

Eating Mooncake



中秋节

Mid-Autumn
Festival



Worshipping the Moon





Outline

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PREVIEW





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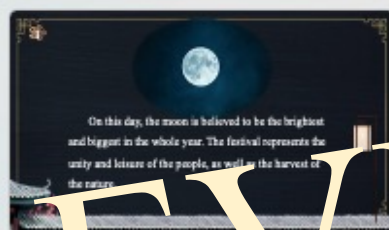
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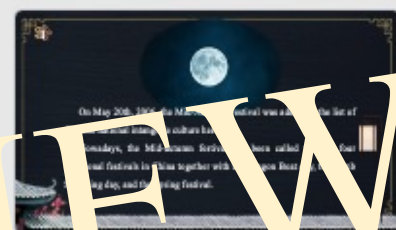
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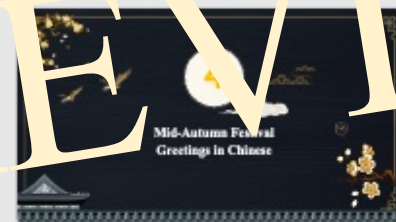
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On this day, the moon is believed to be the brightest and biggest in the whole year. The festival represents the unity and leisure of the people, as well as the harvest of the nature.

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The Origin of Mid-Autumn Festival

Many different versions of the Mid-Autumn Festival are popular in folk lore. There are two major versions. The first version is about agricultural production. Autumn is a season for harvests, the constant reaping of crops and fruits. Farmers celebrate the sheer bliss of harvest by assigning the day in the middle of 8th month in the lunar calendar for celebration. They celebrate not only to express their gratitude to the moon god and nature, but also to expect protection and happiness in the future.

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The development of Mid-Autumn Festival



In ancient times, the custom varied in different periods. In the Song Dynasty, women and men, both adults and children, whether rich or poor, put on adult clothes, burn incense and worship the moon, to express wishes and pray for happiness. In the Yuan Dynasty, friends and families presented mooncakes to each other. Since the Ming and Qing Dynasty, the customs of the Mid-Autumn Festival were more popular. They kept traditions which included burning incense, admiring sweet Osmanthus flowers, setting towers alight, burning pagodas, performing the fire dragon, and displaying lanterns.

Today, some customs have disappeared in the city centers, but eating moon cakes and holding a banquet for families are important activities. Everyone prays for happiness in the future of the whole family.

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2. Eating Mooncakes



It is generally believed that the tradition of moon cakes was started from Ming Dynasty. Mooncake was originally used as an offering to the moon god. After worshipping the moon, the whole family shared mooncakes together, and that's when people started to think of mooncakes as involving reunion.

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Varieties of Mooncakes

The most popular mooncakes are Beijing-Style Mooncakes, Cantonese-Style Mooncakes, and Snow Skin Mooncakes.



Beijing-Style Mooncakes

Beijing-Style Moon cakes are one of the kinds in the north area, and originated in Beijing, Tianjin and the surrounding area. Two famous moon cakes are red moon cakes and white moon cakes, renowned for their sweet and crispy outer crust.

Cantonese-Style Mooncakes

This style of moon cakes is famous for the craftsmanship and careful choice of materials. Having two tastes of sweet and savory, it features a thin and soft crust with a delicate pattern.



Snow-Skin Mooncakes

These mooncakes are non-baked and kept in a refrigerator. The crust is made from glutinous rice, and looks like snow. Then people add some colorful juice to the crust, allowing for diverse tastes with the different appearances.



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Zhī nǐ qiū jié kuài lè, jiā jiā tuán yuán.
祝你中秋快乐，阖家团圆。

Wish you a happy Mid-Autumn Festival and family reunion.

Xī wàng míng yuè néng bǎ wǒ men de zhù fú hé huān lè dōu dài gěi nǐ.
希望明月能把我们的祝福和欢乐都带给你。

May the full moon bring blessings and happiness from our home to yours.

Cross-Cultural sharing with printable worksheets

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Not only in China, many Asian countries also have their own Mid-Autumn Festival, such as Japan, South Korea, Vietnam, Thailand, Singapore, Malaysia, and Philippines.



Take Japan for instance, the celebration of the full moon typically takes place on the 15th day of the eighth month of the traditional Japanese calendar. Japanese eat rice dumplings called Tsukimi dango in order to celebrate the beauty of the Moon.



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Discussion



In your hometown, are there any traditional ceremonies or festivals for mid-autumn or the full moon?

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Things I know about Mid-Autumn Festival

Mid-Autumn Festival represents:

One legend of Mid-Autumn is:

In Mid-Autumn Festival, people will:

- 1.
- 2.
- 3.

Festivals for mid-autumn or full moon
in my hometown /that I know

_____ Festival is at:

It is for:

The origin of _____ Festival is:

To celebrate the _____ Festival, people will:

- 1.
- 2.
- 3.