

## Lesson Plan

### Pre-reading:

Before starting the reading, teacher organize a group discussion on the topic of dumplings. For example:

- Do you like eating dumplings?

What type of dumplings do you eat?

- Do you know there are different types of dumplings all over the world?

Students share their own experiences or introduce dumplings from their own country.

### While-reading:

1. Read two short passages (about 400 words) about Chinese dumplings.
2. Complete the text dependent questions.

### Post-reading:

Students discuss what they have learned from the passage and record their thoughts.

## Talk about Dumplings

Do you like eating dumplings?

What type of dumplings have you eaten?

Do you know there are different types of dumplings all over the world?

Banh Bot Loc - Vietnam



Ravioli-Italy



## Chinese Dumplings



**Chinese Dumpling**, also named Jiaozi, is one of the best traditional Chinese foods to cook and share with family and friends. They are small lumps of dough with savory fillings. They can be boiled, pan-fried, or steamed, and you can eat them served with vinegar as staple food or snack.

**The history of Chinese Dumpling** can be dated back to 1,800 years ago. According to legend, Chinese stuffed dumplings were invented during the Eastern Han Dynasty by a doctor named Zhang Zhongjing. The event occurred when Zhang returned to his hometown village during the winter, after a long illness. He saved the lives of his fellow citizens who were suffering from frostbite, particularly around their ears. In order to solve this problem, Zhang cooked up a batch of mutton, chicken, and warming herbs and wrapped them in scraps of dough. He sold the dumplings to look like ears, boiled them, and handed them out to his affected neighbors. The villagers were indeed healed, and they loved the taste of Zhang's creation so much that they kept making the dumplings long after spring began. Later, it becomes a very popular food in northern China, and have different flavors according to different fillings in it. Popular ones are beef with carrot, mutton with carrot, pork with green onion and mushroom.

**Nowadays**, people eat dumplings as a normal food. Customarily, every people will prepare and eat dumplings at the Chinese New Year and Winter Solstice. During the Spring Festival Eve, those who make the dumplings hide a coin inside it. This coin in the dumpling is considered to bring prosperity to the one who finds it.



## Other Dumplings in China

Apart from "Jiaozi", which is the most well know Chinese dumpling, China also has other types of dumplings. Here are 3 most popular dumplings:

### 1. Xia Jiao 虾饺



Xia Jiao is shrimp dumplings, which have a very beautiful appearance. It originates from Hong Kong. People in south China love this kind of shrimp dumplings very much. When you eat morning tea (also named "Dim sum") in a Chinese restaurant, Shrimp dumplings is the most popular food.

### 2. Wonton 馄饨



Wonton is similar to Jiaozi, which also have different fillings, but Wonton has less fillings, and its dough wrapper becomes transparent after being thoroughly boiled. Wontons are traditionally served in soup. It is very popular in Shanghai.

### 3. Xiaolongbao 小笼包



Xiaolongbao, also known as soup (pork) dumplings, is a special dish of Shanghai as it originated in the Shanghai suburb. They have more fillings than other types of dumplings, and the wrapper is very thin. People usually eat them by steaming.

## Things I Know about Chinese Dumplings

According to legend, why were dumplings invented in the ancient time?	
Why are there coins in dumplings?	
What are the differences between dumpling (jiao zi) and Wonton?	
Which type of dumpling is the most popular when people eat morning tea (Dim sum)?	
Which type of dumpling is mainly eaten steamed?	

## Talk about Dumplings

Have you ever eaten Chinese dumplings?

Which flavors do you like to eat or want to try?

## Things I Know about Chinese Dumpling (Answer)

According to legend, why were dumplings invented in the ancient time?	For curing people who were suffering from frostbite.
Why are there coins in dumplings?	People think if they find this coin when eating dumplings in the New Year, they will have prosperity in the whole year.
What are the differences between dumplings (Jiaozi) and Wonton?	Wonton has less fillings than Jiaozi, and its dough wrapper becomes transparent after being thoroughly boiled; Wontons are traditionally served in soup.
Which type of dumpling is the most popular when people eat morning tea (Dim sum)?	Xiao Jiao
Which type of dumpling is mainly eaten steamed?	Xiao long bao