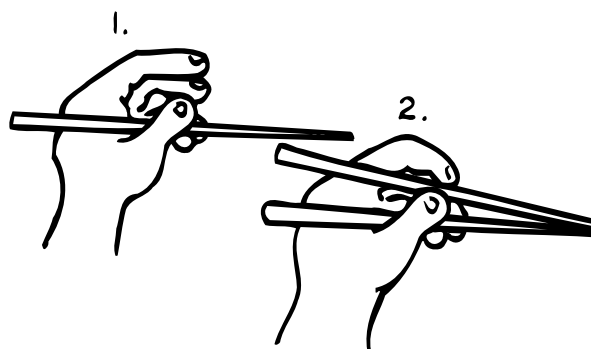


# Chinese Food!

## CHOPSTICKS

Place one chopstick firmly between the forefinger and thumb. Move the top stick up and down against the lower stick to grasp food.



## SCRAMBLED CHINESE EGGS

Heat 2 tablespoons of oil and saute 1/2 minced onion in a frying pan or wok. Beat six or eight eggs with 2 teaspoons of soy sauce and add to the onions. Stir over medium heat until the eggs are cooked. Serve with stir-fried snowpeas, bean sprouts and bamboo shoots.

The main food in the Chinese diet is rice. Prepare enough rice for everyone in class and serve it in paper cups with chopsticks. (Many grocery stores carry disposable chopsticks in economical packages.)

## STIR FRY VEGETABLES

Bring an electric skillet or a Chinese wok and portable hot plate to the classroom. Let the students cut a variety of vegetables such as celery, bok choy, onions, bean sprouts and water chesnuts. Heat a small amount of vegetable oil in the skillet and saute the vegetables. (Do not overcook.) Serve this healthy food to your students with soy sauce.

You may also like to prepare white rice in a rice cooker. Serve the vegetables over the rice. A yummy treat even non-vegetable eaters will enjoy!

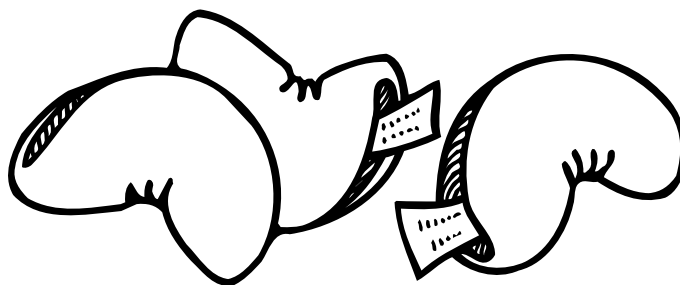
## FORTUNE COOKIES

Chinese Fortune Cookies are easy to make and especially fun during Chinese New Year celebrations.

Begin by asking each student to write a fortune or saying on a small strip of typing paper and fold in half.

Assign two or three students to measure the following ingredients:

8 egg whites	2 cups sugar
1 cup melted butter	1 cup flour
1 teaspoon vanilla	1/2 teaspoon salt
4 tablespoons water	



Separate the egg whites and beat them until they form stiff peaks. Blend in the sugar and butter. Discard the yolks. Add the flour, vanilla, salt and water to the mixture and mix until it is smooth. Grease a cookie sheet and spoon the batter into 3 inch circles. Bake at 375° for about 3 minutes.

When the cookies are done, remove them with a pancake turner onto waxed paper. Place a fortune in the center of each circle and fold the cookie in half. Bend the cookies gently in the center, as shown. (If the cookies become difficult to bend, put them back in the oven for a minute or so.)

Children will be delighted to select a cookie and read their special fortune written by a fellow classmate.

**Note:** The recipe does not work well with microwave ovens.