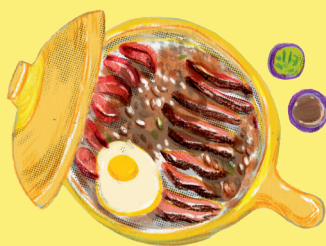


# Celebrate Cantonese Food and Culture with Zia

There is no better way to learn about and immerse yourself in a different culture than through food. In *Everyone Loves Lunchtime but Zia*, Zia's parents pack her a different Cantonese dish each day and explain what the food represents: a roast pork bun to bring treasure, soy sauce chicken to bring success, and more. Introduce your students and patrons to Cantonese culture by learning about (and tasting!) some of Zia's favorite dishes.



## **Bo zai fan** (煲仔飯)

**BO jai FON**

### **Clay-pot rice**

Rice cooked with marinated meat and vegetables in a clay pot, then drizzled with a savory sauce.



## **Cha siu bao**(叉燒包)

**CHA siu BOW**

### **Roast pork bun**

Baked or steamed barbecue pork buns filled with sweet and savory Cantonese roast pork. "Bao" is thought to mean treasure.



## **Cheung fun** (腸粉)

**CHEUNG fun**

### **Steamed rice noodle rolls**

Rice noodles steamed in a thin layer, rolled up with a filling of meat and/or spring onions, and served with a sweet soy sauce during dim sum, a meal meant to warm the heart.

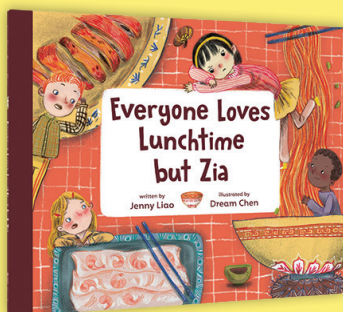
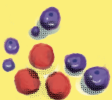


## **Mantou**(饅頭)

**MAAN-tau**

### **Steamed bun**

Steamed bread popular in northern China that is commonly made of white wheat flour and served as a side during meals.



Scan here for  
the recipe for  
Zia's Lucky Yi Mein

