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As early as Zhou Dynasty (c.11th century-256BC), people worshipped the gods on the first day of the Winter Solstice, which was also the first day of the new year. The Winter Solstice became a winter festival during the Han Dynasty (206 BC-220AD). The celebratory activities were officially organized. On this day, both officials and common people would have a rest.

?????????11??-???256??206?-
??220??

During subsequent dynasties, such as the Tang (618-907), Song (960-1279) and Qing dynasties (1644-1911), the Winter Solstice was a day to offer sacrifices to Heaven and to ancestors.

?????????618-907?????960-1279?????1644-1911????????????????????????

Eating nuts

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When midwinter comes, vital movement begins to decline and calm down. In this period, eating an appropriate



In places such as Shanghai, people eat tangyuan, a kind of stuffed small dumpling ball made of glutinous rice flour to celebrate Winter Solstice.

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Eating mutton and vermicelli soup

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In Yinchuan, Ningxia Hui autonomous region, people call midwinter the "Ghost Festival". On that day, it is customary for people there to drink mutton and vermicelli soup and eat the dumplings in the soup. They give the midwinter soup a strange name: "brain" and share it with their neighbors.

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Eating rice cakes

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Taiwan residents keep the custom of offering nine-layer cakes to their ancestors. People with the same surname or family clan gather at their ancestral temples to worship their ancestors in order of their ages. After the sacrificial ceremony, there is always a grand banquet.

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Eating red-bean and glutinous rice

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