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2026年粽葉飄香迎端午 學生動手學文化

#2026年粽葉飄香迎端午 學生動手學文化

佛光山西澳中華學校

活動時間：2026-06-13

佛光山西澳中華學校於2026年6月13日舉辦「2026年粽葉飄香迎端午，學生動手學文化」的文化體驗活動，共有150位學生及家長參與。活動首先由各班教師透過端午節主題課程，介紹節日起源、屈原故事及相關習俗，接著安排佛光山義工示範包粽技巧，帶領親子共同完成包粽體驗。活動中亦結合端午美勞創作及「陸上行舟」等趣味競賽，讓學生透過實作與互動，加深對傳統文化的認識。

本次活動有效提升學生對端午節文化內涵的理解，並透過親子共同參與，增進家庭互動與學習交流。許多學生首次體驗包粽子，從中學習傳統飲食文化及動手操作能力，培養合作精神與文化認同感。活動將語言學習與文化體驗相結合，營造寓教於樂的學習環境，不僅深化學生對中華文化的認識，也促進家長對學校文化教育理念的支持與認同，達到文化傳承、親子共學及推廣正體中文教育之效益。



家長和學生一起學包粽子

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包好的粽子小心的綁上粽繩

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學生玩路上行舟競賽

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端午節文化教學成果

DRAGON BOAT FESTIVAL

端午節




二零二六年六月十九日

屈原

There was a minister of Chu named Qu Yuan. He loved his country. He had ideas to make Chu strong. But the king believed some very traitorous traitors and rejected Qu Yuan's plans to make Chu rich and strong. He was very disappointed and drowned himself in the Milu River because he got rejected once. Then the people of Chu came and went around in their boats to try and find Qu Yuan's dead body for some unknown reason. They threw cooked rice in bamboo shoots to try and lure the fish and other animals in the river away from the body. They failed to find the body, and ended up turning trying to lend a dead body in a river into racing in boats that look like dragons.

Rice dumplings can be sweet or savory. The base is glutinous rice and the most common savory fillings is marinated pork belly, shiitake mushrooms, salted egg yolks, chestnuts, dried shrimp, and peanuts. Common sweet fillings are red bean paste, mung bean paste, or plain alkaline rice served with sugar.

粽子





粽子可甜可鹹。粽子以糯米為底、最常見的鹹味餡料有醃製五花肉、香菇、鹹蛋黃、栗子、蝦米和花生。常見的甜味餡料有紅豆泥、綠豆沙或白米飯、通常佐以白糖。

龍舟比賽

Another event that takes place during dragon boat festival is dragon boat racing. It is a sport where a boat has around sixteen people, one person plays the drums and another steers the boat, the rest of the people sit in two rows and paddle. The boats race on a course that is around two hundred and fifty meters long.




端午節文化教學成果