

Butterscotch Chow Mein Noodle Treats

Share and enjoy these treats with family and friends in celebration of the Chinese New Year!

Always ask an adult for help before you begin. Read the recipe together before starting.

Ingredients:
 * 1 12-ounce bag butterscotch chips
 * 1 5-ounce can chow mein noodles

You will also need:
 * 2 cookie sheets * wooden spoon
 * wax paper * tablespoon
 * microwave-safe bowl

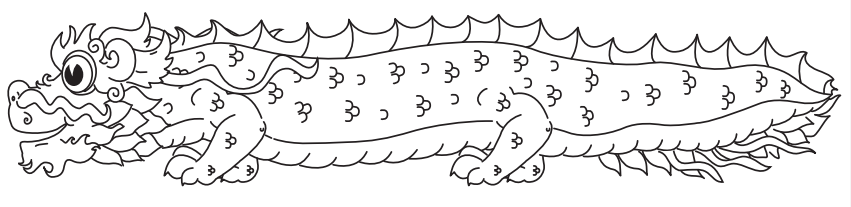
Directions:
Step 1: Line both cookie sheets with wax paper and set them aside.
Step 2: Melt the butterscotch chips in a microwave-safe bowl on high power for 1 minute and stir. Microwave an additional 10- to 20-second intervals until smooth. With a wooden spoon, stir the chow mein noodles into the melted butterscotch chips until completely blended.
Step 3: Form the mixture into tablespoon-sized "balls" and place them onto the covered cookie sheets. Place the treats in the refrigerator for about 5 minutes to cool and harden.

Chow mein means "fried noodles." Noodles have been a popular food in Chinese culture since ancient times.

Awake the Dragons!


In ancient China, dragons did not breathe fire. Dragons were wise and caring. They guarded the wind, rain, rivers, as well as precious metals and gems. Some believe that fireworks are set off during Chinese New Year to awaken the dragon that will then fly across the sky to bring rain for the spring crops. Others believe the noise of the fireworks will scare off any evil that may be lurking. Fireworks are always thrown at the feet of the dragon during the Chinese New Year parades to help keep them awake during the celebration. It is believed that they sleep the rest of the year.

Color in the Chinese New Year Dragon



Family Celebrations


All members of a family gather for a meal on the evening of New Year's Eve. Empty seats are kept at the banquet table for family members who cannot attend. It is a time for coming together to give thanks for the year that has passed and to look forward to the New Year. Usually, eight or nine dishes are prepared for this meal, which traditionally includes a whole chicken, including the head and feet; clams or scallops; any dish that features lettuce; lobster; rice; spring rolls; dumpling; and a fish with its head and tail intact. On New Year's Day, it is traditional to eat leftovers to avoid the use of knives, which it is believed could cut one's luck.



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The Wishing Trees

There are two very special banyan trees located in Hong Kong. Tourists and nearby residents visit these "wishing" trees during the Chinese New Year to pray for good fortune. Traditionally, the big tree is used to make wishes related to careers, studies, health, and wealth. The smaller tree is for wishes related to marriage and children. Visitors write down their wishes on pieces of red paper and tie them to an orange. Years ago, they would throw the orange up into the appropriate tree. If the orange stayed in the tree, the wish would come true. Today, the paper wishes are hung on racks near the big tree so no one gets hurt and the trees stay healthy.

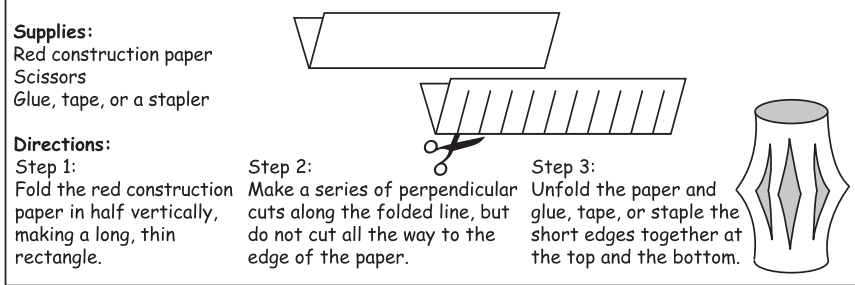


Let There Be Light

The fifteenth day of the Chinese New Year marks the end of the festivities. On this last night, a lantern festival is celebrated under the full moon. Paper lanterns in the shapes of butterflies, dragons, birds, dragonflies, and many other animals decorate the streets along with the common red lanterns. You can make your very own lantern by following these simple instructions:

Supplies:
 Red construction paper
 Scissors
 Glue, tape, or a stapler

Directions:
Step 1: Fold the red construction paper in half vertically, making a long, thin rectangle.
Step 2: Make a series of perpendicular cuts along the folded line, but do not cut all the way to the edge of the paper.
Step 3: Unfold the paper and glue, tape, or staple the short edges together at the top and the bottom.



Fun Facts

Some Chinese New Year Beliefs:

- Put away all of your brooms, vacuums, mops, rags, and cleaning supplies on New Year's Eve. On New Year's Day, avoid all housework. Otherwise, you may be washing or sweeping away your good luck for the New Year.
- Avoid knives, scissors, nail clippers, and sharp objects because the sharp blades may cut the threads of good fortune ushered in on New Year's Day.
- At the stroke of midnight on New Year's Eve, open your windows and doors to allow the old year to leave and to let in good fortune for the New Year.
- Do not wash your hair on the first day and on the fifteenth day of the New Year, or you might wash away your good luck for the New Year.

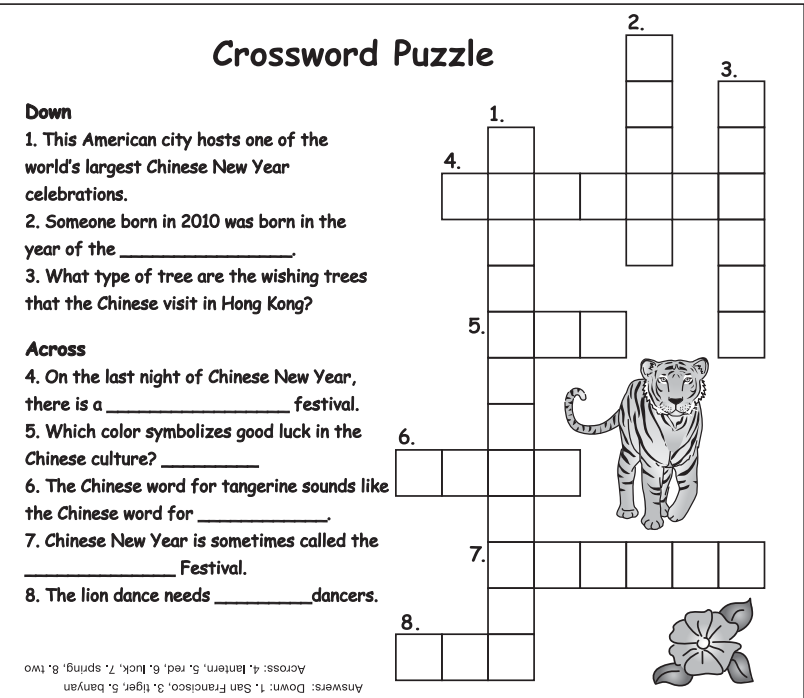
Crossword Puzzle

Down

- This American city hosts one of the world's largest Chinese New Year celebrations.
- Someone born in 2010 was born in the year of the _____.
- What type of tree are the wishing trees that the Chinese visit in Hong Kong?

Across

- On the last night of Chinese New Year, there is a _____ festival.
- Which color symbolizes good luck in the Chinese culture? _____
- The Chinese word for tangerine sounds like the Chinese word for _____.
- Chinese New Year is sometimes called the _____ Festival.
- The lion dance needs _____ dancers.



Answers: Down: 1. San Francisco, 3. tiger, 5. banyan
 Across: 4. lantern, 5. red, 6. luck, 7. spring, 8. two