



## Family Activity

# Paper Zongzi

Zongzi, or rice dumpling, is a traditional Chinese dish and popular street food during Dragon Boat Festivals. Made with rice and stuffed with fillings like salted egg yolks or pork belly, they are wrapped in bamboo or banana leaves and cooked by steaming or boiling. Zongzi are popular breakfast foods and can often be found in dim sum.

You can make your own craft Zongzi using just a few simple materials. When making them, we encourage you to learn more about [Dragon Boat Festivals](#) (including one celebrated here in [Houston](#)), [the cultural history of paper](#) in China, and the art of Japanese [origami](#).

### MATERIALS

Cardstock  
Twine  
Scissors

### CRAFT DIRECTIONS

*Adapted from fortunecookiemom*

1. Cut your green cardstock into long paper strips.
2. Fold the paper into a small triangle shape and repeat until the end of the paper strip.  
*Tip: Parents can draw lines for young kids to fold along; it makes the folding process much easier!*
3. Unfold the paper and there will be lines forming triangular shapes on the paper strips.
4. Fold the strip while following the line into a 3-D triangle; tuck the last end of the paper strip inside.
5. Use twine to wrap around the zongzi and tie a double knot to secure it.
6. Repeat with each paper strip.
7. Optional: Use a longer twine to connect your zongzi.