

Memory Game Instructions

1

Print out memory cards. You should have 2 identical pages, each with 8 different foods.

2

Cut out memory cards. Flip them over, so the white side is face up and you can't tell which is which.

3

Arrange them in a grid with 4 rows and 4 columns. Test your memory by trying to find matching pairs.

4

Once you're done, learn about the significance of each food by reading the "Mid-Autumn Moon Festival Foods & Facts" sheet.



Pomelo



Taro



Oranges



Apples



Mooncakes



Watermelon



Tea



Lotus Root



Pomelo



Taro



Oranges



Apples



Mooncakes



Watermelon



Tea



Lotus Root

Mid-Autumn Moon Festival Foods & Facts



Mooncakes

Mooncakes are traditional Chinese desserts! Typically, they have a sweet filling on the inside and a thin, flaky crust on the outside. Usually, they are round, like the moon, but they also come in many other shapes, sizes, and designs. Common flavors include: white lotus seed paste, red bean paste, and mixed nuts. Some have as many as 4 salted egg yolks to represent the moon and its phases. Mooncakes are symbols of family, togetherness, and a sweet life -- since they are really sweet in flavor! Some people place a stack of 13 mooncakes on their picnic table because a complete lunar new year has 13 months, and the stack represents happiness for the entire year. In some parts of China, salty, savory mooncakes are preferred.



Watermelon

A watermelon is essential to many families' harvest moon picnics. It is full of seeds which represents a large family with many, many relatives. Its round shape is also a symbol of family reunion. In some parts of China, people cut the watermelon in the shape of a lotus, which represents purity of heart and mind.



Pomelo

Pomelos are large, round citrus fruits. Their skin turns light green to yellow when they are ripe, which is usually in the fall months. They have a sour honey taste -- like a sweeter, less tart grapefruit. They go very well with tea and mooncakes. It is a common tradition for the young and young at heart to peel pomelos and wear them like hats. Some say wearing a pomelo hat allows the Moon Goddess to see them better and grant their wishes.



Taro

Taro is a root vegetable, like a potato. It has a flavor all its own. When cooked, it can soak up the flavors of the food around it. It can be used both in savory dishes and desserts. In the Jiangsu and Zhejiang regions of China, the word for “taro” sounds like the words “luck is inside.” For this reason, many people believe it will bring good luck throughout the year!



Oranges

Oranges, like pomelos, are round citrus fruits. In Chinese, the word for “orange” also sounds like the word for “gold,” making them a holiday favorite. Some say that the sweeter the fruit, the sweeter the family’s good fortune will be.



Lotus Root

A bowl of lotus roots is a familiar sight at a harvest moon picnic. It is placed for families with members far away from home to show that they are remembered and missed. Nine-jointed lotus roots also represent peace. Count the joints or large holes in the lotus root! How many can you find?



Tea

Mooncakes go perfectly with tea, so tea is a must at every Mid-Autumn picnic. Families chat over mooncakes and round teacups full of piping hot tea, just waiting for the moment that the harvest moon's reflection can be seen in the center of their circular teacups.



Apples

Apples are a popular Mid-Autumn Moon treat because the word for “apple” in Chinese also sounds like the word for “peace.” They are a Mid-Autumn Moon favorite because of their round shape which looks like a full moon.