly lined up, your hands washed, and your measuring spoons out. But before you start, it's a good idea to learn a few rules of the kitchen. It's easy to get injured in the kitchen if you're not careful, and a cut or burn will put an end to your fun cooking session.
- Always ask your adult assistant if you can use blenders, food processors, knives, or other sharp kitchen tools. If you're allowed to use a knife, point the blade away from yourself and keep your fingers away from the blade when you're cutting. Give the job your full attention — no looking at the TV for a quick second or yelling to your sister. Your adult assistant should be nearby to keep an eye on what you're doing.
- The same goes for the stove or oven: Get permission first and be sure your adult assistant is nearby to watch you.
- Here are some ways to keep from getting burned:
- Use potholders or oven mitts (no dish towels) when handling hot pots, pans, or baking trays.
- Turn pot and pan handles toward the back of the stove so you won't knock them over by accident.
- Get help from an adult when using a gas stove. **Never** try to relight the pilot light on a gas stove. Only an adult should do this.

Safety

What Should You Wear?

- Wearing an apron will keep your clothes clean. If you don't have an apron, an old shirt will do. But don't wear anything that's big and loose. Baggy sleeves or clothes could catch fire or get caught in mixer beaters or other equipment.

Safety

- **HOW TO SAFELY HANDLE A KNIFE**
- Knife skills are an important part of everyone's cooking journey.
- If you have a knife guard use it.
- When cutting anything round (like carrots, cucumbers or apples), always make a flat surface by first cutting it in half. This way, it won't roll around while they are trying to cut.
- Teach your child not to put their pointer finger on the top of the blade when holding the knife. This will help them grip and balance their force when cutting ingredients.
- With their food-holding hand, round all their fingertips back like a claw. Tuck their thumb behind their fingers to protect it. This is one of the safest ways to hold an ingredient. This habit is probably the hardest to form but the most important when learning knife skills. It will ensure their fingers don't get in the way when cutting.

Safety

- **Keep Germs Out of Your Food**
- A big part of safe cooking is keeping the chef and the kitchen clean. The idea is to keep [germs](#), which can make you sick, out of your food. Always [wash your hands](#) with soap and water immediately before you [begin any recipe](#). This is especially important for recipes that involve touching the food directly, like kneading dough or mixing ingredients with your hands.
- Also be sure to wash your hands before and after handling raw meat, poultry, egg, and fish products because these foods can contain bacteria. You don't want that bacteria getting on your hands because then they could end up in your mouth — yuck!
- You also can fight germs by keeping your working surfaces (like countertops and cutting boards) clean and dry. Wash them with soap and warm water after you're done cooking.
- Leftovers are great, but you don't want germs in them either. Ask your adult assistant for help in storing any leftovers. Food may be refrigerated or frozen to keep it fresh. Eat refrigerated leftovers within 3 to 4 days. Frozen leftovers are safe but lose flavor when stored longer than 3 or 4 months.

- Ingredients
- 2 tbsp [sunflower oil](#)
- 4 [spring onions](#), cut into 4cm/1½in lengths
- 1 [garlic](#) clove, crushed
- 1 [carrot](#), cut into matchsticks
- 1 red [pepper](#), cut into thick matchsticks
- 100g/3½oz baby [sweetcorn](#), halved
- 1 [courgette](#), cut into thick matchsticks
- 150g/5½oz [sugar-snap peas](#) or mangetout, trimmed
- 2 tbsp low-salt [soy sauce](#)

Tips

- Make sure all the food is prepared before you start cooking.
- Cut all of the vegetables to a similar size to ensure they cook evenly.
- The oil needs to be hot before you start cooking, but reduced to a medium heat once you start cooking.

- Method
- Heat a wok on a high heat and add the sunflower oil. Add the spring onions, garlic and stir-fry for 1 minute, then reduce the heat. Take care to not brown the vegetables.
- Add the carrot, red pepper and baby sweetcorn and stir-fry for 2 minutes. Add the courgette and sugar snap peas and stir-fry for a further 3 minutes. Toss the ingredients from the centre to the side of the wok using a wooden spatula. Do not overcrowd the wok and keep the ingredients moving.
- Add 1 tablespoon water and soy sauce and cook over a high heat for a further 2 minutes or until all the vegetables are cooked but not too soft. Serve with noodles or rice.