

Name: _____

Food Review on Mooncakes by Foodie Chan

We just celebrated Mid-Autumn Festival on the 15th day of the eighth lunar month. During this period, mooncakes are usually shared among families, friends and businesses. It symbolizes family reunion and is also enjoyed while appreciating the moon at its brightest.

This traditional pastry filled with lotus or red bean paste often contains single or double salted egg yolks and is usually enjoyed with a cup of hot tea. However, do you know what is used to make a mooncake?

The mooncake skin is made from all purpose flour with alkaline water and vegetable oil, usually peanut oil. The filling is made from a base of either lotus seeds or red bean which is cooked down into a thick paste using lots of sugar and oil. A mooncake with lotus seed paste with two yolks weighs in at an estimated 900 calories.

Enjoy this sweet treat in moderation by cutting it up into 8 pieces and sharing it other people.



Question: Fill in the blank with no more than 5 words.

1. This festival is celebrated on the fifteen day of _____.
2. In paragraph 1, the word that means “get together” is _____.
3. The traditional mooncakes has one or two _____ as fillings.
4. The ingredients needed to make the filling of mooncakes are _____.
5. It is suggested to divide one mooncake into _____ before eating it.