# 中秋节的简单介绍5则范文

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*第一篇：中秋节的简单介绍中国农历八月十五，俗称中秋节。“中秋”意为秋天之半，一秋之中。中秋节还被称之为月节、拜月节、团圆节、八月节，以及追月节，下面是小编给大家整理的中秋节的简单介绍，欢迎大家借鉴与参考，肯定对大家有所帮助。中秋节的简单介...*

**第一篇：中秋节的简单介绍**

中国农历八月十五，俗称中秋节。“中秋”意为秋天之半，一秋之中。中秋节还被称之为月节、拜月节、团圆节、八月节，以及追月节，下面是小编给大家整理的中秋节的简单介绍，欢迎大家借鉴与参考，肯定对大家有所帮助。

中秋节的简单介绍

我国人民在古代就有“秋暮夕月”的习俗。夕月，即祭拜月神。到了周代，每逢中秋夜都要举行迎寒和祭月。设大香案，摆上月饼、西瓜、苹果、红枣、李子、葡萄等祭品，其中月饼和西瓜是绝对不能少的。西瓜还要切成莲花状。在月下，将月亮神像放在月亮的那个方向，红烛高燃，全家人依次拜祭月亮，然后由当家主妇切开团圆月饼。切月饼的人预先算好全家共有多少人，在家的，在外地的，都要算在一起，不能切多也不能切少，大小要一样。

相传古代齐国丑女无盐，幼年时曾虔诚拜月，长大后，以超群品德入宫，但未被宠幸。某年八月十五赏月，天子在月光下见到她，觉得她美丽出众，后立她为皇后，中秋拜月由此而来。月中嫦娥，以美貌著称，故少女拜月，愿“貌似嫦娥，面如皓月”。

在唐代，中秋赏月、玩月颇为盛行。在北宋京师。八月十五夜，满城人家，不论贫富老小，都要穿上成人的衣服，焚香拜月说出心愿，祈求月亮神的保佑。南宋，民间以月饼相赠，取团圆之义。有些地方还有舞草龙，砌宝塔等活动。明清以来，中秋节的风俗更加盛行;许多地方形成了烧斗香、树中秋、点塔灯、放天灯、走月亮、舞火龙等特殊风俗。

中秋节有悠久的历史，和其它传统节日一样，也是慢慢发展形成的，古代帝王有春天祭日，秋天祭月的礼制，早在《周礼》一书中，已有“中秋”一词的记载。中秋节是我国的传统佳节。根据史籍的记载，“中秋”一词最早出现在《周礼》一书中。到魏晋时，有“谕尚书镇牛淆，中秋夕与左右微服泛江”的记载。直到唐朝初年，中秋节才成为固定的节日。《唐书·太宗记》记载有“八月十五中秋节”。中秋节的盛行始于宋朝，至明清时，已与元旦齐名，成为我国的主要节日之一。这也是我国仅次于春节的第二大传统节日。

中秋节习俗

中秋赏月，最盛是宋代。《东京梦华录》记载：“中秋夜，贵族结饰台榭，民间争占酒楼玩月。”每逢这一天，东京的所有酒楼都要重新装饰门面，扎绸彩的牌楼，出售新启封的好酒。铺子堆满新鲜佳果，夜市之热闹，一年之中少见。显官和豪门，都在自己的楼台亭榭中赏月，琴瑟铿锵，至晓不绝。一般市民则争先占住酒楼，以先睹月色为快，并且安排家宴，团圆子女。“此夕浙江放‘一点红’羊皮小冰灯数十万盏，浮满水面，灿如繁星”(见《武林旧事》)。而“京师赏月之会，异于他郡。倾城人家子女不以贫富能自行至十二三，皆以成人之服饰之，登楼或在中庭拜月，各有所期：男则愿早步蟾宫，高攀仙桂。女则愿貌似常娥，圆如浩月。”(见《新编醉翁谈录》)

明清以来，民间更重视中秋节。《西湖游览志余·熙朝乐事》云：“民间以月饼相遗，取团圆之义。是夕，人家有赏月之宴。苏堤之上，联袂踏歌，无异白日。”

中秋节，也称仲秋节、团圆节、八月节等，是我国汉族和大部分少数民族的传统节日，也流行于朝鲜、日本和越南等邻国。因为秋季的七、八、九三个月(指农历)，八月居中，而八月的三十天中，又是十五居中，所以称之为中秋节。又因此夜浩月当空，民间多于此夜合家团聚，故又称团圆节。

今天，月下游玩的习俗，已远没有旧时盛行。但设宴赏月仍很盛行，人们把酒问月，庆贺美好的生活，或祝远方的亲人健康快乐，和家人“千里共婵娟”。

中秋节的习俗很多，形式也各不相同，但都寄托着人们对生活无限的热爱和对美好生活的向往。

中秋节的起源

一说它起源于古代帝王的祭祀活动。《礼记》上记载：“天子春朝日，秋夕月”，夕月就是祭月亮，说明早在春秋时代，帝王就已开始祭月、拜月了。后来贵族官吏和文人学士也相继仿效，逐步传到民间。

二是中秋节的起源和农业生产有关。秋天是收获的季节。“秋”字的解释是：“庄稼成熟曰秋”。八月中秋，农作物和各种果品陆续成熟，农民为了庆祝丰收，表达喜悦的心情，就以“中秋”这天作为节日。“中秋”就是秋天中间的意思，农历的八月是秋季中间的一个月，十五日又是这个月中间的一天，所以中秋节可能是古人“秋报”遗传下来的习俗。

**第二篇：传统节日中秋节介绍**

中秋月儿圆又圆，亲朋好友在身边，摆满月饼和糕点，香香月饼嘴馋馋，一口下去少半边，含在嘴中粘又粘，吃起月饼甜又甜，下面是小编给大家整理的传统节日中秋节介绍，欢迎大家借鉴与参考，肯定对大家有所帮助。

传统节日中秋节介绍

中秋节又称月夕、秋节、仲秋节、八月节、八月会、追月节、玩月节、拜月节、女儿节或团圆节，是流行于中国众多民族与东亚诸国中的传统文化节日，时在农历八月十五;因其恰值三秋之半，故名，也有些地方将中秋节定在八月十六。中秋节始于唐朝初年，盛行于宋朝，至明清时，已与元旦齐名，成为中国的主要节日之一。受汉族文化的影响，中秋节也是东南亚和东北亚一些国家尤其是生活在当地的华人华侨的传统节日。自2024年起中秋节被列为国家法定节假日。国家非常重视非物质文化遗产的保护，2024年5月20日，该节日经国务院批准列入第一批国家级非物质文化遗产名录。中秋节是中国三大灯节之一，过节要玩灯。但中秋没有像元宵节那样的大型灯会，玩灯主要只是在家庭、儿童之间进行的。

中秋节猜灯谜来历

猜灯谜”又叫“打灯谜”，是我国独有的富有民族风格的一种文娱形式，是从古代就开始流传的元宵节特色活动。每逢农历正月十五，各家各户都要挂起彩灯，燃放焰火，后来有好事者把谜语写在纸条上，贴在五光十色的彩灯上供人猜。因为谜语能启迪智慧又迎合节日气氛，所以响应的人众多，而后猜谜逐渐成为元宵节不可缺少的节目。古代，每届元宵节，人们总要分曹射覆，引为笑乐。

灯谜最早是由谜语发展而来的，起源于春秋战国时期。它是一种富有讥谏、规戒、诙谐、笑谑的文艺游戏。谜语悬之于灯，供人猜射，开始于南宋。《武林旧事·灯品》记载：\"以绢灯剪写诗词，时寓讥笑，及画人物，藏头隐语，及旧京诨语，戏弄行人。猜灯谜是我国传统的娱乐形式，它运用艺术的手法和汉字的规律，着眼于字义词义变化，常用一个词句、一首诗来制成谜语，既能达到娱乐的目的，又即使人增长知识，为人们所喜闻乐见。元宵节或中秋节多有举办灯谜会，颇受人们喜爱。

灯谜这玩意儿在本地毕竟还不是一项很普遍的文艺活动，为使初学者能了解灯谜的基本法则和掌握一些技巧，在灯谜会举办前，斗胆先来介绍一些猜谜方法，但愿能吸引初学者对猜谜发生兴趣，进而得到艺术上的享受。

中秋节的来历

每年农历八月十五日，是传统的中秋佳节。这时是一年秋季的中期，所以被称为中秋。在中国的农历里，一年分为四季，每季又分为孟、仲、季三个部分，因而中秋也称仲秋。八月十五的月亮比其他几个月的满月更圆，更明亮，所以又叫做“月夕”，“八月节”。此夜，人们仰望天空如玉如盘的朗朗明月，自然会期盼家人团聚。远在他乡的游子，也借此寄托自己对故乡和亲人的思念之情。所以，中秋又称“团圆节”。

我国人民在古代就有“秋暮夕月”的习俗。夕月，即祭拜月神。到了周代，每逢中秋夜都要举行迎寒和祭月。设大香案，摆上月饼、西瓜、苹果、红枣、李子、葡萄等祭品，其中月饼和西瓜是绝对不能少的。西瓜还要切成莲花状。在月下，将月亮神像放在月亮的那个方向，红烛高燃，全家人依次拜祭月亮，然后由当家主妇切开团圆月饼。切的人预先算好全家共有多少人，在家的，在外地的，都要算在一起，不能切多也不能切少，大小要一样。

**第三篇：英文版中秋节介绍**

英文版中秋节介绍,分享中秋

“Zhong Qiu Jie”, which is also known as the Mid-Autumn Festival, is celebrated on the 15th day of the 8th month of the lunar calendar.It is a time for family members and loved ones to congregate and enjoy the full moon-an auspicious symbol of abundance, harmony and luck.Adults will usually indulge in fragrant mooncakes of many varieties with a good cup of piping hot Chinese tea, while the little ones run around with their brightly-lit lanterns.农历八月十五日是中国的传统节日——中秋节。在这天，每个家庭都团聚在一起，一家人共同观赏象征丰裕、和谐和幸运的圆月。此时，大人们吃着美味的月饼，品着热腾腾的香茗，而孩子们则在一旁拉着兔子灯尽情玩耍。

“Zhong Qiu Jie” probably began as a harvest festival.The festival was later given a mythological flavour with legends of Chang-E, the beautiful lady in the moon.中秋节最早可能是一个庆祝丰收的节日。后来，月宫里美丽的仙女嫦娥的神话故事赋予了它神话色彩。

According to Chinese mythology, the earth once had 10 suns circling over it.One day, all 10 suns appeared together, scorching the earth with their heat.The earth was saved when a strong archer, Hou Yi, succeeded in shooting down 9 of the suns.Yi stole the elixir of life to save the people from his tyrannical rule, but his wife, Chang-E drank it.Thus started the legend of the lady in the moon to whom young Chinese girls would pray at the Mid-Autumn Festival.传说古时候，天空曾有10个太阳。一天，这10个太阳同时出现，酷热难挡。弓箭手后翌射下了其中9个太阳，拯救了地球上的生灵。他偷了长生不死药，却被妻子嫦娥偷偷喝下。此后，每年中秋月圆之时，少女们都要向月宫仙女嫦娥祈福的传说便流传开来。

In the 14th century, the eating of mooncakes at “Zhong Qiu Jie” was given a new significance.The story goes that when Zhu Yuan Zhang was plotting to overthrow the Yuan Dynasty started by the Mongolians, the rebels hid their messages in the Mid-Autumn mooncakes.Zhong Qiu Jie is hence also a commemoration of the overthrow of the Mongolians by the Han people.在14世纪，中秋节吃月饼又被赋予了一层特殊的含义。传说在朱元璋带兵起义推翻元朝时，将士们曾把联络信藏在月饼里。因此，中秋节后来也成为汉人推翻蒙古人统治的纪念日。字串7 During the Yuan Dynasty(A.D.1206-1368)China was ruled by the Mongolian people.Leaders from the preceding Sung Dynasty(A.D.960-1279)were unhappy at submitting to foreign rule, and set how to coordinate the rebellion without it being discovered.The leaders of the rebellion, knowing that the Moon Festival was drawing near, ordered the making of special cakes.Packed into each mooncake was a message with the outline of the attack.On the night of the Moon Festival, the rebels successfully attacked and overthrew the government.What followed was the establishment of the Ming Dynasty(A.D.1368-1644).Today, moon cakes are eaten to commemorate this event.在元朝，蒙古人统治中国。前朝统治者们不甘心政权落入外族之手，于是密谋策划联合起义。正值中秋将近，起义首领就命令部下制作一种特别的月饼，把起义计划藏在每个月饼里。到中秋那天，起义军获取胜利，推翻了元朝，建立明朝。今天，人们吃月饼纪念此事。

Mid-Autumn Day 中秋节

Mid-Autumn Day is a traditional festival in China.Almost everyone likes to eat mooncakes on that day.Most families have a dinner together to celebrate the festival.A saying goes, “The moon in your hometown is almost always the brightest and roundest”.Many people who live far away from homes want to go back to have a family reunion.How happy it is to enjoy the moon cakes while watching the full moon with your family members.

**第四篇：中秋节介绍中英专题**

The August Moon Festival or Mid-Autumn Festival(Chinese characters above)is one of the traditional Chinese holidays.It is held on the 15th day of the 8th lunar month.Chinese legends say that the moon is at its brightest and roundest on this day.Based on the Gregorian calendar, this year\'s August Moon Festival will be held on September 19.中秋节是中国人的传统节日之一，每年农历8月15日庆祝。传说月亮在这一天最大最圆。根据推算，今年公历9月19日为中秋节。

The August Moon Festival is often called the Women\'s Festival.The moon(Chinese character on right)symbolizes elegance and beauty.While Westerners worship the sun(yang or male)for its power, people in the Far East admire the moon.The moon is the \'yin\' or female principle and it is a trusted friend.Chinese parents often name their daughters after the moon, in hope that they will be as lovely as the moon.中秋节也被称为女人的节日，月（汉字部首）象征着优雅与美丽。而西方人则崇尚太阳（阳刚或男性）的力量，东亚地区的人们则崇尚月亮。月亮代表“阴”或女性，并且被看做是可靠的朋友。中国的父母总喜欢以“月”为女儿取名，为的是希望她们像月亮一样可爱。

The Moon FairyLadyWu Kang 伐木人——吴刚

Wu Kang was a shiftless fellow who changed apprenticeships all the time.One day he decided that he wanted to be an immortal, so he went to live in the mountains where he importuned an immortal to teach him.First the immortal taught him about the herbs used to cure sickness, but after three days his characteristic restlessness returned and Wu Kang asked the immortal to teach him something else.So the immortal taught him chess, but after a short while Wu Kang\'s enthusiasm again waned.Then Wu Kang was given the books of immortality to study.Of course, Wu Kang became bored within a few days, and asked if they could travel to some new and exciting place.Angered with Wu Kang\'s impatience, the master banished Wu Kang to the Moon Palace telling him that he must cut down a huge cassia tree before he could return to earth.Though Wu Kang chopped day and night, the magical tree restored itself with each blow, and thus he is up there chopping still.吴刚是个懒惰而又不学无数的学徒。有一天他想学道成仙，于是他住到深山里强求以为仙人教他法术。起初，仙人教他治病的草药，但三天之后吴刚不安定的本性就暴露出来了。他又求仙人教他其他的东西，于是仙人教他下棋，但不久之后吴刚又失去了兴趣。于是仙人给了他研习仙术的书籍。当然没几天吴刚又觉得无聊了，并问仙人能否远行到一些新鲜有趣的地方。气恼于吴刚毫无耐心的本性，仙人罚他去月宫，并告诉他除非他能砍倒一棵巨大的桂树，否则他就不能回到人间。虽然吴刚日夜砍伐，但这棵神奇的树每次被砍倒创伤又会自己愈合，于是吴刚只有夜以继日地砍伐。

The Hare-Jade Rabbit 野兔——玉兔

In this legend, three fairy sages transformed themselves into pitiful old men and begged for something to eat from a fox, a monkey and a rabbit.The fox and the monkey both had food to give the old men, but the rabbit, empty-handed, offered his own flesh instead by jumping into a blazing fire to cook himself.The sages were so touched by the rabbit\'s sacrifice that they let him live in the Moon Palace where he became the “Jade Rabbit.” 传说中，三味仙人将自己变成可怜的老人向一只狐狸、猴子和兔子乞讨吃的，狐狸和猴子都将自己的食物分给了仙人，只有兔子自己跳入了火坑而将自己的肉献出来，先人们被兔子的牺牲所感动，于是将兔子留在了月宫，这只兔子后来变成了玉兔。

Families get together to eat mooncakes and celebrate the end of the harvest season on this day.Scholars write poems about the moon.This night is also made for romantic rendezvous.Friendships are made and renewed.No wonder the August Moon Festival has a special meaning to all who believe in the mystical powers of the moon.每到这一天，亲人都会欢聚一堂吃月饼并庆祝丰收。文人们也写了很多跟月亮有关的诗。这个夜晚也是浪漫约会的好时刻。新朋旧友也因此相聚，难怪中秋节对于那些相信月亮神秘力量的人来说有着特殊意义。

When did this festival first begin? No exact date can be found in historical documents, but scholars assume that it is related to 2 customs in China.中秋节最早是于什么时候庆祝的？目前古籍资料上还没有找到确切时间，但学者们认为他跟中国的两个习俗有关。

The first custom concerns farmers.China is an agricultural country, and farming is closely related to the seasons.In ancient times, farmers worshipped the Earth God to pray for a good harvest, when they sowed the seeds in spring.This was known as spring worship.During autumn, farmers also worshipped the Earth God to thank him for giving them a good harvest.This was known as autumn reward.Since the 15\'\" month of the 8th month is the time when rice paddies are harvested, some people believe that the Mid Autumn Festival came from the autumn reward ritual.第一个习俗是关于农民的，中国是一个农业大国，而农业跟季节息息相关。在古代，农民们春天撒种播种时会向土地之神祈祷丰收。这就是著名的春日祭祀。到了秋天，人们会再次祭祀土地之神，感谢他给予人们丰收，这就是著名的秋日祭祀，因为阴历8月15日是水稻成熟之时，所以有些人认为中秋节是从秋日祭祀仪式演变而来的。The second custom concerns worship of the moon.According to astronomy, the Mid Autumn Festival occurs at the autumn equinox.At this time, the sunlight shines vertically on the equator, equally piding the day and night in both the southern and northern hemispheres.The moon appears in the evening with gentle winds and light clouds.This is the best time to watch the moon.People later made this day, the day to worship the moon.第二个习俗与祭祀月亮有关。根据天文学，中秋节是秋分之时。在这个时候，太阳直射赤道，南北半球昼夜平分。月亮在晚上出现，云淡风轻，是观月的最佳时机。后来人们就把这一天定为祭祀月亮的日子。

**第五篇：中秋节(中英文介绍)**

中国传统节日中英对照：中秋节

每年农历八月十五日，是传统的中秋佳节。这时是一年秋季的中期，所以被称为中秋。

中秋节有悠久的历史，和其它传统节日一样，也是慢慢发展形成的，古代帝王有春天祭日，秋天祭月的礼制，早在《周礼》一书中，已有“中秋”一词的记载。后来贵族和文人学士也仿效起来，在中秋时节，对着天上又亮又圆一轮皓月，观赏祭拜，寄托情怀，这种习俗就这样传到民间，形成一个传统的活动，一直到了唐代，这种祭月的风俗更为人们重视，中秋节才成为固定的节日，《唐书·太宗记》记载有“八月十五中秋节”，这个节日盛行于宋朝，至明清时，已与元旦齐名，成为我国的主要节日之一。

相传，远古时候天上有十日同时出现，晒得庄稼枯死，民不聊生，一个名叫后羿的英雄，力大无穷，他同情受苦的百姓，登上昆仑山顶，运足神力，拉开神弓，一气射下九个多太阳，并严令最后一个太阳按时起落，为民造福。后羿因此受到百姓的尊敬和爱戴，不少志士慕名前来投师学艺，心术不正的蓬蒙也混了进来。

后羿有一个美丽的妻子叫“嫦娥”。一天，后羿到昆仑山访友求道，巧遇由此经过的王母娘娘，便向王母求得一包不死药。据说，服下此药，能即刻升天成仙。然而，后羿舍不得撇下妻子，只好暂时把不死药交给嫦娥珍藏。嫦娥将药藏进梳妆台的百宝匣里，不料被小人蓬蒙看见了。

一天，率众徒外出狩猎，蓬蒙手持宝剑闯入内宅后院，威逼嫦娥交出不死药。嫦娥知道自己不是蓬蒙的对手，危急之时她当机立断，转身打开百宝匣，拿出不死药一口吞了下去。嫦娥吞下药，身子立时飘离地面、冲出窗口，向天上飞去。蓬蒙便借机逃走了。

傍晚，后羿回到家，侍女们哭诉了白天发生的事。后羿气得捶胸顿足，悲痛欲绝，仰望着夜空呼唤爱妻的名字，这时他惊奇地发现，今天的月亮格外皎洁明亮，而且有个晃动的身影酷似嫦娥。他拼命朝月亮追去，可是他追三步，月亮退三步，他退三步，月亮进三步，无论怎样也追不到跟前。

后羿无可奈何，又思念妻子，只好派人到嫦娥喜爱的后花园里，摆上香案，放上她平时最爱吃的蜜食鲜果，遥祭在月宫里眷恋着自己的嫦娥。百姓们闻知嫦娥奔月成仙的消息后，纷纷在月下摆设香案，向善良的嫦娥祈求吉祥平安。

中秋节的习俗很多，形式也各不相同，但都寄托着人们对生活无限的热爱和对美好生活的向往。

在今天，中秋节的时候，人们都会吃月饼。月下游玩的习俗，已远没有旧时盛行。但设宴赏月仍很盛行，人们把酒问月，庆贺美好的生活，或祝远方的亲人健康快乐，和家人“千里共婵娟”。

Mid-Autumn Festival

The Mid-Autumn Festival falls on the 15th day of the 8th lunar month, usually in October in Gregorian calendar.The festival has a long history.In ancient China, emperors followed the rite of offering sacrifices to the sun in spring and to the moon in autumn.Historical books of the Zhou Dynasty had had the word “Mid-Autumn”.Later aristocrats and literary figures helped expand the ceremony to common people.They enjoyed the full, bright moon on that day, worshipped it and expressed their thoughts and feelings under it.By the Tang Dynasty(618-907), the Mid-Autumn Festival had been fixed, which became even grander in the Song Dynasty(960-1279).In the Ming(1368-1644)and Qing(1644-1911)dynasties, it grew to be a major festival of China.Folklore about the origin of the festival go like this: In remote antiquity, there were ten suns rising in the sky, which scorched all crops and drove people into dire poverty.A hero named Hou Yi was much worried about this, he ascended to the top of the Kunlun Mountain and, directing his superhuman strength to full extent, drew his extraordinary bow and shot down the nine superfluous suns one after another.He also ordered the last sun to rise and set according to time.For this reason, he was respected and loved by the people and lots of people of ideals and integrity came to him to learn martial arts from him.A person named Peng Meng lurked in them.Hou Yi had a beautiful and kindhearted wife named Chang E.One day on his way to the Kunlun Mountain to call on friends, he ran upon the Empress of Heaven Wangmu who was passing by.Empress Wangmu presented to him a parcel of elixir, by taking which, it was said, one would ascend immediately to heaven and become a celestial being.Hou Yi, however, hated to part with his wife.So he gave the elixir to Chang E to treasure for the time being.Chang E hid the parcel in a treasure box at her dressing table when, unexpectedly, it was seen by Peng Meng.One day when Hou Yi led his disciples to go hunting, Peng Meng, sword in hand, rushed into the inner chamber and forced Chang E to hand over the elixir.Aware that she was unable to defeat Peng Meng, Chang E made a prompt decision at that critical moment.She turned round to open her treasure box, took up the elixir and swallowed it in one gulp.As soon as she swallowed the elixir her body floated off the ground, dashed out of the window and flew towards heaven.Peng Meng escaped.When Hou Yi returned home at dark, he knew from the maidservants what had happened.Overcome with grief, Hou Yi looked up into the night sky and called out the name of his beloved wife when, to his surprise, he found that the moon was especially clear and bight and on it there was a swaying shadow that was exactly like his wife.He tried his best to chase after the moon.But as he ran, the moon retreated;as he withdrew, the moon came back.He could not get to the moon at all.Thinking of his wife day and night, Hou Yi then had an incense table arranged in the back garden that Chang E loved.Putting on the table sweetmeats and fresh fruits Chang E enjoyed most, Hou Yi held at a distance a memorial ceremony for Chang E who was sentimentally attached to him in the palace of the moon.When people heard of the story that Chang E had turned into a celestial being, they arranged the incense table in the moonlight one after another and prayed kindhearted Chang E for good fortune and peace.From then on the custom of worshiping the moon spread among the people.People in different places follow various customs, but all show their love and longing for a better life.Today people will enjoy the full moon and eat moon cakes on that day.The moon looks extremely round, big and bright on the 15th day of each lunar month.People selected the August 15 to celebrate because it is a season when crops and fruits are all ripe and weather pleasant.On the Mid-Autumn Festival, all family members or friends meet outside, putting food on tables and looking up at the sky while talking about life.How splendid a moment it is!

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