

The background is a light green, textured wash. At the top, a bright orange sun is rising over a white horizon line. To the left of the sun is a white, stylized cloud. Several small, dark birds are scattered in the sky. In the foreground, there are several zongzi (sticky rice dumplings) wrapped in green bamboo leaves with orange bands. One zongzi is shown in a cross-section, revealing a white filling with red beans. The overall style is soft and illustrative.

端午节

(Dragon Boat Festival)

I. Dragon Boat Festival

- A traditional Chinese festival on the 5th day of the 5th lunar month (June 10, 2025), most famously commemorating Qu Yuan, a Warring States poet.

Key customs:

- **Dragon Boat Races:** Originated from rescuing Qu Yuan, now a competitive sport;
- **Zongzi Making:** Glutinous rice with fillings wrapped in bamboo leaves, symbolizing rice balls thrown to protect Qu Yuan's body;
- **Hanging Mugwort/Calamus:** To repel evil and disease;
- **Perfume Pouches:** Sachets with herbs for health and safety.

中国传统节日，农历五月初五（2025年公历6月10日），最广为人知的起源是纪念战国诗人屈原。

习俗包括：

- 赛龙舟：源于打捞屈原的传说，现为竞技活动
- 包粽子：竹叶裹糯米及馅料（甜/咸/特色），象征保护屈原身躯的饭团
- 挂艾草菖蒲：驱邪避疫

II. Qu Yuan



A Chu statesman and poet (c. 340–278 BCE), exiled for opposing Qin forces. After Chu's capital fell, he drowned in the Miluo River. Locals threw zongzi to prevent fish from eating his body, forming the festival's core tradition. His works like *Li Sao* and *Jiu Ge* are celebrated for patriotism and poetic legacy.

战国楚国人（约前340 - 前278），政治家、诗人，“楚辞”代表。因抗秦遭流放，楚都被破后投汨罗江。百姓投粽子防鱼食其身，成节日核心习俗。代表作《离骚》《九歌》，以爱国情怀传世。• 挂艾草菖蒲：驱邪避疫

III. Related Foods

1. Zongzi

Glutinous rice with fillings wrapped in bamboo/reed leaves, varying by region:

- Northern China: Sweet (red bean paste, jujube);
- Southern China: Salty (salted egg yolk, pork belly, e.g., Jiaxing meat zongzi);
- Specialties: Alkali water zongzi, ethnic minority bamboo-leaf zongzi.

2. Other Foods

- Salted Duck Egg: Paired with zongzi, symbolizing evil-warding;
- Realgar Wine: Historically for repelling toxins, now symbolic;
- Five Yellow Foods: Yellow eel, croaker, etc., for “driving away evil”.

1. 粽子 (Zongzi)

糯米包馅料（竹叶/芦苇叶包裹），南北风味差异

- 北方：甜粽（红豆沙、红枣）
- 南方：咸粽（咸蛋黄、五花肉，如嘉兴肉粽）
- 特色：碱水粽、少数民族竹叶粽

2. 其他食物

- 咸蛋黄（配粽子，寓意辟邪）
- 雄黄酒（传统驱毒，现多为象征）
- 五黄（黄鳝、黄鱼等，取“驱邪”意）



端午节

The Dragon Boat Festival



小姚学英语

小红书



our group



张梦玲
mengling
zhang



肖冉欣
ranxin
xiao



周思颖
siying zhou



贺景微
jingwei he