Let Britpop Rock the UK and Beyond!



Radiohead

The London rock band Suede took home the Mercury Music Prize, Britain and Ireland's "album of the year" award, for its self-titled debut. It was Sept. 8, 1993. It capped a historic year for lead singer Brett Anderson and his bandmates, who in March had set a record for fastest-selling debut album in U.K. history. But the evening marked the beginning of something even bigger.After years of American grunge music riding roughshod over the British charts, Suede's success finally gave the U.K. music press a reason to flaunt the Union Jack again. Men and women who grew up on Beatles, Kinks and Who songs were ready for their own golden era of British pop — or,

perhaps more accurately, their rebuke to grunge – and record labels were more than happy to oblige. They called it Britpop, a nebulous black hole of a genre that absorbed any British accent with a guitar from 1993 through 1997.

By: Li Erjiou 121105123 Class 4

Britpop is a subgenre of alternative rock that originated in the United Kingdom. Britpop emerged from the British independent music scene of the early 1990s and was characterized by bands influenced by British guitar pop music of the 1960s and 1970s. The movement developed as a reaction against various musical and cultural trends in the late 1980s and early 1990s, particularly the grunge phenomenon from the United States. Britpop groups brought British alternative rock into the mainstream and formed the backbone of a larger British cultural movement called Cool Britannia. Although, the movement largely fell apart by the end of the decade its most popular bands like Oasis and Blur were able to spread their commercial success overseas, especially to the United States. The Britpop had kept an everlasting and indisputable impact on the world's music history with quite a lot those still memorizing them since then.

Over time, Britpop's canon crystallized. A handful of elite bands (Suede, Blur, Oasis, Pulp, Elastica) transcended the tag, which lost some of its luster after Oasis released the bloated Be Here Now in 1997. Many of the musicians who climbed the charts in the mid-'90s are now essentially unknown to anyone under the age of 30. Some might argue that that's a good thing, a karmic correction that separated worthy artists from flavors of the month.

Britpop is far from forgotten, and was the soundtrack to many of our youthful heydays. From my perspective, everyone I knew who listened to Britpop had a wide variety of tastes, and often could be found at a club dancing to all those genres he loved so well. But while I loved getting lost in a trance beat

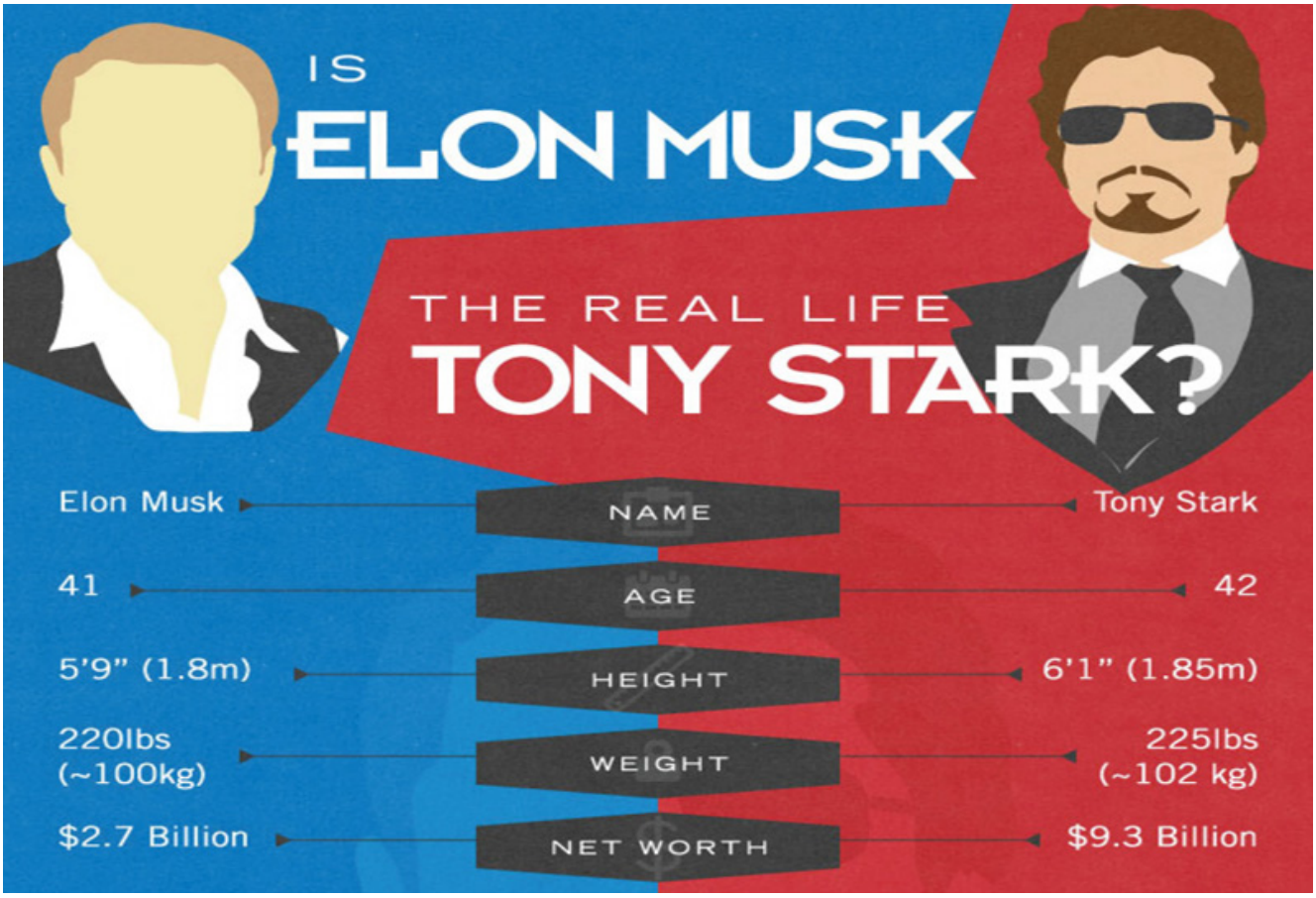
as much as anyone, I needed my beautiful melodies as well, and none did smart, catchy pop better. As one of my friend said, the stupid earnestness of most American rock didn't speak to many of them; they needed some irony to cut the sentimental, some playfulness to balance the morose, and clever lyrics to weigh down the jauntiness.

A great time for music that has not been seen since. From indie band like Autuers and Blur, to electronic and dance acts (Saint Etienne, Chemical Brothers), Britpop was everywhere. Of course with that, bands were born into the scene, and the all-inclusive pool was quickly diluted.

That was the power of Britpop – they had complete control of Britain's mainstream, and in 1997 they drove it into the ground. Nothing like that happened again in Britain in the wake of Britpop. We're left with shards in the new millennium, with Radiohead and Bloc Party and Kaiser Chiefs and Editors jostling around together. And that's before you even get to any other English imports, like Amy Winehouse or Adele. Maybe it is indeed better off this way, to have to navigate the big mess of it. After all, if you listen to all those last great Britpop albums, it sounds like universality took its toll.

Discovering more about amazing music of Britpop, http://www.allmusic.com/artist/radiohead-mn0000326249

Elon Musk-Iron Man in Real World



Elon Musk, CEO&CTO of SpaceX and Product Architect &CEO of Tesla Motors and the chairman of SolarCity , is a growing popular Tech entrepreneur in Silicon Valley. He is also reported and dubbed as Tony Stark(Iron man in Marvel Comics) in our real world and became the Top 50 men of 2013.

By: Muyu Li 120101221 Lifestyle journalism Class1

The dreamer

This dude is incredible and I have to say he is almost anti-norm. said by Lei Jun (the CEO of one of the most innovative Tech startups-Xiaomi in China.) after visiting Elon Musk in Silicon Valley.

Not like the expressions used by the comic super hero Iron Man in defining himself as "Genius, billionaire, playboy, philanthropist.", from the perspective of people who know Elon Musk at the first time, he is nothing but a dreamer.

At the beginning, he was a good boy who lived a conventional

life set for the elitist: After graduating from The Wharton School, he went to study in Stanford University in pursuit of his PhD. Then he became a dropout on the second day in Stanford. From that moment, he made plans for three domains he wants to get involved in: the Internet, renewable energy and outer space.



The underlying reason of Elon choosing renewable energy is for combating climate change, so that his concept of SolarCity, which provides solar power system for the US, and his attainment of electric sports car -TeslaModel series are all for such end. In terms of his crazy Mars Colony Project, due to he want us human beings can exist in the universe eternally since 'Sooner or later, we must expand life beyond this green and blue ball—or go extinct." by "an engineered virus, inadvertent creation of a micro black hole, catastrophic global warming or some as-yet-unknown technology."

Nevertheless, one man with three futuristic and so-called unachievable dreams, we have to admit that the words from Lei Jun mentioned above dose have cause.

The doer

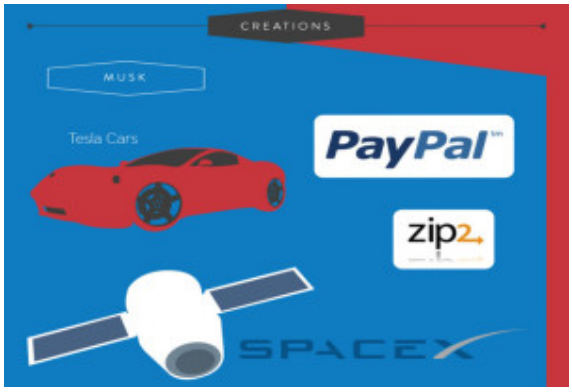
I would rather give my billions to Elon Musk than charity. Google CEO Larry Page said in an interview of him on TED.

Elon is Wernher von Braun, Howard Hughes, Henry Ford, Bill Gates, Steve Jobs (all mentioned are Tech legends) and every other badass all rolled into one. said by Dolly Singh, who was formerly Head of Talent Acq at SpaceX in Quora

For achieving his first goal, Elon embarked on developing a software that provide online contents for press, which

acquired by Compaq who spent $ 370 million and $ 34 million stock options for it. Musk therefore made his first pot of gold.

After the huge success in IT, he started out to his second goal on outer space.



Everyone was obsessed to talk about the space technology at the beginning of 21st century, but no one can really do it as the restriction of existing technology. However, Elon ignored risks and established SpaceX in 2002, even though he have to lobby to US congressmen for Mars immigration single-handed, even though he invested every penny in his pocket, twice, for saving his company after two unsuccessful launch trials, and he continues taking risks. Now he makes it, his company has a $1.6 billion contrast with NASA and launched 2 rockets named Falcon and 1 spacecraft named Dragon to Space Station.More important, he has rekindled the confidence of the government as well as the public for further space exploration mission. Plus, almost at the same time, Elon Musk became an irreplaceable member of Tesla Motors, which open an utterly new world for electric cars and may change the car-making industry.

But the thing is how can him mange the two companies at the same time? After all he just has 7days a week, so he spends Monday and Thursday at headquarters of SpaceX in LA, Tuesday and Wednesday in Tesla. As for Friday, he makes a round trip to both companies.

Truly, what this man has done and he is doing incarnate the punch lines of the *think different* ads of Apple: **The people who are crazy enough to think that they can change the world, are the ones who do, And they push the human race forward.** On the plus side, we have to notice that after all what Elon has accomplished, this hero is merely 41.

The geek , the badass, the entrepreneur, the next who? NO, Elon Musk is the first Elon Musk.

A Bite of Art– Food Sculpture



Summer is coming, fruits and eating is more and more popular. Do you want make your dinner more beautiful? I think Food Sculpture can help you, which can give you the surprise like: Oh, why is this water lily tasted like radish?

By Hongfan Zhu 120104109 class3

Today, Tom’s colleague Lin invited Tom to a Chinese restaurant. Tom was pleasant to see the delicious Chinese food. Near the end of the dinner, Tom saw Lin picking up the water lily, which was used to adorn the dish.

“ Is it edible?” Tom asked.

“ Of course, It’s made of radish.” Lin answered.

“ It’s amazing!” Tom tasted the “water lily”, and said“It looks like a real water lily.”

“ This is one kind of Chinese art——Food Sculpture.” Lin introduced to Tom.

“ Can you tell me more about it?” Tom says. He looked very interested.

“ Food Sculpture can date back to the Spring and Autumn Period,and expanded in the history. Its finished products mainly include Flowers, birds, fish, insects and various Chinese style buildings .” Lin said.

“ What does it used to carve?” Tom was more interested.

“ It commonly uses two categories of foods, one is fine texture, firm and crispy, pure color roots, stems, leaves, melon, fruit and other vegetables. Other is both edible, but also for viewing cooked food such as egg products. But the most common is the former.”

“ That how can……” Tom continued asking, but he was disturbed by Lin. Lin waved his hands and said: “ No.No.No.I’m not proficient in this, I think we can ask the chef. Let’s go to find the chef.”

Then, Tom and Lin visited the chef and asked him about food sculpture detailedly.They knew that chefs’ carving technique is based on their experience and gradual improvements. There is not short time cut. In order to learn this art, on the one hand they have to practice using carve knife; on the other hand, they also need a certain artistic attainment, learning some knowledge of the composition, and the ability to observe and control the expression of the image. the constant practice and lessons are acquired, so that improve in their daily

lives, in order to truly master this skill. Tom also watched the chief carving the water lily and learned it. The chief held a radish, and cut it with a carve knife quickly. A little minutes later, a “ water lily” appeared with a glimpse.

“ It’s so quick and difficult .” Tom shouted.

“ It’s always. Food Sculpture need practice more and more. But if you are interested in it, I advice you to do some easy and creative carves. Such as use cherry tomatoes to create rabbits.” The chief encouraged Tom.

“ It sounds great. Can you tell us?” Tom asked excitedly.

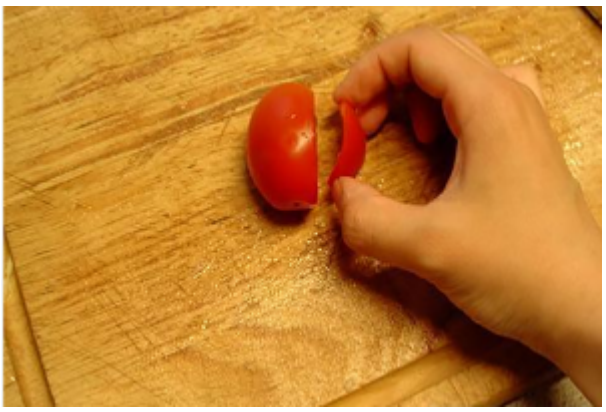
“ Of course. But we must do it after work. Or my boss will drive you away.” The humorous chief agreed.

“ Oh, the Boss come.” They shouted and laughed.

Add:Make small rabbits with cherry tomatoes

1.Cut at about one-fifth of gently

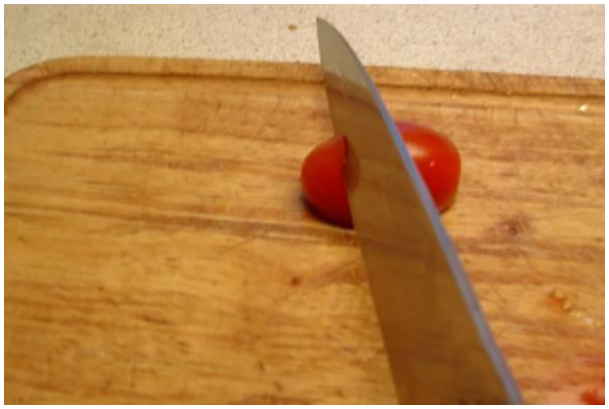




2.Cut down the one-fifth tomato.From the relatively sharp cut place down, but do not cut to the head.This is the tip of a small rabbit ears.



3.let the big part’s chopped bottom on the desk, so that it can stably lying .Beveled knife in the right place .Suitable places: places bunny ears should grow.



4. Put the cut ear insert .You can add a glutinous rice eyes.



Is it easy? Try it by yourself!

War on women—the mystery of Claire underwood



From Tony Soprano to Walter White, heinous plot between evils has all along been popular. The protagonist (usually male lead character), who is always loath for their depraved deeds, is yet controversial and admire at, making the female counterpart existence seems much lower in status, until there comes Claire Underwood

By Xiaohan Wu 110307126 class 1

There have been a few adequate comparable women, but they weren't as bad as men. Instead, female characters have changed and seem like becoming men's "ally". The disapproving party-pooper wife, Skyler white in "Breaking Bad" for example, is

not a very popular figure among viewers. There has yet to be a strong female antihero who stands equal to her – until Claire underwood shows up at the TV shows called House Of Card.

Claire Underwood portrayed by Robin Wright. She's the wife of Congressman Frank Underwood and she runs an environmental non-profit. The whole life aim of hers is to advance her husband's political career without any consideration, and to empower herself through the gradually change of her husband's position . In order to accomplish her intentions, she is willing to do anything such as lies, manipulating somebody's life, and end the life of a woman's fetus. She is not a feminist hero. She is the most unscrupulous and evil female character from the TV shows that I have seen so far. Although there is occasional guilt, she has chosen to continue with her evil acts.



There is a scene that impresses me most, and also it builds my root conception of Claire. When she fires 18 staff members because she wants to proceed with the well building project but with insufficient budget. At this situation, She needs to reduce the company's cost. However, She has her office manager to do this dirty work for her and afterwards she fires this manager. This creates an impression of her that I will never forget the image of scheming and wily, and she stands firm with her decision.

What's more, Being more intensified, in the season □□Claire finally got off the couch and started her own inveigling. In order to carry her points, She threatened her former coworker, Gillian's unborn baby's health and safety, and betrayed her lover Adam, tarnishing his reputation to cover her own. Even

worse, she gave up her own anti-rape bill to fulfill her own selfish agenda, which further led to Megan’s suicide attempt. She looks so persistent about their goals, but also as elusive as the fog. There is no doubt that Claire is an anti-hero in Season.Compared to the people like Nancy Bowtin and Walter White, she and Frank aren’t’t just the epitome of the female and male schemers; they are abdominal black enough to recognize the essence of world, cruel and selfish. Claire finally got off the couch and started to do some of her own inveigling in the second season. She threatened the health and safety of former coworker Gillian’s unborn baby, betrayed her former lover Adam by tarnishing his reputation, and eventually dropping her own anti-rape bill to fulfill her own selfish agenda, which further led to Megan’s suicide attempt. Claire is undoubtedly an antihero in Season 2, but she and Frank aren’t just the epitome of the female and male schemers; they are so much more than the Nancy Bowtin and Walter White of Capitol Hill.

Conversely at the end of season 2, when Frank finally owns his power to enter the Oval Office with many best wishes, Claire refuse to share this significant moment and honor to walk in with him. I would believe that this is because she hesitates how much longer she can walk with him and what other sacrifices she has to make in order to continue to walk with him.

The traditional folk games in the continuous disappear

Rope skipping, shuttlecock, eagle and chicks…… These games have several generations childhood happiness. However, those

who had accompanied the generations of traditional children's games are difficult to trace. What is the reason for the disappearing traditional children's games? How to let the students have a happy childhood? Before children's day, this reporter conducted a survey.



By Zhang Ziyang 110307222 class 1

Yesterday, children like play and play.
Then the children of both sexes, all is the "play" children, everyone is special skills: a piece of ordinary wood after their cutting grinding will be playing the "pumping traitor" gyro, a family discarded cloth cloth tail after their sewing shuttle became their carry toys – – – the shuttlecock, the tree branches into exquisite slingshot in their hands, they can use the waste bamboo "production" the simulation of the bow and arrow…… It is this article embodies the wisdom of his works, rich era children's extracurricular life, also with their happy childhood. Speaking of children's games, nearly five years of Chen huan is very excited.
The age of children in a variety of games, learn how to live in harmony with others, how to cooperate; at the same time, a variety of games and expand their thinking space, but also exercise their bodies.
Because today's children to become "good", the traditional children's games will gradually disappear. But who would ever have thought, what children disappeared will have it with?
How to let the students have a happy childhood, how to strengthen between children and students, family, social communication is the school and parents should pay attention

to the problem. Therefore, let the traditional game regression, is the most effective, convenient to solve this problem.

From this perspective, first of all, continue to call on the whole society to mobilize, joint action, will implement the "burden", let the child truly liberated from the arduous schoolwork, release the playful nature, not only have time to play, but also can get along with learn to play with friends, get up. Secondly, schools and families should be one's unshirkable responsibility, more and more aware of, let the child addicted to computer games, the hazard ratio for children to participate in the game so much traditional outdoor. For example, a study found, children myopia rate will generally rise, computer games are arch-criminal; and the report points out, computer games occupied the children's entertainment time, in their lives, "virtual world" has become more familiar than the world of nature, will make children face the "real world" alienation and diaphragm, gradually lost enthusiasm for interpersonal communication, exchanges and cooperation, serious impact on children's socialization process.

Indeed, computer games are not Nothing is right., such as Kaye, mathematics professor at the University of Birmingham in Britain declared all the mines, rules of permutation and combination of the most advanced mine game of "P and NP" have revelatory effect. But overall, play is the nature of the child, the child should belong to nature. The traditional game between the children and their partner's feelings become harmonious, to cultivate the children's cooperative idea, let the children love sports, love nature, let the children will rule, learn to cooperate in authentic activities in middle school. These generations inherited the traditional game, really shouldn't disappear in today's children's world.

Three killed is a wonderful game



Three killed is a playing card games on the table. You can be in the coffee shop, library, bed, anywhere and three to five people to play this game together. When you are bored and lazy, when you want to experience life in The Three Kingdoms period in ancient China, play three kingdoms kill it for you. It is simple and fun, the rules of the game to understand, and suitable for all ages.

By:jiayuan Chen 120806238 Class3

Three killed is a very popular game ,so many people like it. Each player's turn can be divided into six stages, starting stage, decision stage, touch a card, a card, discard phase,

end of turn. And if all the thieves and spy be killed, then the game is over. Now I'd like to introduce the rules of the game .Three killed is one of the most famous game in board games.Now let's describe the characteristics of Three killed games. It's a period from Chinese history. Identity system is the main features of the game .A total of 4 kinds of identity: master, the thief, loyal, dirty agent. Master and turn-cromwell's task is to destroy the thief, remove the dirty agent; The task of the thief is to overthrow the tetrarch. Mole are there on the pitch when the other characters other than the master to clear the other characters, finally the single master. The game randomly selected, give each player a identity card. Except the master the others identity of the card cannot be show to other players. Each player to remove their identity, but also need to play one of The Three Kingdoms period military commanders. Each warrior has exclusive warrior skill, these skills from name to role are ability, character and design according to the military commanders. It is a blend of historical elements, elements of literature, art element, social elements, healthy element.

As for me,I like to play three kingdoms kill, but I am not a master of board games. There are about six or seven people to play that day, I catch the traitor,I play the role of Big Joe. I used to play three kingdoms kill just to protect the first spy of the dead. No matter how much I loyal minister master will be hacked to death the first time, so I think this game is too boring for me that I don't want to play again. The man to master is a master of three killed, all the way smoothly and master cut away all the thief, and Lord actually think of me as a loyal, I cut with real loyalist, smooth the loyal minister in the end. I chop down dead, and then mastered the global . Then, as if god wish me a helping hand,I killed the lord,I won at last. This is my only a victory as a spy.So I'm very happy and from then on I like the Three Killed very much.Do you think Three Killed is an interesting game?Anyway, I think so.

[LINK:http://wenku.baidu.com/view/72b3162f0722192e4536f6a8.html]

K-pop: We are the future!



K-pop

In 1996, there was a song "We Are The Future" let us know who is "H.O.T" and what's k-pop. Nowdays, each of us would have several k-pop songs in our playlist. Form "H.O.T" to "EXO" (a South Korean-Chinese boy band produced by S.M. Entertainment in 2012), great changes have taken place in k-pop. If you like k-pop, come with me and finding the k-pop's yesterday and today!

Xue Han 120307237 Class 4

Look back to the history of Korean popular music, there are four important periods: the early K-pop, the turning point of k-pop, the birth of the Korean wave, and the global k-pop.

Begin talking about K-pop, we should know some of its history. The history of K-pop music can be traced back to 1885 when an American missionary, Henry Appenzeller started teaching American and British folk songs at a school. At this time, the western music started enter into Korea and started influencing Korean music. From one perspective, this is the originating of K-pop.

At the end of the 1960s and beginning of the 1970s, Korean pop music has a very important change. Because people in this time, unlike their predecessors who had to experience war and Japanese oppression. Additionally, these young musicians were heavily influenced by American culture and lifestyle. So they had a more open and free mind, and their music pay more attention to fun and self entertaining.

Different time has different fashion cycle, for example: in the 1970s, DJs started to become popular, but 10 years later, the era of ballads become more popular. Because of more and more different kinds of music come into vogue in Korea, the k-pop started blooming.

There was a time has to mention. In the 1990s, early Korean pop musicians mixed American popular music styles like rap, rock in their music. The Seo Taiji & Boys brought a true turning point in the history of K-pop. The lyrics of Seo Taiji & Boys dealt with the problems of Korean society, which other entertainers of the era failed to do. And their sound paved the way for the “success format” of K-pop songs. In other hand, the 1990s were also a successful period for underground music clubs, punk rock bands managed to gain mainstream popularity.



In 1995 Korean entrepreneur Lee Soo-man founded South Korea's largest talent agency and record label, SM Entertainment. By the late 1990s, YG Entertainment, DSP Entertainment, JYP Entertainment, and FNC Music had become the most important part of k-pop music market. And SM, YG and JYP often referred to as the "Big Three."

Towards the turn of the 21st century, the K-pop music began spreading out to other regions of the world as part of the global Korean wave. In 2012, the number of fans in Turkey over 100,000 for the first time, and reached 150,000 in 2013. That year, there were 70 K-pop fan clubs in Mexico, with at least 60,000 members altogether. All this number shows the k-pop music become an indispensable part in present international music market.

If now you are only know western pop music, you are out of fashion. K-pop, the new music bomb had already threw to the global music market. Maybe the song "We Are The Future"

really predicted the future of k-pop. Like the lyric in this song “I want to create my own world, don’t force me to live the same life, I want to set up my own life, we are the future!” The special, bright future belong to K-pop!

Yummy Chinese food



Yummy Chinese food

Yan ping Du 130907225 Class 2

A girl is a foodie. She likes to go around to eat all kinds of food. But her favorite food is the Chinese food. She think Chinese food is varied. It has different foods in different places. It can satisfy the tastes of different people. She think Chinese food is delicious. And the Chinese food is very famous. Many people know it. She most like food is Xiang cuisine. Xiang cuisine is very hot. The main color of it is red. But have some people don’t like it. Because they can’t eat spicy.

Mary is an American. When she was young, she has a dream that is to eat the food all over the world. But she did have a chance to eat the food around of her
hometown.

When she go to the college, she finally have a chance to go to eat the food in the other countries. Because she fought for a chance to study abroad. So she come to China. She felt that China is a place where have rich food. Before she go to China, she went to South Korea. Because she knew that South Koreans kimchi very famous.
She also taste the South Korean other food. As a result, she is very looking forward to china`s food. After, she finally come to china.

Before she had seen in China on the tip of the tongue. she understand of the features of Chinese food. Such as the north eat pasta and the south eat rice. Hunan people eat spicy and Guangdong people eat sweet. She can eat spicy also can eat spicy. She has gone to Shandong for Shandong pancakes. she also went to He bei to eat the donkey fire. But she would like to go to the south. Because she wanted to feel beautiful south China. And she also want to eat the Chinese rice. She went to Suzhou to eat so many sweet foods. She was like a variety of the pastry of Suzhou. she think Suzhou was a beautiful city. It`s she imagined in the southern Chinese city. She think the sweet food in china better than US. And more healthy than in US. Then she go to the Hunan and Sichuan. The food of there was so hot. Although she like to eat spicy, also can’t bear the hot in here. she especially like to eat the taste shrimp in Changsha. What she want to known why the people of human are spicy. After a period of time, she was accustomed to the taste of the people of Hunan. She think Chinese food really liked. So she wanted stay in China after graduation. She has a idea is to learn to do Chinese food. She wants to make Chinese food for her family. She think Chinese food is very happiness. She also want to make some Chinese friends. she eventually

want to make a Chinese boyfriends. She said after she go to china she achieve her dream when she was young.

But soon she will return. She said she was reluctant to live china. She want to eat more Chinese food. She wants to thoroughly understand china. She said she will be try her best to learn Chinese. If have chance to go to china, she will be to go to China again.

She back to the American when the term over. She introduce the Chinese food to her family and friends. Now, she can make some easy Chinese food for her family and friends. She parents also like eating Chinese food.
Chinese food is really charming.

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8 kinds of food to keep fit and lose weight

Summer is coming ,are you still worry about you fat?Do you want to be thin but cannot stop eating? But now ,you don't need worry about that any more ,we will recommend 8 kinds of food that not only can keep you fit and lose weight, but also delicious.

110307129 Zhou Xiaoyuan class4



Salmon

Some people follow low-fat diet. So how to choose meat and fish is very significant. Salmon is a food that with high protein and low calorie. In addition, it also contains a variety of vitamins and calcium, iron, zinc, magnesium, phosphorus and other minerals, as well as rich in unsaturated fatty acids.



Banana

Bananas is a nutritious fruit loved by many people. Although. The composition contains a certain amount of starch, but banana was able to play a very good effect, can satisfy our appetite. If you really want to eat something , then mix bananas with other fruit to produce fruit salad .Another major role is to solve constipation , help to remove stubborn garbage accumulated in the intestine, effectively enhance the slimming effect.



Asparagus

Asparagus is a vegetable of the aristocracy: the price is more expensive than other vegetables , tastes more delicious fragrance. And vegetables in general compared to the fiber contained in a soft and delicious asparagus, but also contain more vitamins and trace elements. Additionally, asparagus is rich in folic acid, about 5 asparagus to contain more than 100 micrograms ,which reach people daily demand’s 1/4.



Nuts

Nuts are rich in protein and can play a powerful sense of satiety, when people feel hungry , just eat a few nuts, you can alleviate the problem of hungry. Although nuts contain a certain amount of heat, they are also very strong chewing, can

greatly satisfy the appetite. If people control the quantity of each food, not only will not get fat, but can also help control the heat absorbed by the body, play a keep fit role.



Strawberry

Strawberry is a delicious and nutrition fruit because it contain a variety of vitamins and minerals Besides , the most prominent advantage is rich in vitamin C, its content than watermelon, apples, grapes about 10 times higher .The strawberry's nutrition is easily be digested and absorbed by body



Dairy

Milk is rich in protein. America study says that people who eat dairy three times a day , and from people who do not eat dairy products that fat can be reduced by 70%. The reason is

that calcium interacts with other components of milk, can enhance the body’s metabolism and improve the body’s fat burning speed.



Green tea

According to the “Life Times” reported that drinking tea three times a day, the body’s metabolic rate will increase by 4%. In addition, drinking tea regularly can prevent cancer, lowering blood pressure and weight loss. For smokers ,green tea can reduce nicotine harm.



Tomato

Firstly, tomatoes are rich in pectin fiber, not only makes it easier to have a sense of satiety, but also absorption of excess body fat and excreted. Secondly, tomato’s red tomato pighzent can reduce calorie intake, reduce fat accumulation,

and added nutrients vitamin C, vitamin B1, malic acid, citric acid, etc., to keep the body balanced nutrition. Besides the, tomato has an unique sour which can stimulate gastric secretion, promote gastrointestinal motility and help burn fat.

For more information please click here.

□□The Tea

Tea, one of the three major beverages of the world (the other two are coffee and cocoa), is called "Cha" in its homeland country, China. As the old saying goes, "Seven necessary supplies on the life: bavin, rice, oil, salt, sauce, vinegar and tea", tea is regarded as one of the most important things in daily life in ancient China. China has formed profound culture of tea. When tea was introduced to Europe, British fall in love with this drink and created the unique English tea culture- European afternoon tea.

By□ Ruiyin Fang 120909123 Class 2

The origin and of tea



As it's known to all, China is the origin country of tea, it was in the South-West part of China that tea-shrubs were first found. However, dispute still remains on the exact time Chinese began to drink tea. The time Chinese discovered tea can be date back to some 4700 years ago, the earliest record of tea are some legends of Yan Emperor, the god of agriculture, who was know to have invented agriculture and medicine.

According to one of them, Yan Emperor tasted hundreds of herb, one day when he was hit by 72 kinds of poisons, he discovered the tea tree luckily and used the tea leaves to neutralize all poisons. From then on, tea was regarded as a healthy drink.

Chinese tea

Since each place has its own climate and proper geographic feature, residents of different places enjoy various kinds of tea. Tea can be divided into 6 kinds according to different technics: green tea, black tea, oolong tea, white tea, yellow tea and dark tea (brick tea). Strangely, black tea is called red tea in Chinese, and dark tea is called black tea. Different kinds of tea have its special taste and smell, and furthermore, traditional Chinese doctor believe each kind of tea have a particular property and action to built our body.

Chinese tea culture

It's a traditional manners to make tea for friends when they come for a visit. Nowadays, many shop owners will set an expensive root carving tea table with tea set in their shop, invite their consumer to sit at the table and make a cup of tea for them. It is more than a business.



In Chinese, we don't say"drinking tea"but say"savoring tea". When brewing tea, there are first brewing, second brewing, third brewing… Each brewing has its own taste, the slight differences cannot be told but being savored slowly. You will find one maybe more mellow while one is lighter, one is bitter while one is a bit of sweet. I still remember when I was in the junior high school, a teacher made tea for me, he told me there were seven brewing in the flow and if I can understand it, I understand life.

At first, the tea is light and insipidity, I thought it was

the baby time; Then it became sweet, I believe it means the joyful childhood; When the tea is mellow, I guessed it was during the prime of one's life; Then the tea became bitter, maybe it referred the low ebb of life; At last, the water was insipidity again and it was time to enjoy peace when you're old. Though the teacher did not tell the correct answer, I recall the seven brewing of life every time I savoring tea, maybe until I am old.

Savoring tea is not only a way to enjoy the drink, but also a way to enjoy the life. My father has a set of tea set made of delicate china, he really enjoy brewing tea with them. Though it's a little troublesome, the taste is different from the tea brewed in the glass. He doesn't think it waste his time but regard it as snatching a bit of leisure from a busy schedule.

The spread of tea in Britain



In 17century, Chinese tea adopted formally into the European market by Portugal and Netherlands through trades. Since then, tea became an important Chinese export and many western countries had joined the ranks of Chinese tea consumption, but only England formed its own tea culture system.

British began to drink tea during the mid-17 century. It was princess Catherine of Portugal that brought the tea-drinking to the English royal court after she married Charles II in 1662. And the fashion soon spread beyond these elite circles to the middle classes.

Afternoon tea

While Chinese enjoy various kinds of tea, black is the most popular tea in Britain. They prefer some milk, lemon or sugar in the black tea to make milk tea and lemon tea. In the past,

tea is not cheap and often adulterated with leaves from other plants, which made it more affordable but much less pleasant. These led to the popularity in black tea, and a parallel increase in the addition of milk to tea.

Afternoon tea was invented by Anna Maria, the wife of the seventh Duke of Bedford. In 1841 she started drinking tea and having a bite to eat in the mid-afternoon. Since there is a gap of 6 hours between lunch and dinner, most people felt hungry before dinner and the fashion for afternoon tea had become widespread.



Traditional afternoon tea usually use Darjeeling, Earl Gray and Ceylon, served in delicate bone china or silver teapot, tea cup, dessert plate. Dessert is an important part of afternoon tea, which is served on a three-story plate, various sandwiches with cheese and ham are on the first story, second story are usually scone, the traditional dessert in Britain, and the third story is cakes and fruit towers. These desserts should be eaten from bottom to top, from salty to sweet.

Afternoon tea is more than a habit but also an important social activity in the past. Nowadays, it also becomes an attitude of life- delicate and elegance, it reveals the slow down culture, everything stopped for the tea, just enjoy your own tranquil time.