

## Blog 4

### 长寿面 Chang-Shou-Mian (long life noodles)



The day before my birthday, my grandma asked me what I would like to have on my special day. To me it was a simple question and my answer was short and quick: Noodles.

There are two reasons why I chose to eat noodles on my birthday. One, I wanted to follow one of Chinese traditions and give my family a long and happy life. My mom told me that in China, it's a tradition to eat noodles on someone's birthday. But not just those noodles you get at P.F Chang or other Chinese restaurant in the US. It's called 长寿面 (Chang-Shou-Mian). Two, I LOVE NOODLES! Ever since I was a little girl, my mom and my grandma always made me noodles.

Noodles were invented long, long ago. Over time noodles have become one of Chinese signature dishes. But why come up with Chang-Shou-Mian and why eat it on birthdays? What's so special

about these noodles? They're just noodles with a cool name... right? No! In order for it to be Chang-Shou-Mian, it has to be nice and very long! In China, people believe that if you have a long face, you'll have a long life. In Chinese, the word noodle pronounced as mian and it has two different meanings. One means noodle, the other means face, sort of like a homophone. So they thought that if you eat LONG noodles, you'd have a LONG face, and that leads to having a long life. That, my friends, is how Chang-Shou-Mian was born.

Noodles are my absolute Favorite food in the world! It all started when I was really little, my grandma always made me noodles, and boy were they delicious! Soup noodles, Dan-Dan noodles, stir fry noodles, lo-main, chicken noodle soup and many more. When I went to pre-school, my mom used to pack noodles for my lunch. When I was sick, my mom and grandma always made me a nice warm bowl of chicken noodle soup. So my love for noodles isn't just because they taste amazing to me (they do 😊) but also because when I see noodles, I feel comforted by the history Mr. Noodle and I share. 😊