MEALS AROUND THE WORLD

MEALS IN CHINA



Bullfrog Books

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Cooking in China



Wake up, Li!

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Li helps Mama cook.
Her sister helps, too.
What do they make?
Steamed buns.



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What is inside?
Vegetables.
Some have meat.

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Li drinks soy milk.

Now she is ready for school.



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Make Noodle Soup!

Make Chinese Noodle Soup! Be sure to get an adult to help. Serves two.

Ingredients:

- 4 cups chicken stock
- 2–3 green onions, sliced thin
- 1 tablespoon oyster sauce
- 2 tablespoons soy sauce
- 4 ounces dried Chinese noodles
- 4 bok choy leaves, sliced

Directions:

1. In a large saucepan, bring chicken stock to a boil.
2. Add the green onions, bok choy leaves, oyster sauce, soy sauce, and dried noodles.
3. Turn the heat down; cook noodles until they are soft.
4. Serve hot. Enjoy!



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Picture Glossary



China
A country in Asia.



soy milk
Milk made by soaking dried soybeans and grinding them in water.



chopsticks
Two thin sticks of wood or plastic that you hold in one hand and use to eat food.



street food
Food made and sold by vendors on a street or in public.



PoPo
A name some Chinese children call their grandmother.



tofu
A soft food product made from soybean milk.

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