



Typical Chinese Dishes

Delicious flavors from all over China!



Chinese cuisine is rich, diverse and full of history. Let's explore 8 popular dishes you'll love in China!

1 北京烤鸭 (Běijīng kāoyā) Peking Duck



- Where it's from: Beijing
- What it is: Roast duck with crispy skin, served with thin pancakes, scallions and sauce.
- Fun fact: Peking Duck has a history of over 600 years!

2 小笼包 (Xiǎolóngbāo) Xiaolongbao (Soup Dumplings)



- Where it's from: Shanghai
- What it is: Steamed dumplings filled with meat and hot soup.
- Fun fact: Be careful! The hot soup inside is the best part!

3 宫保鸡丁 (Gōngbǎo jīdīng) Kung Pao Chicken



- Where it's from: Sichuan
- What it is: Stir-fried chicken with peanuts, vegetables and a spicy sauce.
- Fun fact: "Gongbao" means a title of a royal official!

4 麻婆豆腐 (Mápó dòufu) Mapo Tofu



- Where it's from: Sichuan
- What it is: Soft tofu cooked in a spicy, flavorful sauce with minced meat.
- Fun fact: "Mapo" means a woman with pockmarks!

5 饺子 (Jiǎozi) Dumplings



- Where it's from: Northern China
- What it is: Dumplings filled with meat and vegetables, boiled or pan-fried.
- Fun fact: People eat dumplings during Chinese New Year for luck and wealth!

6 兰州牛肉面 (Lánzhōu niúròu miàn) Lanzhou Beef Noodles



- Where it's from: Gansu (Lanzhou)
- What it is: Hand-pulled noodles in a clear beef broth, served with beef and herbs.
- Fun fact: The noodles are pulled by hand into one long strand!

7 红烧肉 (Hóngshāo ròu) Braised Pork Belly



- Where it's from: All over China
- What it is: Pork belly slowly braised in soy sauce and sugar until tender.
- Fun fact: It's a favorite comfort food in many Chinese families!

8 春卷 (Chūnjuǎn) Spring Rolls



- Where it's from: Southern China
- What it is: Crispy rolls filled with vegetables and sometimes meat, then deep-fried.
- Fun fact: They look like gold bars and symbolize wealth!



Did You Know?

- Chinese cuisine has 8 major cuisines, each with its own unique flavors.
- Rice is a staple food in the south, while noodles are more common in the north.
- Many dishes are shared during meals. It's a way to show care and togetherness!



Tips for Trying New Foods

- Start with a dish you already like.
- Try small bites of new flavors.
- Ask what the ingredients are if you're unsure.
- Be open-minded and enjoy the experience!



A Taste of Chinese Culture

Food is an important part of Chinese culture and traditions. From family dinners to festivals, food brings people together and creates wonderful memories.



Let's Practice!

Try saying the names of these dishes out loud!
Which dish would you like to try the most?

你最想尝试哪道菜?
(Nǐ zuì xiǎng chángshì nǎ dào cài?)

