

# A FAMILY MEAL IN THE Far East



## COOK & EAT

Work together as a family to prepare a traditional Far Eastern meal (recipes on back). While you eat, try out some customs shared among Far Eastern cultures:

- Use chopsticks and spoons for your utensils. No forks!
- Give each person his or her own individual rice bowl. During the meal, place food items like meats and vegetables on top of your rice.
- Hold your rice bowl at chest level while eating. It is considered lazy to eat out of your rice bowl while it sits on the table!



## LEARN ABOUT THE FAR EAST

The region of the Far East includes China, Japan, Macau, Mongolia, North Korea, South Korea, and Tibet. All the countries have mountainous regions where elevation affects temperature and climate. Some countries also have large coastal regions where fishing is prevalent and provides an excellent source of food.

Much of the Far East has annual monsoons and typhoons that cause damage and loss of life through flooding, high winds, and contaminated water supplies. China has sub-tropical regions and islands, while North and South Korea have a climate more like the United States.

The main languages in the Far East include Chinese, Japanese, Korean, and English. Other languages include Russian, Cantonese, Wu, Kenjia, Min, Hakka, and aboriginal languages. Mandarin is the largest of the Chinese dialect groups and is spoken by 70 percent of all Chinese speakers. **Try these Mandarin Chinese words:**

- Hello: *Nǐ hǎo*
- Please: *Qǐng*
- Goodbye: *Zàijiàn*
- Thank you: *Xièxiè*

Religions in the Far East include Buddhism, Christianity, Confucianism, and shamanism, as well as mixtures of these religions. In the Communist country of China, the government encourages atheism and severely restricts the practice of Christianity. However, despite the threat of imprisonment that some Christians face, Christianity remains the fastest growing religion in China.

Noodles were first invented in China more than 5,000 years ago. Long noodles represent long life, so Chinese people eat noodles to celebrate birthdays.



## READ THE BIBLE AND PRAY

As Jesus traveled from place to place, large crowds of people followed Him. Even when He was tired, Jesus loved people and took care of their needs.

Read Mark 6:30-44. Talk about how Jesus displayed His love to the crowd. Ask, how can you show love to others today? Pray together.

# Fan Eastern Recipes

## FRIED RICE

3/4 cup chopped onion  
2 1/2 tablespoons oil  
2 eggs lightly beaten  
1/2 tsp soy sauce  
1/2 tsp sesame oil  
8 ounces chicken (or other meat), chopped  
1/2 cup shredded carrot  
1/2 cup frozen peas (or corn), thawed  
4 cups cooked rice (cold)  
4 green onions, chopped  
2 tablespoons light soy sauce

Heat 1 tbsp oil in wok; add chopped onions and cook until onions 8-10 minutes; remove from wok. Allow wok to cool slightly. Mix eggs, soy sauce, and sesame oil; set aside.

Add 1/2 tbsp oil to wok, swirling to coat surfaces; add egg mixture; and scramble. Remove.

Heat 1 tbsp oil in wok; add chicken, carrots, peas, and cooked onion; stir-fry for 2 minutes.

Add rice and green onions tossing to mix well; stir-fry for 3 minutes.

Add 2 tbsp of light soy sauce and eggs to rice mixture and fold in; stir-fry for 1 minute more; serve.

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## BOILED EGGS

Place eggs in a large saucepan. Cover eggs with cold water and bring to boiling over high heat. Reduce heat and simmer for 15 minutes. Drain water. Fill the saucepan with cold water and let stand for two minutes. Peel and serve eggs, or you may choose to allow children to peel their own eggs.

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## NOODLES

Purchase dry chicken flavor noodle soup packs from a local store. Prepare noodle soup mix according to package directions. Drain the broth before serving.

*Food for Thought:*

*In some Asian countries, uncooked noodles are like the Asian potato chip, and are sold in small snack bags. You may wish purchase some and give them a try!*

