元宵节是农历正月的第十五天，这是新年的第一次满月，象征着和睦和团圆。元宵节是春节的一个重要组成部分，也象征着春节长假的正式结束。人们将在这一天举行新年庆祝活动结束前最后一次放烟花的活动，以及春节期间最后一次家庭聚会。

元宵主要的活动就是看灯。东汉明帝时期，明帝提倡佛教，听说佛教有正月十五日僧人观佛舍利，点灯敬佛的做法，就命令这一天夜晚在皇宫和寺庙里点灯敬佛，令士族庶民都挂灯。以后这种佛教礼仪节日逐渐形成民间盛大的节日。该节经历了由宫廷到民间，由中原到全国的发展过程。直到今天，元宵点灯的习俗仍然在中国的各地流传的，各式各样美丽的花灯在这一天都会点亮，孩子们提着自制的灯笼走街串巷，非常高兴。

关于元宵节看灯的习俗，民间还流传着各种传说。

有一个传说是这样的，在古代，有一位神界天鹅闯入人间被猎手误杀。天界最高的神玉皇大帝因此发誓为这只天鹅报仇。他开始制定计划，派出一支天兵天将于农历正月十五来到人间，命令他们火烧所有的人和动物。但是其他神仙并不赞同这一计划，他们冒着生命危险提醒人间的人们。结果，在正月十五这一天前后，每一个家庭在门外挂起灯笼，并燃放烟花爆竹，给天兵天将造成各家各户起火的假象。通过这种方式，人们成功骗过了玉皇大帝，人类也因此逃过灭绝的危险。

吃元宵是元宵节一个特别传统，而元宵节也因这种食物得名。元宵由糯米制成，或实心，或带馅。元宵的另一种叫法是汤圆，这些名称“团圆”字音相近，取团圆之意，象征全家人团团圆圆，和睦幸福，人们也以此怀念离别的亲人,寄托了对未来生活的美好愿望。

The Lantern Festival falls on the fifteenth day of the first lunar month. This is the first full moon of the new year,symbolizing unity and perfection.The Lantern Festival is an important part or Spring Festival,and marks the official end of the long holiday.This day is for the last moment for setting off fireworks, the last excuse for eating a big feast and the last chance for family getting together before the “New year” celebrations are over.

This day's important activity is watching lanterns. Throughout the Han Dynasty (206 BC-AD 220), Buddhism flourished in China. One emperor heard that Buddhist monks would watch sarira, or remains from the cremation of Buddha's body, and light lanterns to worship Buddha on the 15th day of the 1st lunar month, so he ordered to light lanterns in the imperial palace and temples to show respect to Buddha on this day. Later, the Buddhist rite developed into a grand festival among common people and its influence expanded from the Central Plains to the whole of China. Till today, the lantern festival is still held each year around the country. Lanterns of various shapes and sizes are hung in the streets, attracting countless visitors. Children will hold self-made or bought lanterns to stroll with on the streets, extremely excited.

There are many legends concerning the origins of Lantern Festival.

According to one legend, once in ancient times, a celestial swan came into the mortal world where it was shot down by a hunter. The Jade Emperor, the highest god in Heaven, vowed to avenge the swan. He started making plans to send a troop of celestial soldiers and generals to Earth on the fifteenth day of the first lunar month, with orders to incinerate all humans and animals. But the other celestial beings disagreed with this course of action, and risked their lives to warn the people of Earth. As a result, before and after the fifteenth day of the first month, every family hung red lanterns outside their doors and set off firecrackers and fireworks, giving the impression that their homes were already burning. By successfully tricking the Jade Emperor in this way, humanity was saved from extermination.

Eating yuanxiao is one of the special traditions of Lantern Festival. Lantern Festival is also called Yuanxiao Festival. Another name for yuanxiao is tangyuan, It is small dumpling balls made of glutinous rice flour with rose petals, sesame, bean paste, jujube paste, walnut meat, dried fruit, sugar and edible oil as filling. It tastes sweet and delicious. What's more, tangyuan in Chinese has a similar pronunciation with "tuanyuan”, meaning reunion. So people eat them to denote union, harmony and happiness for the family.