

# Chinese Chopstick Relay



### You will need

- Chopsticks
- 2 Bowls
- Sweet Challenge – a variety of sweets
- Savoury Challenge – some cooked noodles

### Before you begin

The idea is to move items (sweet or savoury) from one bowl to another, using chopsticks. Start with the Sweet Challenge to learn how to use your chopsticks and when you have the technique, try the Savoury Challenge.

### Have a go

1. Put your first chopstick in the 'V' between your thumb and index finger (pointer finger), and let it rest on your ring finger.
2. Place your middle finger on top of your first chopstick.
3. Put your second chopstick above the first chopstick – the end should be held between your thumb and the edge of your index finger, and it should rest on your middle finger.
4. Curl your index finger over the top of your second chopstick.
5. The first chopstick (on the bottom) should stay mostly still. Use your index and middle fingers to move the top chopstick up and down – opening and closing it like a bird's beak to pick up food.



Everytime you successfully move a item from one bowl to the next read some of the interesting facts about Chinese culture.

### Facts about Chinese Culture

Rice porridge, steamed buns, noodles, and pancakes are popular breakfast foods.	It is bad luck (and rude) to leave chopsticks sticking up in a bowl of rice.
Table manners are very important. For example, it's rude to tap your chopsticks on the edge of your bowl.	Grass jelly is a dessert made from leaves. Other desserts include red bean cake and custard tarts.
In Chinese, chopsticks are called kuàizi (筷子). The first character is made from the characters for 'quick' and 'bamboo'.	Red egg and ginger parties can be held to celebrate babies turning one month (sometimes one hundred days) old.
During the Dragon Boat Festival people eat Zongzi, sticky rice dumplings in pyramid shapes.	Generally, noodles are found in the north of China, while rice is more popular in the south.
One legend says tea was invented when a Chinese Emperor saw a leaf fall into boiling water.	Food varies a lot across China. Regions have different foods - they can be spicy, sweet, sour, or salty.

### Additional Information

Why not try to eat a whole meal using chopsticks !



### Reflection

This activity reminds you that you are a local, national and international citizen.

- Did some of the Chinese traditions surprise you?
- Where there things similar to your culture?
- Did this help you understand more about people who might be different to you?

### Safety

Food – Check for food allergies before you begin.  
Check with an adult before starting this activity.  
Take care when using scissors or ask for help from an adult.

**All Activities are taken from the Scout Association's Great IN Doors programme.**