

Dragon Boat Festival

端午节



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Wishing you health and happiness on the Dragon Boat Festival.



端午安康

壹

端午节起源

Dragon boat festival origin

五月五，过端午，赛龙舟，敲锣鼓....



端午节起源

origin



The main origin of the Dragon Boat Festival is to commemorate the ancient patriotic poet Qu Yuan.

Qu Yuan lived in the State of Chu during the Warring States Period. He was a loyal minister and an outstanding litterateur. Due to political struggles and conspiracies, he was exiled and eventually committed suicide by drowning himself in the Miluo River. In memory of his loyalty and patriotic spirit, people began to hold commemorative activities on the fifth day of the fifth lunar month every year, which later evolved into the Dragon Boat Festival.



纪念屈原

Commemorate Qu Yuan

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端午节习俗

Dragon boat festival custom

五月五，过端午，赛龙舟，敲锣鼓....



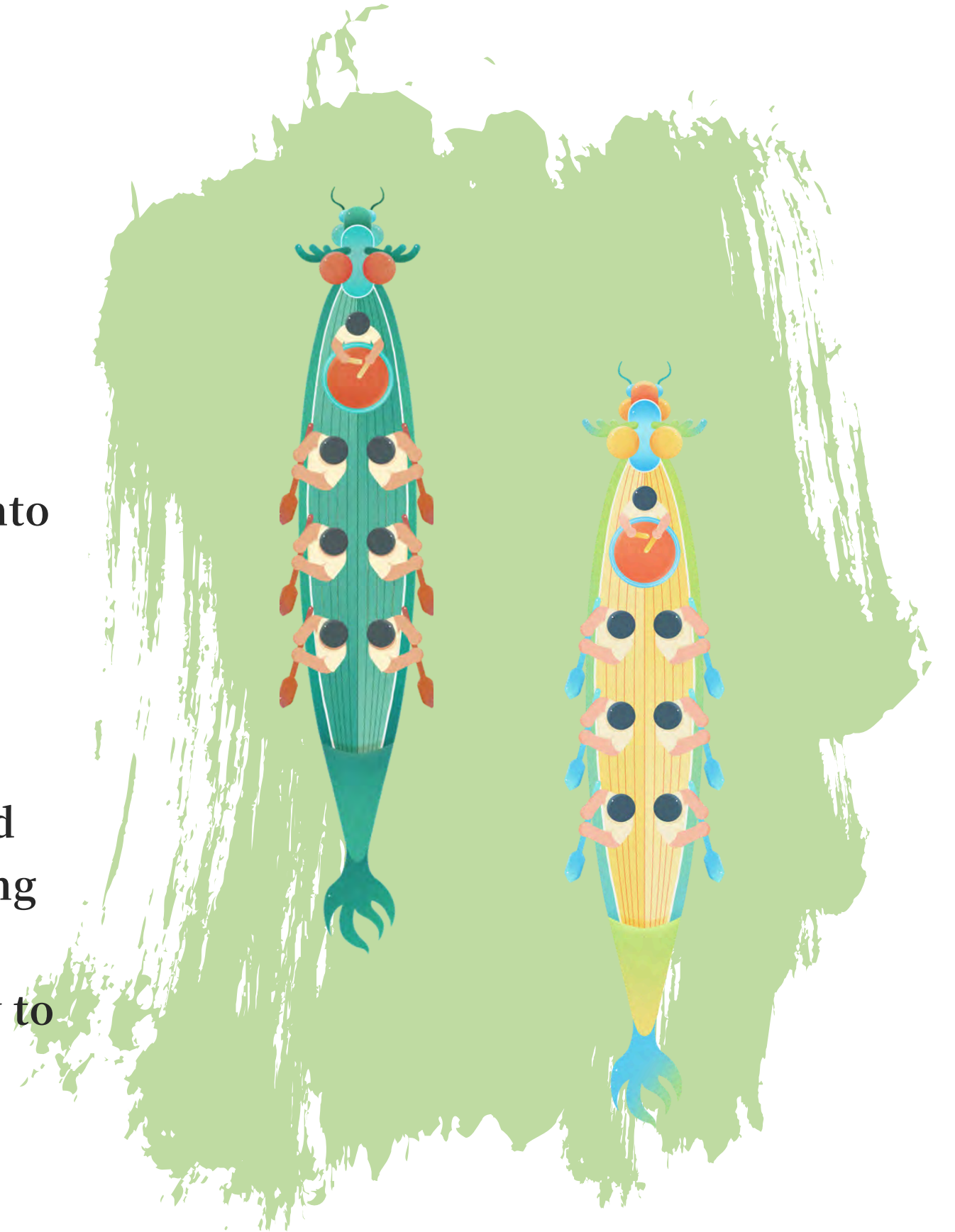
端午节习俗 custom

赛龙舟

Dragon Boat Racing

Dragon Boat racing , originating from ancient commemorative activities for Qu Yuan, Dragon Boat racing has now developed into a sport with both competitiveness and spectator appeal.

In Dragon Boat racing competitions, participating teams ride specially crafted dragon boats to carry out speed races on water bodies such as rivers, lakes and seas. A dragon boat is a long and narrow vessel decorated with a dragon head and tail, symbolizing the power and blessings of the divine dragon. Team members divide tasks and cooperate with each other, paddling vigorously to speed through the water and compete for the championship.



端午节习俗 custom

吃粽子

Eating Zongzi

- Zongzi (sticky rice dumplings) first appeared as early as the Spring and Autumn Period, initially used for offering sacrifices to ancestors and gods.
- Legend has it that zongzi was passed down to pay tribute to Qu Yuan who drowned himself in the river, and it is a traditional food with the deepest cultural heritage in Chinese history.



- The custom of eating zongzi during the Dragon Boat Festival has prevailed in China for thousands of years and has become one of the folk dietary customs with the greatest influence and widest coverage among the Chinese nation.



Q&A

文化差异

Cultural differences

In China, a hot topic emerges every
Dragon Boat Festival:

Do you eat **sweet** zongzi or **salty** zongzi?

This can test which region's cuisine
suits your taste better if you live in
China.



The main ingredients of
sweet zongzi are
glutinous rice, red
dates, etc.

VS

The main ingredients of
salty zongzi are
glutinous rice, pork, egg
yolks, etc.



The answer is...

咸粽子
salty



甜粽子
sweet

Salty zongzi is mainly popular in **southern regions**, such as Guangdong, Fujian, Taiwan and other places.

流行地区

Sweet zongzi is mainly popular in **northern regions**, such as Beijing, Tianjin, Shandong and other places.

Southern zongzi usually uses glutinous rice as the main ingredient.

主要原料

Northern zongzi is characterized by using glutinous rice and yellow millet as the main ingredients.

It is wrapped with bamboo leaves or banana leaves, and common fillings include meats (such as streaky pork, salted egg yolks), mushrooms, peanuts, etc.

常见馅料

It is wrapped with reed leaves or Chinese fan palm leaves, and the fillings are mostly sweet, commonly including candied dates, red bean paste, red dates, preserved fruits, etc.

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感谢观看

Thanks for listening!

