LEGENDS & LEAGUES

EAST

WORKBOOK

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WORKBOOK

This book
was developed by
Ned Bustard *and*
Amy Clark.

It is dedicated to
Timm & Kristina Wenger
in honor of their work teaching
children about geography
(www.KidsAndCultures.com).

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LEGENDS & LEAGUES
EAST

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HOW TO USE THIS
WORKBOOK
A Note to Teachers

LEGENDS & LEAGUES
EAST

WELCOME

On behalf of Mr. Longitude and Mr. Latitude, we welcome you to this workbook. It is the hope of both Legends & Leagues, Ltd. and Veritas Press that by using this workbook, along with the storybook *Legends & Leagues East: Dreams, Dragons, and the Peach Girl,* and Audio Memory's *Geography Songs,* your student will have a delightful time exploring geography. The *Legends & Leagues* geography program consists of five storybooks and workbooks. The first are targeted toward younger students, and the other four (*North, South, East,* and *West*) are designed to be used in any order by elementary school students.

You will notice throughout the *Legends & Leagues* books that there are a plethora of fairies, monsters, and imaginary characters. This is a play on the word *legend,* which can be defined both as "an explanatory list of the symbols on a map" and "a story or myth from the past." The Victorian offices of Mr. Longitude and Mr. Latitude are built firmly in the world of steam, gaslight, and fantasy. To give readers of *Legends & Leagues East: Dreams, Dragons, and the Peach Girl* a point of reference, it has been about forty years since Dr. Dolittle began his veterinary practice, and twenty since a sailor named Ishmael joined the crew of the *Pequod*. Cyril, Anthea, Robert, Jane and the Lamb have had their adventures with the Phoenix and the Carpet, but Captain Nemo has not yet saved Professor Aronnax or Ned Land. And it will be a few decades until Mr. Holmes and Dr. Watson meet.

SEQUENCE

So how should you use this workbook? The answer to that is: *"Use this as best fits your needs."* Some may want to compress it into one semester. Most should plan on covering the material in one year, working on the material two days every other week. A typical week might look like this:

DAY ONE
- Sing the Geography Song(s)
- Review Vocabulary
- Read the corresponding chapter in the storybook to the student
- Complete the Story worksheet
- Study the first map and complete the Exploring worksheet. Younger students should complete THIS WAY questions and older students should complete both THIS WAY and THAT WAY.

DAY TWO
- Sing the Geography Song(s) while pointing to the locations on the map in the songbook
- Study the second map and complete the Exploring worksheet.
- As desired, read/complete the optional worksheets, such as Local Flavor, Legends, Sightseeing, Souvenirs, etc.

As it fits your schedule (and your student's interests), you may want to consider adding to this curriculum geography games and readings from missionary literature. But please keep in mind that this curriculum is an *introduction* to geography, not the final time they will be studying the material in their years as a student. After completing the Exploring worksheets, choose to use only the parts that you think will engage your students the best. You are *encouraged* to do as many or as few of the Optional worksheets as fits your schedule, since there are more activities in this workbook than many will have time to do. We want to make the learning of geography *enjoyable,* not exhausting.

There are two tests in this book (pages 67 and 135) and optional quizzes (pages 153–159). *Go right now and tear them out!* Set them aside until your student is ready to take them.

VOCABULARY

Read the definitions for the words below.

ocean: a large body of salt water that surrounds a continent

sensei: a Japanese term of respect used for teachers and other professionals

Song Dynasty: a ruling dynasty in China between 960 and 1279 that established a permanent navy, used gunpowder, developed paper money and discerned true north using a compass

The Royal Observatory in London, England was commissioned in 1675 by King Charles II, so that the Astronomer Royal (initially John Flamsteed), might more exactly identify the positioning and motion of heavenly bodies and more accurately navigate the earth. The basis of longitude, the Prime Meridian, passes through the observatory.

WHAT HAPPENED?

Sing the Continents and Oceans *geography song and read Chapter 1 in* Legends & Leagues East: Dreams, Dragons, and the Peach Girl, *then answer the following questions.*

1. Though none of them appear in this story, it may be of interest to the reader to know that Rose is the sister to both Constance (Mr. Longitude's wife) and Oceania (Mr. Latitude's wife). What gift did their sister-in-law Rose give to the owners of *Legends & Leagues Ltd.*?

_____

2. Describe the strange machine that came through the doors of their office.

_____

_____

3. What is the time difference between London and Tokyo?

_____

Oceanus

In ancient Greek mythology, Oceanus was the personification of the World Ocean, an enormous river believed to encircle the world. In their myths this world-ocean was a crab claw-horned Titan, a son of Uranus and Gaia, who carried a steering-oar. His daughters were the ocean nymphs and all the river, fountain, and lake nymphs. In the works of Homer, prayers before sea voyages were offered up to him.

In some ways the ancient Greeks were right. Although there are officially four oceans, oceanographers often speak of there being one global sea called the World Ocean encircling the world. The World Ocean's divisions are the *Atlantic Ocean, Arctic Ocean, Indian Ocean,* and *Pacific Ocean.*

Where's Momochan?

Use the map below to plot Momochan's travels throughout the story.

Starting in London, draw a line from there to where Momochan traveled next. Continue to draw lines until Momochan gets back to the office at the end of the book.

East

East is one of the four points (directions on a compass). Usually the right side of a map is east and is perpendicular to north. The earth spins toward the east, which makes it look like the sun rises in the east. In the past "The East" meant Orient and Asian societies, or after World War II, communist countries.

The easternmost point of land on Earth is Caroline Island, part of the Republic of Kiribati. The highest point on earth is in the east. Mount Everest borders Nepal and Tibet and is 29,029 feet above sea level. The lowest point on earth is also in the east. Challenger Deep—at the bottom of the Mariana Trench—is 35,797 feet below sea level, and has only been visited by three people in history.

Eurus was the Greek god that personified the east wind, which was considered unlucky. In ancient times he was believed to be the bringer of warmth and rain. His symbol was an inverted vase, spilling water.

1. What is the easternmost spot in your home?

_____

2. Who of your relatives lives the farthest east?

_____

3. Where is the farthest east you've traveled?

_____

Caroline Island (also known as Millennium Island) is considered one of the world's most pristine tropical islands and is home to one of the world's largest populations of coconut crabs.

VOCABULARY

Read the definitions for the words below.

doolally: crazy; out of one's mind

Equator: an imaginary circle around the earth, halfway between the North and South poles

island: a piece of land surrounded by water

LYDIA Y. B. MIDWOOD

The Itsukushima shrine on Miyajima island is best known for its dramatic, floating gate—or torii. The shrine is dedicated to the three daughters of Susano-o no Mikoto, Shinto deity of seas and storms. The gate appears to float at high tide but when the tide is low, it can be reached by foot from the island.

WHAT HAPPENED?

Sing the Asia *geography song and read chapter 2 in* Legends & Leagues East: Dreams, Dragons, and the Peach Girl, *then answer the following questions.*

1. Name imaginary elements found on a map.

_____

_____

2. What do bakus do?

_____

_____

3. What is another name for "The Land of the Rising Sun," Momochan's home?

_____

4. How do Mr. Longitude and Mr. Latitude travel to any time and any place?

_____

_____

_____

CHINA
RUSSIA
SEA OF OKHOTSK
Kuril Islands
Hokkaido
Sapporo
NORTH KOREA
SEA OF JAPAN (EAST SEA)
Honshu
Fukushima
JAPAN
YELLOW SEA
SOUTH KOREA
MOUNT FUJI
Tokyo
Yokohama
KOREA STRAIT
Kyoto
Nagoya
Kobe
Osaka
Hiroshima
Tsushima
Kitakyushu
Nagasaki
Shikoku
Kyushu
EAST CHINA SEA
PACIFIC OCEAN
Ryukyu Islands
Okinawa
Naha
PHILIPPINE SEA
0 100 200 MILES
0 100 200 KM
140°
145°
150°
45°
40°
35°
30°
25°
125°
130°
135°

Japan

Japan

The State of Japan, or the "Land of the Rising Sun," is an archipelago of 6,852 islands. It has the world's third-largest economy and is the world's fourth-largest exporter. Japan has made major contributions to the fields of electronics, automobiles, and robotics (Japan has more than half of the world's industrial robots). It has the longest life expectancy of any country in the world—even if in the movies its cities are always being destroyed by the monster Godzilla.

The United States and Japan are currently allies, though in 1941, Japan attacked the U.S. naval base at Pearl Harbor. The conflict ended in 1945 with two atomic bombings.

Japan is famous for its art: pottery, ink painting, printmaking, sculpture—and more recently, *manga* cartoons.

Karate originated in Okinawa, one of Japan's southern islands. Sumo wrestling also began in Japan, and it is the only country where the sport is practiced professionally.

This detail from Katsushika Hokusai's famous woodcut South Wind, Clear Sky *shows Mount Fuji, the highest mountain in Japan.*

THIS WAY

1. What ocean is east of Japan?

_____

2. Name a city in Okinawa.

_____

3. Name the capital of Japan.

_____

THAT WAY

1. What sea separates Japan and North Korea?

_____

2. What mountain is in central Japan?

_____

3. Which is closer to Tokyo: Osaka or Sapporo?

_____

Samurai Helmet Newspaper Hat

Samurai is the term for the military nobility of Japan dating back to the tenth century.

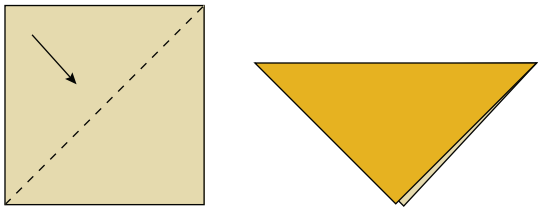
Make a paper hat in the style of a kabuto*—the samurai war helmet. Note that dotted lines in the diagrams indicate where you should fold.*

SUPPLIES

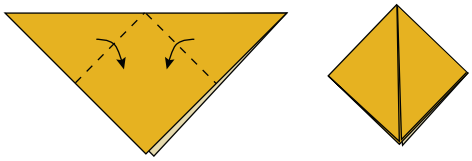
20-INCH SQUARE PAPER (NEWSPAPER OR NEWSPRINT)
MARKERS
CRAYONS
PAINT

DIRECTIONS

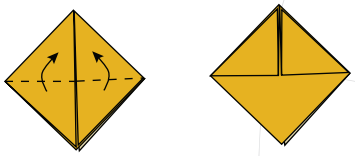
1. Fold one top corner down to the opposite corner to form a triangle. Position triangle so that the fold is on top.



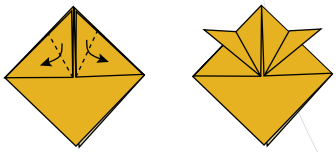
2. Fold the top corners down to the center. Repeat with the other corner.



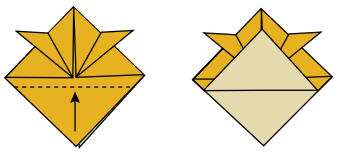
3. Fold each tip to the top.



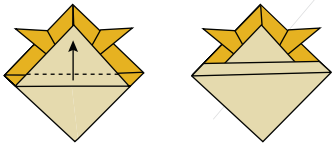
4. Fold each of the upward-pointing tips down about a quarter of the way down each side.



5. Fold the uppermost lower triangle almost to the top of the hat.



6. Fold the small strip of the triangle over the hat.



7. Fold the lowermost triangle into the hat and

Onigiri

Onigiri is a traditional Japanese food in which sticky, white rice is formed into various shapes and is wrapped in seaweed. A salty or sour ingredient traditionally fills the onigiri and serves as a preservative.

INGREDIENTS

2 cups uncooked sushi rice (uruchi-mai)
2 cups water
plastic wrap
small teacup
coarse salt
2 sheets dried, toasted nori seaweed (optional)
2 tablespoons black sesame seeds, toasted (optional)

DIRECTIONS

Wash the rice thoroughly in cold water until the water runs almost clear. Drain in a colander for 30 to 60 minutes before cooking. Place the drained rice and the 2 cups of water in a heavy, tightly covered saucepan over medium-high heat.* When the water just begins to boil, turn the heat to high, and let it come to a vigorous boil. Reduce the heat to low, cover and cook until all the liquid is absorbed by the rice, about 12 to 13 minutes. Turn off the heat and let the rice stand, covered, for 10 to 15 minutes. Using a flat, wooden spoon or rice paddle, fluff the rice with a cutting motion. Stretch a towel under the lid and cover tightly to keep warm until ready to use.

Line the small teacup with a piece of plastic wrap that's big enough to hang well over the sides. Press the plastic down into the cup with your fingers. Sprinkle the inside of the cup with a little water. Shake out the excess into the sink. Sprinkle the inside of your wetted, plastic-lined cup with salt, turning the cup so the sides get sprinkled too. Shake out any excess salt.

LYDIA Y. B. MIDWOOD

Kinkakuji Temple ("the Golden Pavillion") in Kyoto

Loosely fill the cup with rice up to the top. Gather up the ends of the plastic wrap. Twist and squeeze, pushing out any excess air. Twist tightly to form a ball or triangle shape. Repeat until all the rice is shaped.

Wrap each ball in strips of nori or sprinkle with sesame seeds. If using nori, eat the onigiri immediately or wrap rice just prior to eating.

FILLINGS FOR ONIGIRI

Onigiri is often made with a filling in the center. Prior to shaping, place about a teaspoon of filling into the center of the rice. Shape as usual, keeping the filling in the center. Here are some possible fillings to use:

tuna with mayonnaise
salted salmon
umeboshi (pickled plums)
pickled vegetables
okaka (bonito flakes with soy sauce)
negimiso (green onion with miso)
grilled or barbecued meats

** For best results, use a rice cooker following the maker's instructions.*

North Korea, South Korea

North Korea, South Korea

The Democratic People's Republic of Korea, or North Korea, is the most militarized nation in the world and a totalitarian dictatorship. That means all the political power of the country is in the hands of a centrally controlled government. North Korea has nuclear weapons and an outer space program.

There is a two and a half mile-wide strip of land (called the Korean Demilitarized Zone) that separates North and South Korea.

South Korea, or the Republic of Korea, is located on the southern portion of the peninsula. The economy relies on exports, with a heavy focus on electronics, cars, ships, and robots.

Mountains cover 70% of the Korean Peninsula. The southern regions are warm and wet like Japan, while the north has colder weather like Manchuria. The entire peninsula shares midsummer monsoons and typhoons in the fall.

A Korean temple garden. These places served as places for playing chess, painting, resting and enjoying the surrounding beauty. These gardens often have murky, green ponds planted with lotuses.

THIS WAY

1. What country is north of North Korea?

_____

2. What city is west of Seoul?

_____

3. What mountains are in north South Korea?

_____

THAT WAY

1. What strait separates South Korea from Japan?

_____

2. What is the name of the buffer zone between North Korea and South Korea?

_____

CJK

CJK is a term that refers to the languages of Chinese, Japanese, and Korean, which all completely or partly use calligraphic characters. In addition to how they look, these languages work very differently from English. For example, there are no personal pronouns like "he" or "she," so the listener or reader simply has to figure out what is being said based on the context. Also the tone of what is being said is very important, so much so that in Chinese you could say something completely different from what you intended just based on how you said it.

The CJK languages don't use plurals. And there is no official alphabet—just thousands of characters, each representing a sound. Also, there are no articles—like "a" or "the." For example, if you wanted to say "There is a panda over there," you would say "There is ONE panda over there." This is why in *Legends & Leagues: East—Dreams, Dragons, & the Peach Girl* Momochan's conversations with Mr. Longitude and Mr. Latitude sound peculiar. For the sake of readability, Momochan's comments are not styled *completely* like the CJK languages, but you will notice that in the story she never says the word "the."

Read the following Japanese words (many are used throughout the story).

Hibagon: the Japanese equivalent of Bigfoot
Iie: no
Komainu: stone lion-dogs at Shinto shrine
Konbanwa: good evening
Meka: mechanical, mechanism
Ningyo: literally "human fish," a mermaid
San: Mr. or Mrs.
Sayonara: goodbye
Sensei: literally "person born before another." It means "master" or "teacher," and is used as a title to address figures of authority.
Shachihoko: a tiger-headed carp
Tomaru: to stop, to halt
Tori: bird, fowl, poultry
Tsukumogami: inanimate household object that received a soul after 100 years of service

VOCABULARY

Read the definitions for the words below.

desert: a very dry area

sense of direction: an awareness of your orientation in space

terracotta: a glazed or unglazed baked clay used for pottery, statues, and building materials

The Terracotta Army of Qin Shi Huang, the first Emperor of China. Buried in the Shaanxi province, the over 8,000 figures include warriors, chariots, horses, officials, acrobats, and musicians.

WHAT HAPPENED?

Sing the Asia *geography song and read chapter 3 in* Legends & Leagues East: Dreams, Dragons, and the Peach Girl, *then answer the following questions.*

1. What kind of bamboo-eating animals do you tend to find near Chengdu instead of around Xi'an?

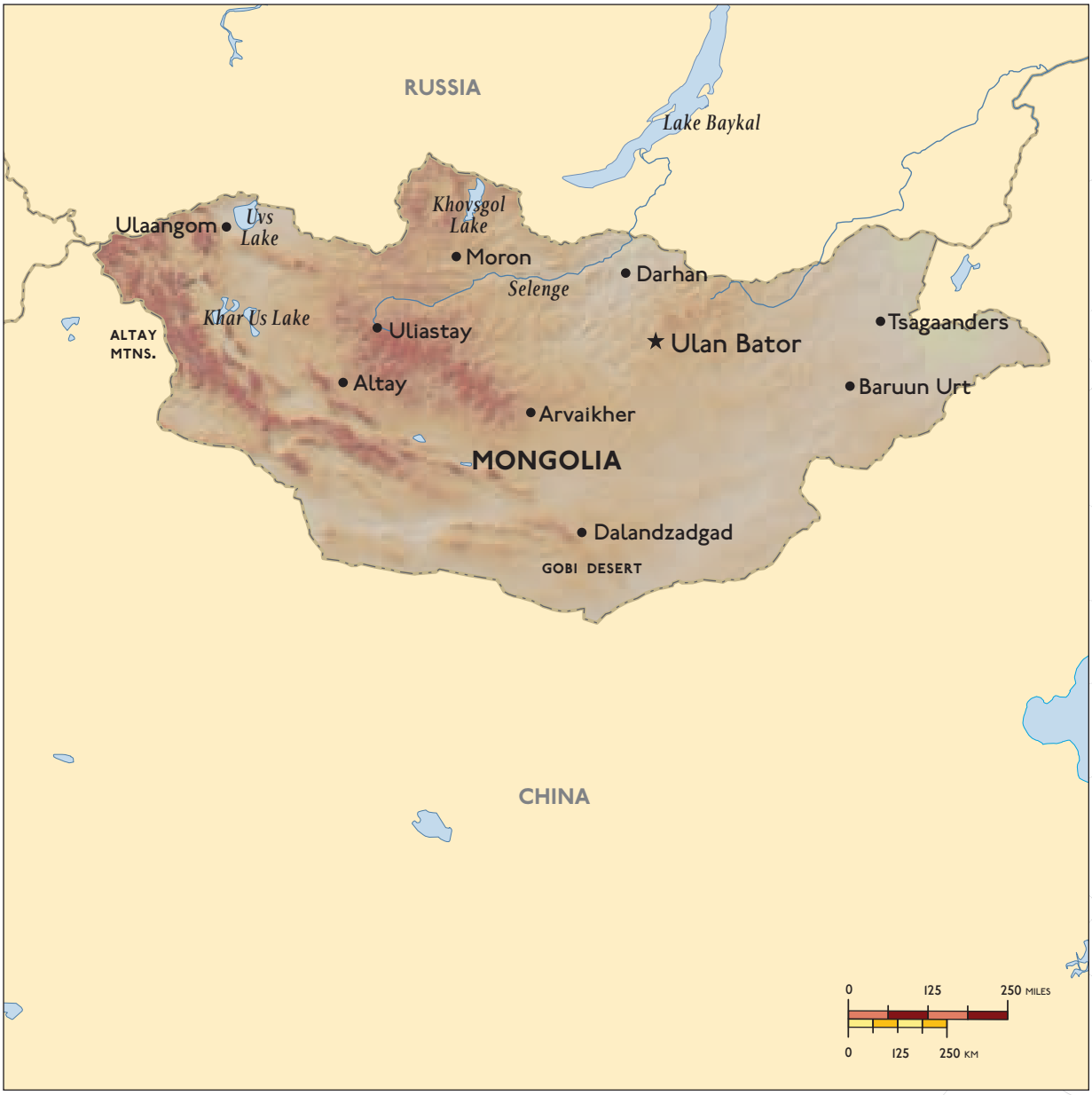
_____

2. What is one thing for which Emperor Qin Shi Huang is famous?

_____

3. According to Mr. Longitude, where would you find the Olgoi-Khorkhoi?

_____


RUSSIA
Lake Baykal
Khovsgol Lake
Ulaangom
Uvs Lake
Moron
Selenge
Darhan
Khar Us Lake
ALTAY MTNS.
Uliastay
Ulan Bator
Tsagaanders
Altay
Baruun Urt
Arvaikher
MONGOLIA
Dalandzadgad
GOBI DESERT
CHINA
0 125 250 MILES
0 125 250 KM

Mongolia

Mongolia

Mongolia is the most sparsely populated independent country in the world. Located between China and Russia, it is the second-largest landlocked country in the world. A third of the people who live there are nomads because very little of the land is good for farming. Most Mongolians are Tibetan Buddhists.

The most famous Mongolian is Genghis Khan. A fierce warrior, he built the great Mongol Empire. By 1206 it had extended all the way to present-day Poland.

One of the games that is popular in Mongolia is called *Shagaa.* In it a sheep's ankle bone is flicked in such a way as to knock down at a target of bones set up several feet away. The biggest festival in Mongolia is called *Naadam.* It is made up of three sports: archery, long-distance horse racing, and wrestling.

©ONDREJ ŽVÁCEK

A ger *is a tent-like home for nomadic Mongolians. It is made of a circular, wooden lattice frame held together with ropes or ribbons and covered with a wool felt cover.*

THIS WAY

1. What is the capital of Mongolia?

   _____

2. What desert is in southern Mongolia?

   _____

3. What city is located west of Uvs Lake?

   _____

THAT WAY

1. Mongolia is landlocked between which two countries?

   _____

2. What famous Mongol established the Mongol Empire in 1206?

   _____

Genghis Khan

"The greatest happiness is to scatter your enemy, to drive him before you, to see his cities reduced to ashes, to see those who love him shrouded in tears, and to gather into your bosom his wives and daughters."—Genghis Khan

When considering the country of Mongolia, it is impossible to ignore the looming shadow over their history that is cast by the amazing figure of Genghis Khan. Khan was the founder of the Mongol Empire, which went on to become the largest-ever empire of countries that touched each other.

Genghis Khan united the nomadic tribes of northeast Asia and then started the Mongol invasions that ended up leading to the conquering a great deal of Central Asia and China. These military campaigns included the massacre of nearly 40 million people.

Before Genghis Khan died, he divided his empire among his sons and grandsons. When he died he was buried in an unmarked grave in Mongolia. His descendants extended the Mongol Empire across China, portions of modern Eastern Europe, Russia, and the Middle East.

Quite a driven man, it is quoted that Genghis Khan once said, "It is not sufficient that I suceed—all others must fail."

Olgoi-Khorkhoi

The Mongolian death worm, or "olgoi-khorkhoi," is a creature said to live in the Gobi Desert. Like Bigfoot or the Loch Ness Monster, it is a *cryptid.* That means that in spite of people saying they've seen it, most scientists do not believe that it really exists.

It is reported to be a wide, bright red worm that is up to 5 feet long. Some Mongolians claim that it can spit acid that can corrode anything as well as emit a lethal electric shock.

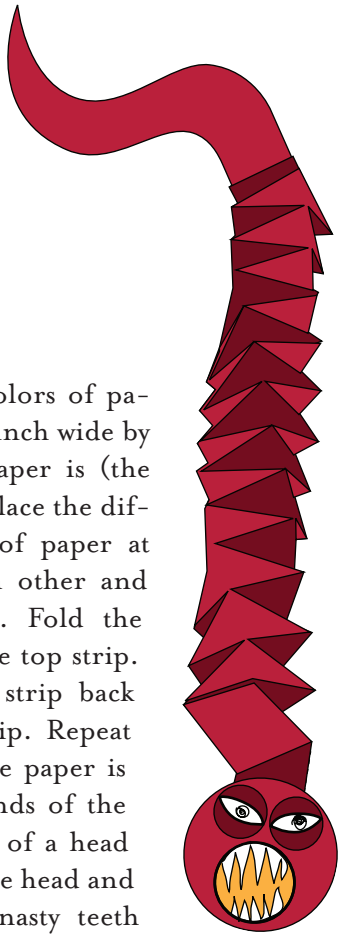
Gobi natives have told stories about the olgoi-khorkhoi for many years. The worm is said to live underground, hibernating all year and surfacing during June and July.

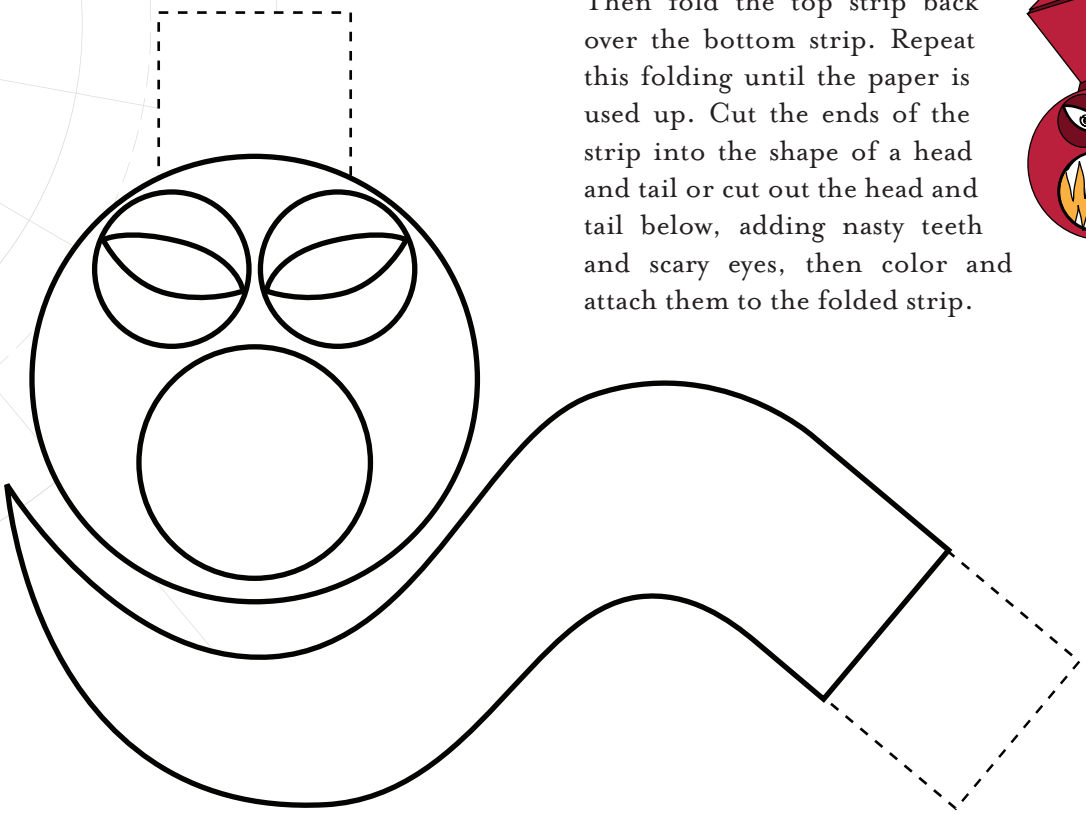
SUPPLIES

COLORED PAPER
GLUE
SCISSORS
MARKER

DIRECTIONS

Cut two different colors of paper into strips, one inch wide by however long the paper is (the longer the better). Place the different color strips of paper at right angles to each other and glue them together. Fold the bottom strip over the top strip. Then fold the top strip back over the bottom strip. Repeat this folding until the paper is used up. Cut the ends of the strip into the shape of a head and tail or cut out the head and tail below, adding nasty teeth and scary eyes, then color and attach them to the folded strip.





RUSSIA
Amur
Harbin
Changchun
Jilin
Yalu
Fushun
KAZAKHSTAN
MONGOLIA
SEA OF JAPAN
(EAST SEA)
NORTH KOREA
JAPAN
SOUTH KOREA
GREAT WALL
TIAN SHAN MTNS.
Beijing
Baotou
GOBI DESERT
TAKLA MAKAN DESERT
Taiyuan
Jinan
YELLOW SEA
Yellow
ALTUN SHAN MTNS.
K2
Lanzhou
Xi'an
Nanjing
Shanghai
KUNLUN SHAN MTNS.
Yangtze
CHINA
EAST CHINA SEA
PLATEAU OF TIBET
Chengdu
Nanchang
Mekong
Chongqing
Taipei
HIMALAYAS
NEPAL
TAIWAN
MOUNT EVEREST
BHUTAN
Yangtze
Hong Kong
Macau
INDIA
BANGLADESH
BURMA (MYANMAR)
LAOS
Hainan Island
Mekong
SOUTH CHINA SEA
THAILAND
CAMBODIA
VIETNAM
PHILIPPINES
0 350 700 MILES
0 350 700 KM
140°
40°
30°
130°
20°
10°
80°
90°
100°
110°
120°

China

China

The People's Republic of China is the world's second-largest country in area. The land is quite diverse—from the great heights of the Himalaya mountains to the third-lowest point in the world, Lake Ayding. The land of China contains deserts as well as subtropical forests.

China has the longest land borders in the world and holds over 1.3 billion citizens. Due to China's large population and area, it is helpful to break the country down into six regions: east, north (where you will find the capital, Beijing), northeast (historically referred to as Manchuria), northwest, south central, and southwest China.

In addition to the famous—but endangered—giant panda, other animals unique to China include the Yangtze River dolphin, the golden snub-nosed monkey, the Tibetan antelope, the Chinese monal, the giant laughingthrush, the neon tree dragon, the Chinese alligator, and the world's largest amphibian—the Chinese giant salamander.

The giant panda lives in central China and lives almost entirely off of bamboo. Due to deforestation the panda has lost much of its natural habitat along the Yangtze River. Current estimates indicate that there are less than 3,000 giant pandas in existence.

THIS WAY

1. What wall is north and west of Beijing?

_____

2. What city is closer to Xi'an: Lanzhou or Shanghai?

_____

THAT WAY

1. What river flows through both Nanjing and Chongqing?

_____

2. What mountain range separates China from Nepal, Bhutan, and India?

_____

The Great Wall

The Great Wall of China is a series of ancient walls and towers built of stone, brick, packed-down earth, and wood that runs east to west through the north of China from Shanhaiguan in the east to Lop Lake in the west, covering over 5,000 miles. It was originally built to protect China from nomadic groups and attacking armies. Besides protecting the country from invaders, the Wall has helped to encourage trade, control immigration, help in communication, and serve as a transportation route.

Several walls were begun during the fifth century B.C., with other portions added in later years. The separate walls were joined together to make a stronger, unified Great Wall. Most of the existing wall today was built during the Ming Dynasty, but the famous section of the wall was built by the first emperor of China, Qin Shi Huang.

While some parts of the Wall north of Beijing near tourist spots have been preserved and even renovated, many locations of the Wall have fallen into disrepair. Some sections have been partially dismantled to rebuild local houses and roads, while other parts have been completely destroyed because the Wall was in the way of other construction projects.

Many say that the wall can be seen from the moon. But this is unlikely since at its widest it is only at most 30 feet wide, and is about the same color as the ground around it. When American astronaut Neil Armstrong was asked about it, he said, "I have not yet found somebody who has told me they've seen the Wall of China from Earth orbit. . . . I've asked various people, particularly shuttle guys, that have been many orbits around China in the daytime, and the ones I've talked to didn't see it."

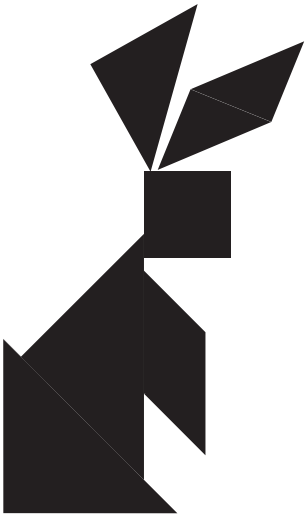
The Great Wall was chosen in 2007 as one of the seven new wonders of the world. An area of the sections of the Great Wall at Jinshanling is pictured below.

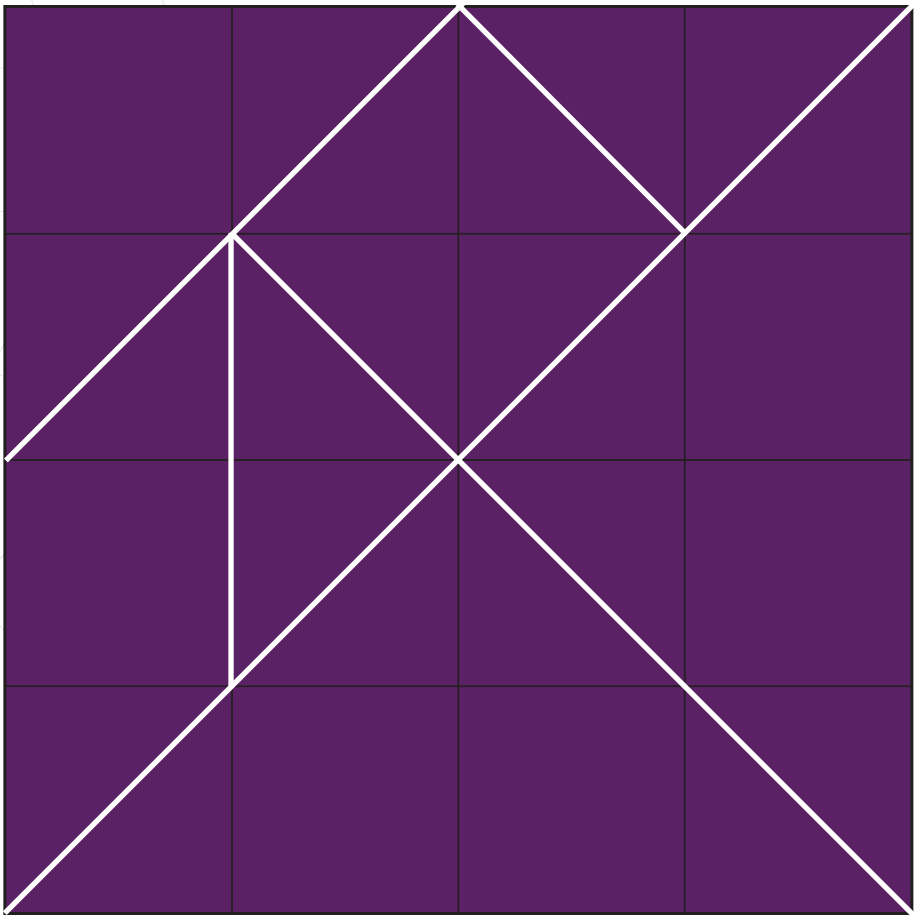
JAKUB HALUN

Tangram

The *tangram* (literally "seven boards of skill") is an old Chinese puzzle consisting of seven flat shapes ("tans") that are put together to form pictures. The goal of the puzzle is to form a specific shape using all seven pieces (like in the example of the rabbit shown on this page), with none overlapping.

To make your own tangram puzzle, measure and mark a grid of squares on a piece of black paper then mark the lines for the edges of the playing pieces (white in the example below) and cut along those lines.





Turkey Lettuce Wraps

Using many traditional Chinese ingredients, Turkey lettuce wraps are fun and easy to prepare. It will also give you a chance to eat with your fingers.

INGREDIENTS

1/2 cup water
1/2 cup instant brown rice
2 teaspoons sesame oil
1 pound ground turkey
1 tablespoon minced fresh ginger
1 large red bell pepper, finely diced
1 8-ounce can water chestnuts, rinsed and chopped
1/2 cup chicken broth
2 tablespoons hoisin sauce
1 teaspoon five-spice powder
1/2 teaspoon salt
2 heads Boston lettuce, leaves separated
1/2 cup chopped fresh herbs, such as cilantro, basil, mint and/or chives
1 large carrot, shredded

DIRECTIONS

Bring the water to a boil in a small saucepan. Add the rice; reduce the heat to low, cover, and cook for 5 minutes. Remove from the heat.

Meanwhile, heat the sesame oil in a large nonstick pan over medium-high heat. Add the turkey and ginger. Cook, crumbling until the turkey is cooked through, about 6 minutes. Stir in the cooked rice, bell pepper, water chestnuts, broth, hoisin sauce, five-spice powder and salt. Cook until heated through, about 1 minute.

To serve, divide the lettuce leaves among plates, spoon some of the turkey mixture into each leaf, top with herbs and carrot, and roll into wraps.

Stir-fry

Stir-frying is a Chinese cooking technique that uses a wok and high heat. With stir-frying, meals can be prepared in a short amount of time.

INGREDIENTS

1/2 lb pork, cut into small cubes
1 egg white
1 tablespoon cornstarch
7 tablespoons vegetable oil, divided
2 tablespoons ketchup
1 tablespoon soy sauce
1 tablespoon rice vinegar
1 tablespoon white sugar
1 tablespoon salt, or to taste
1 green pepper, seeded, diced
1 onion, peeled, sliced thin
1/2 cup pineapple chunks

DIRECTIONS

In a mixing bowl, combine pork cubes, the egg white and cornstarch. Mix well and let sit for 5 minutes.

Heat 5 tablespoons vegetable oil in a wok (or large frying pan) over medium-high heat until it is shimmering on the bottom and very hot but not yet smoking. Turn the heat to low then add the marinated pork. Deep fry until golden brown then remove the pork to drain on a few paper towels.

In a separate bowl, combine ketchup, soy sauce, rice vinegar and sugar for sauce. Whisk lightly to mix well.

Heat the wok over medium heat for 30 seconds before adding 2 tablespoons of vegetable oil. Sauté the onion slices and diced green pepper for about 30 seconds, pour the sauce over, and toss gently once or twice as you cook. Add the cooked pork and pineapple chunks to the wok. Stir briefly, remove from the heat and serve hot on a plate. This dish can be served with rice.

VOCABULARY

Read the definitions for the words below.

azure: the blue color of the clear sky

subcontinent: a large area of land smaller than a continent

vermilion: a bright reddish orange

WHAT HAPPENED?

Sing the Asia *geography song and read chapter 4 in* Legends & Leagues East: Dreams, Dragons, and the Peach Girl, *then answer the following questions.*

1. What creatures form the four poles outside Taiwan's beautiful Chaotian Temple?

_____

2. What is one of the skills for which Mazu is famous?

_____

3. What did Mr. Latitude prefer using instead of a dragon, a bird, a tiger, and a tortoise?

_____

KALIGAN

Sunset on the northwest corner of the Forbidden City. It was the Chinese imperial palace from the Ming Dynasty to the end of the Qing Dynasty. It can be found in the middle of Beijing, China. Completed in 1420, the complex consists of 980 buildings.

China

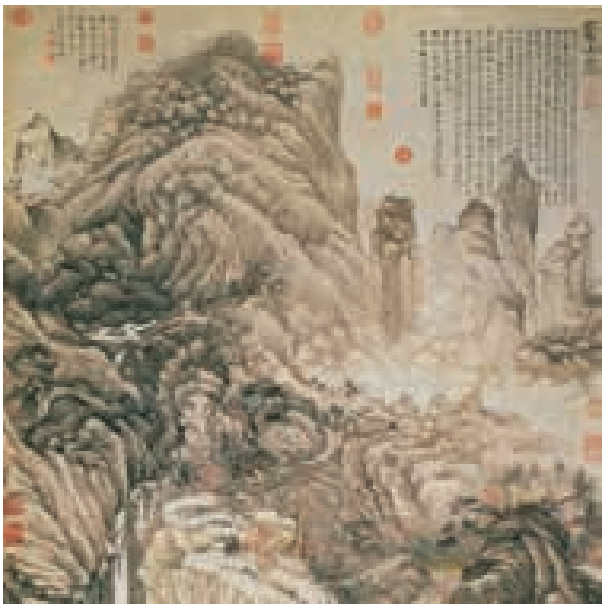
Along the River during the Qingming Festival *is a panoramic painting that stretches over 17 feet long (it is shown here stacked in sections). The painting depicts daily life in China during the 1100s—from rich to poor as well as showing period clothing and architecture.*

China

The ancient Chinese civilization began with the Xia Dynasty around 2000 B.C. and lasted until 1912. The current government took charge in 1949. Today China is a highly authoritarian, communist country. It places restrictions on the Internet, the press, freedom of assembly, the right to have children (only one child per family), and freedom of religion.

Generally speaking, northerners in China tend to be taller with lighter skin color, and eat more noodles and dumplings, while southerners tend to be shorter with tanner skin color, and eat more rice-based foods.

Over half the people in China are irreligious. The rest are Buddhists or Taoists. But one of the fastest-growing religions in the country is Christianity. It is hard to determine how many Christians are in China because many have to meet secretly, but some estimates claim there are 130 million. It is likely that China will eventually become the center of evangelical Christianity.



Shan shui *(literally "mountain-water") is a style of landscape painting developed during the fifth century, in the reign of the Liu Song Dynasty. It has a strong references to Taoist imagery, and usually features mountains. This painting is* Lofty Mt. Lu *by Shen Zhou, 1467.*

THIS WAY

1. What was the first dynasty in China?

_____

2. What kind of government does China have today?

_____

_____

THAT WAY

1. Why was the Great Wall of China first built (see page 24 of this workbook for help)?

_____

_____

_____

Mazu

There once was a young woman named Lin Mo Niang. She was born on a small island off the coast of southeastern China in 960 A.D. Eventually she would come to be called "Daughter of the Dragon," "Empress of Heaven," and "Goddess of the Sea," but during the first month of her life she was strangely silent, which led her parents to nickname her Mo (which means "silent").

She was a kind-hearted girl who grew quickly in the knowledge of Chinese medicine. She was known as a healer and would work at teaching people how to prevent illness and injury. She had a photographic memory and was later credited with supernatural powers as well.

It is said that when she was four years old she visited a Buddhist temple and was given "second sight"—the ability to know about events that were going to happen in the distant future or at a distant place. At age 10 she began to study Buddhism, and by 13 she was taught the secret mysteries of Taoism. Then when she was 15 a sea creature erupted out of a reflecting pool, giving a bronze disk to Lin Mo along with unusual powers. For example, she was then able to predict changes in the weather and would tell sailors and fishermen when it was safe to go out to sea.

It is told that one day Lin Mo was at home weaving a tapestry when she fell into a trance, and was able to see her family members drowning. So she used her mystical powers to carry her self to them. She first pushed her brother to safety then returned to rescue her father. While she was swimming home, her mother saw that Lin Mo was laying across her weaving. Thinking she was ill, she woke Lin Mo. Lin Mo's trance was broken and her father sank to his death. Lin

Mo walked down to the sea and searched for her father, returning three days later with his body. Consumed by grief, she intensified her quest for spiritual growth and recommited herself to good works.

When Lin Mo turned 28 she told her family it was time for her to leave. She walked to the top of a mountain and was engulfed by clouds and carried into the heavens. A great rainbow appeared where she last stood.

After her death, fishermen and sailors began to pray to Mazu ("Mother Ancestor") because of her efforts trying to save those at sea. Lin Mo was declared a goddess by the Chinese government, temples were built in her honor, and Imperial dynasties gave her new and grander titles. She is usually shown in paintings wearing a red robe or when sculpted she is clothed in jeweled robes with a flat-topped imperial cap dripping with beads. There are around 1,500 Mazu temples in the world, spread across 26 countries.

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