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Food and drink

In China, a lot of food is cooked in a wok, a special pan which is rounded rather than flat. It is used for stir-frying food such as noodles, bean sprouts, and bamboo shoots. Stir-frying makes the food cook quickly and seals in vitamins. Food is also often steamed in special bamboo baskets.

Wontons are small dough parcels containing meat or vegetables. They are often served with soup.

This family is enjoying a meal of noodles. They are eating with chopsticks.






Tea is very popular in China. It can be bought in tea shops and from special sellers in the street.

Something special

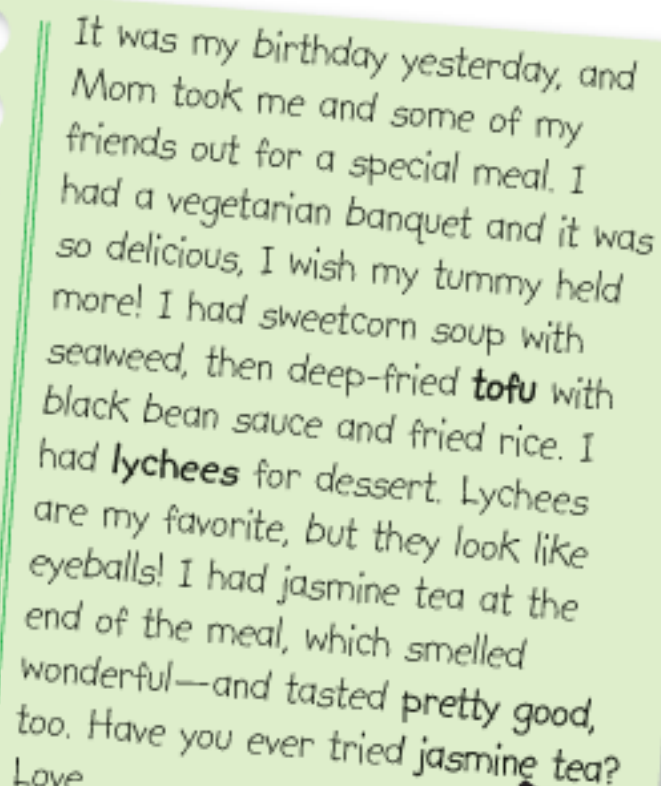
Different parts of China have different specialty dishes. Beijing is famous for roast duck, while Sichuan province is famous for food cooked with spices such as ginger, chilli, and star anise. The city of Xi'an is famous for its dumplings, called *jiaozi*. There are many types and each type has a different shape, depending on what is inside. Fillings include chicken and pork. Cantonese food, from the area around Guangzhou, is mildly spiced. It often includes fish and has a delicate flavor. Eastern-style food often includes fish, with dishes such as fish tail stew, hot-and-sour fish soup, steamed crabs, and deep-fried fish with bamboo shoots.



Woks can also be used for making stews and soups, as well as for stir-frying.

Bowl and chopsticks

Food is often eaten from small bowls using chopsticks, which even small children are able to use. Travelers sometimes find it quite difficult to use chopsticks properly because it takes practice!



It was my birthday yesterday, and Mom took me and some of my friends out for a special meal. I had a vegetarian banquet and it was so delicious, I wish my tummy held more! I had sweetcorn soup with seaweed, then deep-fried **tofu** with black bean sauce and fried rice. I had **lychees** for dessert. Lychees are my favorite, but they look like eyeballs! I had jasmine tea at the end of the meal, which smelled wonderful—and tasted pretty good, too. Have you ever tried jasmine tea?

Love,
Huo