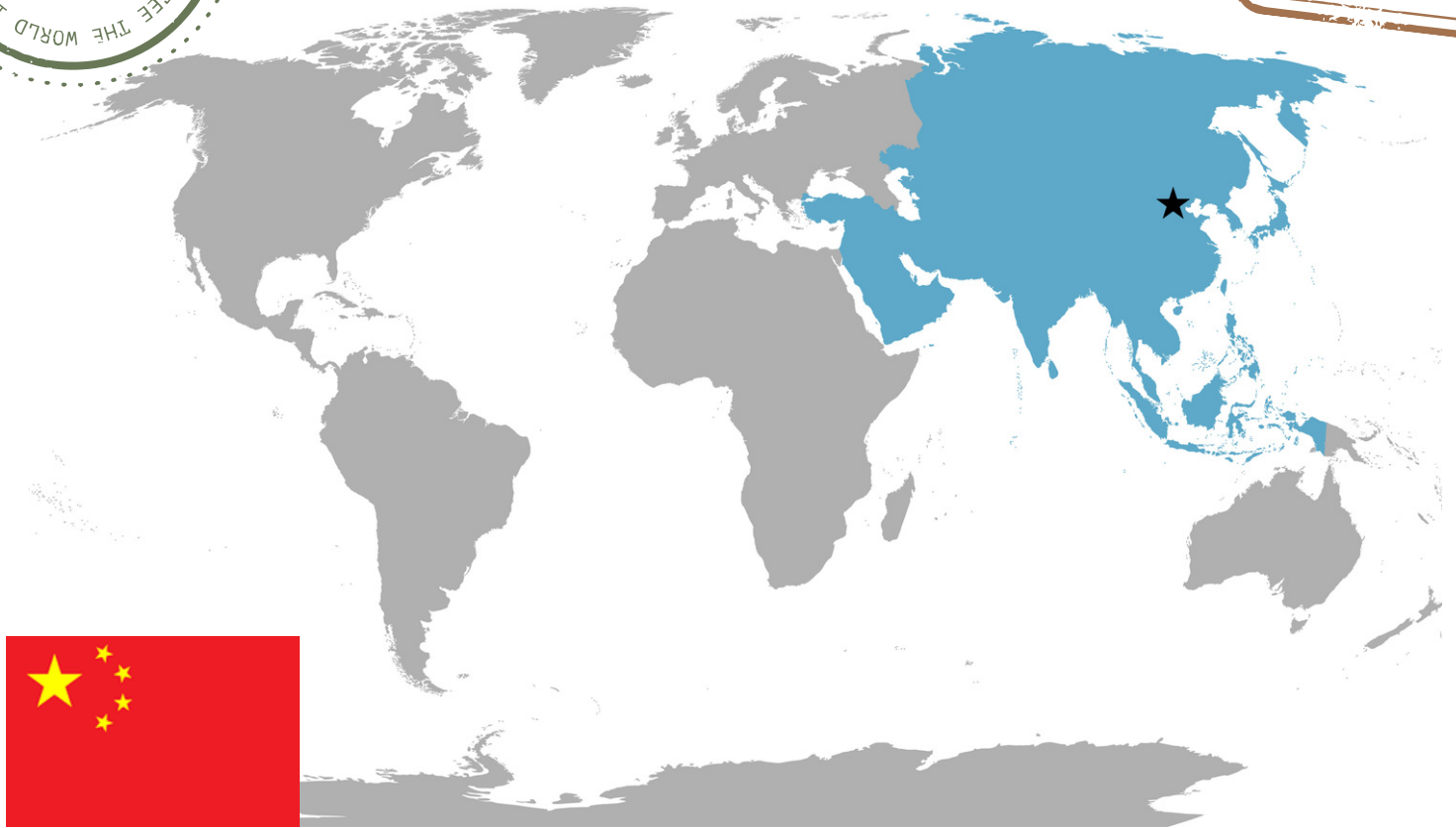




# BEIJING

欢迎来到中国  
*Huānyíng lái dào zhōngguó*



*China is located in the eastern subregion of the continent of Asia*

## THE FORBIDDEN CITY

Over 1,000,000 people helped construct 980 buildings for the Chinese emperor and his family. Many of the buildings are painted red and have yellow-tiled roofs.

## RIDE A RICKSHAW

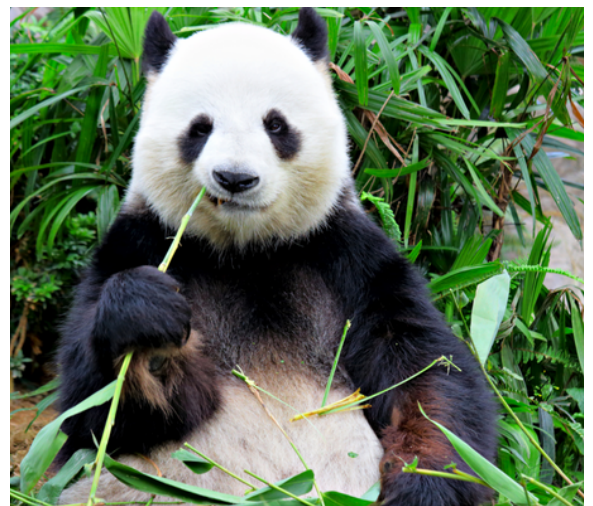
Rickshaws are tricycles seen mostly in China's big cities. Some are bikes that drivers pedal around the city, while others get their power from gas or electricity.

## MAGLEV TRAIN

The train uses advanced magnetic technology to take passengers in and out of Shanghai at a rapid speed. It can reach up to 267 miles per hour!

## FUN FACTS

- The giant panda is a national symbol of China. Bamboo is 99% of a panda's diet. The average panda eats over 20 lbs of bamboo a day. When fully mature, pandas weigh up to a whopping 330 lbs!
- More people claim Mandarin Chinese as their first language than any other language in the world.
- China was the first country to use paper money over a thousand years ago.





## READ ALOUD

*Sam and the Lucky Money by Karen Chinn - story read by youth education advisor from OC Herald, Justin To*

## TRADITIONS

**Lunar New Year:** Every year around January or February, many people in China celebrate Lunar New year, also known as Spring Festival. The lion dance is one of many traditions associated with the holiday. During a lion dance, people dance while holding a lion costume over their heads. It is thought to scare away bad spirits and bring good luck to the community.

**Peking Duck:** Peking duck is considered one of China's national dishes, and it is famous around the world for its long and specific preparation. In this dish, sliced duck is served with pancakes, spring onions and hoisin sauce (a soy glaze used for dipping and marinades).



Beijing, China

## MARTIAL ARTS

The term "martial arts" is used to describe a variety of activities that involve fighting poses, meditation and exercises. Historically, martial arts were used for self-defense, but today they are also sports that teach self-discipline. While the forms differ in many ways, all martial arts techniques in China strive to balance mind and body and to enhance qi, or life energy.

## JUMP ROPE

The jump rope goes back at least 1,500 years in China.

[You can find more traditional Chinese games here!](#)

## THE GREAT WALL

The longest wall in the world, some of the best-preserved and most spectacular sections are in and around Beijing.



## YAKS

Strong and woolly yaks are found in the highest elevation areas of China. They provide milk to drink or make into cheese and butter.



Kaiser Woodland PFO Read-A-Thon