

So as a foodie, one of my favorite traditional Chinese custom is eating zongzi in Dragon Boat festival. So it's a kind of sticky rice dumplings wrapped in bamboo leaves. They are usually made of glutinous rice with meat or some other filling and wrapped in bamboo leaves in the shape of a triangular pyramid. Actually there are many different flavors. Personally I love both salty and sweet zongzi.

作為一個吃貨，我最喜歡的中國傳統習俗之一就是在端午節吃粽子。粽子是一種用竹葉包裹的三角糯米糰，通常有肉或其他甜味餡料。但是，不論是鹹粽子還是甜粽子，我都非常喜歡。

作为一个吃货，我最喜欢的中国传统习俗之一就是在端午节吃粽子。粽子是一种用竹叶包裹的三角糯米团，通常有肉或其他甜味馅料。但是，不论是咸粽子还是甜粽子，我都非常喜欢。

For the salty one, it is a deep brown, glossy pyramid of savory glutinous rice stirred with aromatic soy sauce. It's stuffed with the soft saucy pork belly, creamy salted egg yolks, umami-laced dried shrimp, et cetera. While for the sweet zongzi, it's white in color with red beans in the middle of it. It's really scrumptious when it's served with a lot of sugar. Well usually I could have three sweet zongzi or two savory zongzi for one time because I really love it.

鹹味粽子通常以五花肉、奶油鹹蛋黃、鮮味乾蝦等做餡料，多為深褐色。而甜粽子則是白色的，以豆沙餡為主，拌著糖吃最好吃。通常，我一次可以吃三個甜粽子或兩個鹹粽子。

咸味粽子通常以五花肉、奶油咸蛋黄、鲜味干虾等做馅料，多为深褐色。而甜粽子则是白色的，以豆沙馅为主，拌着糖吃最好吃。通常，我一次可以吃三个甜粽子或两个咸粽子。

Well, regarding the historical background, indeed Chinese people eat zongzi during the Dragon Boat Festival to memorialize Qu Yuan, a famous Chinese poet who lived 2,300 years ago in Chu State. So Qu Yuan was a versatile government official at that time and he was highly esteemed for his wise counsel among the common people. But the king did not like his straightforwardness and even some of the jealous officials would bad mouth him. So after that, Qu Yuan was exiled by the king, and he was banished to the remote countryside.

中國人在端午節吃粽子是為了紀念 2300 年前楚國的著名詩人屈原。屈原才華出眾，愛民如子，備受黎民百姓的尊重。其坦白直率的性格得罪了當時的皇帝，加之深受其他官員的嫉妒，最終被流放邊疆。

中国人在端午节吃粽子是为了纪念 2300 年前楚国的著名诗人屈原。屈原才华出众，爱民如子，备受黎民百姓的尊重。其坦白直率的性格得罪了当时的皇帝，加之深受其他官员的嫉妒，最终被流放边疆。

So Qu Yuan at that time couldn't help his people. I mean, the people there in Chu State. So he was really sad at that time. He was very helpless and then Qu Yuan just took his life by jumping off the river. So because many people respected his determination in order to keep his body safe in the water, many people threw zongzi into river so that the fishes would stop eating his body but to eat the zongzi instead of his corpse.

屈原被放逐而不能回朝效力祖國而十分痛苦和悲傷，懷抱一石，投入汨羅江而死。百姓們為了避免魚吃掉屈原的屍體，因此不斷地向汨羅江中投擲粽子。

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So while indeed my love for zongzi is not really related to the historical background, I just simply love the food and sometimes my mom would buy some from Shanghai during the Festival. They are very delicious.

我喜歡吃粽子與歷史背景無關，只因為其百吃不厭的味道。過端午節時，媽媽有時也會從上海買些粽子回家。味道太棒了！

我喜欢吃粽子与历史背景无关，只因为其百吃不厌的味道。过端午节时，妈妈有时也会从上海买些粽子回家。味道太棒了！