

I believe many students will choose the Spring Festival. So today I would like to introduce another festival which is also very important in China, and that is the Winter Solstice festival. As you know, there are 24 Solar Terms in a year, and the Winter Solstice is one of the most significant solar terms. And Winter Solstice is the day with the shortest daytime and the longest nighttime of the year, and it is also the coldest day. Coincidentally, tomorrow is the Winter Solstice.

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相信很多同学都会选择春节。所以今天我要介绍另一个十分重要的中国节日，那就是冬至节。大家知道，一年有 24 个节气，而冬至是最重要的节气之一。冬至是一年中白天最短、夜晚最长的一天，也是最冷的一天。巧合的是，明天就是冬至。

There is a traditional saying in China that the Winter Solstice is as important as the Spring Festival. So people will spend time gathering together and enjoy meals with their family and friends. There are diverse traditions about food in China, depending on the regions. People in North China will eat dumplings on the day, because due to the traditional saying that their ears will be frozen off if they don't eat dumplings, because the shape of dumplings is similar to ears.

中國有一句傳統的說法，冬至與春節同等重要。在這一天人們會與家人和朋友聚在一起並享用美食。中國的飲食傳統因地區而異。北方人會在這一天吃餃子，因為傳統的說法是不吃餃子耳朵就會凍掉，因為餃子的形狀很像耳朵。

中国有一句传统的说法，冬至与春节同等重要。在这一天人们会与家人和朋友聚在一起并享用美食。中国的饮食传统因地区而异。北方人会在这一天吃饺子，因为传统的说法是不吃饺子耳朵就会冻掉，因为饺子的形状很像耳朵。

People in South China will eat tangyuan, which is made of rice. Tangyuan is round in shape, symbolizing family's reunion for the coming year. In some places, they will eat mutton soup because mutton can drive out the cold, and eating mutton soup on Winter Solstice means you won't feel cold all winter long. The Winter Solstice used to be the day for ancestor worship, but as time's going by, now people generally worship their ancestors on Qingming Festival and the Double Ninth Festival.

南方人會吃用大米做的湯圓。湯圓呈圓形，寓意來年闔家團圓。有的地方會吃羊肉湯，因為羊肉可以驅寒，冬至吃羊肉湯，整個冬天都不會覺得冷。冬至曾經是祭祖的日子，但隨著時間的推移，現在人們將祭祀祖先移至清明節和重陽節。

南方人会食用大米做的汤圆。汤圆呈圆形，寓意来年阖家团圆。有的地方会吃羊肉汤，因为羊肉可以驱寒，冬至吃羊肉汤，整个冬天都不会觉得冷。冬至曾经是祭祖的日子，但随着时间的推移，现在人们将祭祀祖先移至清明节和重阳节。

And for me, my hometown is located in the southern part of China belongs to Guangdong province, which is very close to Hong Kong. In my hometown, people will barbecue or gather to have dinner, or whatever. They just need be together, no matter what kind of food they have. Maybe mostly, they will have tangyuan.

而對我而言，我的家鄉位於中國南部，屬於廣東省，離香港很近。在我的家鄉，人們會燒烤或聚在一起吃晚飯，或者安排其他慶祝活動。我們只想和家人朋友在一起，不管吃什麼都行。但是，在大多數情況下，都會吃湯圓。

而对我而言，我的家乡位于中国南部，属于广东省，离香港很近。在我的家乡，人们会烧烤或聚在一起吃晚饭，或者安排其他庆祝活动。我们只想和家人朋友在一起，不管吃什么都行。但是，在大多数情况下，都会吃汤圆。