參賽者號碼(由教育局人員填寫) No. of entry (To be completed by EDB officers)	P03901

As we know, culture is the blood and vein of every society. If you lose it, everything will become lifeless. I am always proud of being a Chinese. We have such a great and colorful culture including a wide range of aspects. Among them, our distinctive Chinese eating culture must be the one which we must preserve and inherit.

There is an old Chinese saying: Min Yi Shi Wei Tian. China's long history and rich culture have given birth to the distinctive Chinese culinary art. With several thousand years of history, Chinese cuisine is admired by people all over the world. Our traditional dishes are famous for their color, taste, meanings, and appearance. We have such a wide variety of cooking techniques, namely stewing, braising, boiling, pan frying and steaming. The diverse cooking techniques show the wisdom of Chinese people.

One of the most famous dishes is hotpot. In the past, hot pot used to be favored only in winter. Now, hot pot is welcomed by every family all year round. Like many Chinese people, I enjoy gathering around the pot eating, chatting, drinking, and having fun. Dim sum is another popular Cantonese cuisine dishes. It contains a large range of small dishes, including dumplings, rolls, cakes, and meat, seafood and dessert. I enjoy drinking tea with my family at weekend.

I really can't imagine a day that all those dishes are no long existing. We must inherit and develop it further by all means.

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