Ocean Heaven —— Boracay



Hey, have you ever heard of an island which is called “Boracay”? An amazing place which won the first prize in the Yahoo Tourism “the world’s most popular beach” award in 2007. The wonderful views really caught my sight when I looked through some pics of Boracay taken by a friend of mine. So, I travelled there with my family this February during winter holiday. To my surprise, Boracay is not only an “Ocean Heaven” with beautiful scenes, it also gave me some unforgettable expriences when I got along with some islanders there.

By:Keren Huang 130306243 class2

Boracay is in the middle Philippines and belongs to the Provice of Aklan. Cause that it’s not very far from my hometown Hangzhou, so the whole flight tour just cost us no more than 4 hours. After arrived at the Kalibo Airport, we took a ship to our final destination——Boracay.

Blue sky, blue sea and countless sailing boats,these constituted my first impression of Boracay. On the beach, there were lots of tourists from different countries. Some of them were enjoying the fantastic sunshine, others were swimming in the sea. What's more,the sand in Boracay is pretty special, its grain is smaller than other kinds of sands and if you put your feet in the sand, you will feel a little cold. There were many children building their own "sand castle" on the beach. We walked along the beach, the clear fresh air made us feel relaxed and comfortable. Many sailing boats were working in the sea, some local fishmen and tourists were having fun in doing some fishing. There are various of tropical fish in the sea, it is not very hard for us to catch many strange-looking colorful ones. When felt tired, we bought some fresh orange juices, lay on the beach, enjoyed the soft wind and the warm sea wave.

Boracay is also a "food heaven". In E'mall, we could eat many delicious foods from other countries, like the Greek food, Italian food, Japanese food and so on. In addition, there is a big seafood market in E'mall, we bought some food and found a restaurant to cook them for us, of course, really really yummy!

When we travelled in Boracay, we did receive many help from the local people. They are all very warm-hearted and willing to help others. The first night we arrived in Boracay, we lost our way to the hotel. Luckily, a kind local old man helped us to find our hotel although it was very late in the evening, I was relly moved by his behavior. When we went shopping, shop assistants always smiled at us and chatted with us whether we bought something or not. I met a humourous waiter in a seafood restaurant, he told me many interesting stories of Boracay and even volunteered to be a guide for us, we shared many jokes with each other.

To be honest, I felt very sad when left Boracay. The view of the beach, the fun of catching the fish, the happiness of

chatting with local people…I would keep all these memories forever.

When left the Boracay, my mom said:

“Boracay just like heaven.”

“Ocean Heaven.” I added.

Listen to the summer: we are what we eat



With the summer just around the corner, the weather is getting hot. In such a hot season, the majority of people might get agitated and tired. On account of the weather as well as our

moods, we may have a irregular and unhealthy diet, which will do harm to our bodies. To abstain from the health hazard, we ought to be aware of the food that we choose to eat. However, do you know what kind of food that is suited to eat in summer? The issue of it now has been brought into public focus. So the article will show you how to choose the correct food, in addition that, you can also acquire what you eat and how to keep in good health. What are you waiting for? Just come to read it, I'm sure that you'll get some ideas from the article.

By: Fang Ming 120112103 Class 2

In the summer, we always have a poor appetite. On the one hand, when the temperature rises, the needs of our bodies for the food energy will diminish. So we don't need to eat too much food. On the other hand, the hot weather may make us get thirsty easily, and many people like to drink the carbonated beverage. As is known to us, the carbonated beverage is rich in sugar and we can get full soon. On this occasion, people would like eat more snack food instead of having meals at the table. Nevertheless, it may pose a serious health problem: overweight. So, to avoid the problem, we should have a balance and healthy daily diet.

1) Drink: Upon arrival in the summer, the burning hot weather makes people sweat easily and be liable to thirsty. Cold drink will be the first choice for people to quench their thirst. Actually, the drink especially the soft drink doesn't really matter to quench the thirst as it contains much sugar. Soft drink may be tasty but we still feel thirsty. Now that we sweat a lot, some salt content of the body would also lose. So the best choice of drink had better be the boiled water with a little bit of salt. It can supplement the salt in our bodies and we won't get thirsty.



2) Fruits: Fruits are necessary to our health. The most popular ones among fruits are definitely watermelons, which have an efficiency of clearing away summer heat. When we get thirsty, we can have watermelons instead of drinking water. Watermelons not only contain vitamins, but also are rich sources of glucose, glutamic acid, malic acid and so on. They are good to us. Going too far is as bad as not going far enough, so we should have a moderate in eating watermelons, otherwise, it will do harm to us. If you don’t sleep well at night, bananas can be a good choice. There is also a saying: “One apple a day keeps the doctor away.” Other fruits like strawberries, grapes and kiwi fruits are gorgeous as well.

3) Vegetables: As with the fruits, vegetables are closely related to our lives. Melon vegetables are more than 90% moisture content, and we need water replenishment in summer. Among this kind of vegetables are wax gourd, cucumbers, pumpkins, bitter gourds and the rest. Take bitter gourds for example, they can work up an appetite. But we should pay attention that bitter gourds can’t be eaten too much at a time.

4) Meats: Meats provide protein, which is indispensable for our health. Apart from pork, chicken and duck meat are good options, especially the duck meat. It can be cooked with sticky rice, and it contributes to enriching blood and nourishing the stomach. It can also be stewed with kelps and prevent heart disease. But do not have more beeves and mutton, they are “hot” food. If you eat too much, you will feel lit and get a nosebleed.



Some noticeable changes have taken place in people’s diet in recent years, experts remind us to bear in mind that proper proportion of different food groups is of vital importance for one’s health, so the best policy is to strike a balance in our diet. Having a healthy diet, it can help you keep the hot weather at bay and have a wonderful summer.

If you want to find more interesting information, click the link .

A precious gift from God, a bite of Shanxi: Noodles

The precious gifts from God:

In general, northerners prefer noodles while southerners prefer rice in China. The situation is more typical and obvious in Shanxi Province.

Vinegar and pasta are the most essential food of Shanxi and also the precious gifts from God. People who grew up in Shanxi are fed with noodles. Shanxi people have a special emotion for pasta, one who far away from home always misses the taste of noodles from mom. For them, it's the best.

Shanxi province is not only the world's earliest and largest agricultural area of origin, but also the birthplace of pasta culture. Counting from time to verify that there are about 280 kinds of pasta categories in 2000 years of history.

By: Hanyu Qie 121106136 class 4



Shanxi_Pasta

I & Pasta

I am a native of Shanxi loving Pasta so much especially for noodles. For me, for my family, for my neighbors, even for the

whole people of city, noodles are considered as the best food that can make us feel happy. When eating noodles, we have a variety of fried vegetables. Before eating, we will mix them (fried vegetables and noodles) up, add a spoonful of vinegar and finally decorate with sill or coriander. The color and the great smell of noodles can quite stimulate your appetite. They love noodles, very anxious to eat noodles have three square meals a day.



In my life, my family is good at different kinds of noodles. My grandmother is good at LaMian (Ramen/ Hand-pulled noodles), she is pretty skillful because making LaMian needs pretty good skills. In a word, Rome wasn't built in a day. So we can imagine how hard to make it. My mother can make sliced noodles, it's perfect! Every time I eat it, I was moved almost to tears. I just feel full of happiness. And as for my boyfriend, the udon noodles he made are the most delicious udon noodles that I've ever tasted.



When I was a child, I remembered that my mother taught me how to make steamed bread, all I need to do just roll the dough into a ball, and then waited for 20 minutes to steam them. But what enjoyed me most was learning to make flour sculpture.

When I make the dough, I can make it as all kinds of shapes, rabbits, mice, hedgehogs, turtles… as long as I could imagine. Until now when I recalled those days, I just can't stop laughing. The process is so interesting and I did learn the skills to make this delicious pasta.

Sliced Noodles (Cut Noodles) ——The Soul of Pasta

Because of its unique flavor, sliced noodles of Shanxi are known at home and abroad. Noodles are all cut by knife, so people name them Sliced Noodles or Cut Noodles. Sliced noodles particular stress the speed and shape. Chef stands before the pot to cut noodles, one hand holding the noodles, the other hand holding the knife to cut from the top down. Good cook can cut about two hundred times per minute. The length of each side leaves are exactly six inches. The noodles ear thick in the middle and thin in edge, and they are as slim as willow leaves. Soft and not sticky, the more chewing the more fragrant are the features of Sliced Noodles.

How to make *a* bowl of Sliced Noodles by your own*?*



Main ingredients:

flour, water(the best proportion is 10:4.5)

Process:

1. Put the flour and water together to make dough.

2. Use adequate amount of dough and change them into cylindrical shape.
3. Use a knife to cut the cylindrical dough. After boiling for 3 minutes, you can enjoy the Sliced Noodles.

All kinds of Steamed Bread



Colorful_steamed_bread



Zamian_steamed_bread

Zamian steamed bread is a very nutritious food, which is made of corn.



Flour_sculpture

Flour Sculpture

Hundreds of years ago, while making food, people had tried to make it beautiful, as well as delicious. They made the steamed bread or other kinds of cake into different shapes. And these cakes and bread are the so-called" flour sculpture" today. There are mainly three types of flour sculptures in Shanxi, namely White Flour Sculpture, Colored Flour Sculpture, and Baked Flour Sculpture.

Restaurants and Food Areas:The Food Street

LOCATION: The Food Street on Fudong Jie

- The best place in town is probably the food street on Fudong Jie. This hundred-meter-long street is lined with all kinds of restaurants housed in both mock and real ancient Chinese architectural structures. On the road, besides the ordinary restaurants, you may also go to all kinds of ancient Chinese bars and specialty restaurants.
- To sample the most authentic mutton soup, you should go to Qingheyuan Restaurant (Qingheyuan Fandian) on Qiaotou Jie.

- Linxiangzhai Restaurant (Linxiangzhai Fandian) is known mainly for its authentic Henan cuisine.
- Yingze Dajie has quite a number of decent restaurants serving good local dishes. Hotpot dishes are particularly good here, as well as a profusion of noodle restaurants.
- At night, you may go to Shipin jie north of Yingze dajie, where lines of small restaurants are doing a booming business.

[LINK: http://jishi.cntv.cn/program/sjsdzg/]

Who won the gold medal of the ninth “TaoLiBei”

“TaoLiBei” is a dancing competition. Talented dancers are given a chance to achieve their dream on this stage.

By Shuo Sun 131004117 Class1



The guests that were invited in this program had won the gold medal of ninth “TaoLiBei” competition. Guests showed their high standard of skills and exquisite dance to the audience through a wonderful opening show, which enable the audience to have a refreshing feeling. And the enthusiastic applause from audience also suggests the popularity and superb skills of them.

“TaoLiBei dance competition” has the highest specifications in domestic youth dancing competition, and it is a professional dance competition that is hosted by China’s ministry of culture. “TaoLiBei” is a subclass award of Chinese culture art government Wenhua prize award, and it is also one of the most important awards in awards of culture and art colleges. It was held initially in 1985 by the Beijing dance academy, and it is held once every three years, at the same time it has a good reputation, people consider it as the “Oscar” in China.

Firstly I would like to introduce the gold medal winners in

group A in Chinese national folk dancing. They are Bian Jiang, Luo Wenbo, and Liu Jing.

Bian Jiang, 19-year-old, comes from Beijing dance academy. He won the gold medal of “TaoLiBei” national folk dancing in group A of young men’s competition. He’s from Hengyang but he stayed in Beijing for seven years. His winning dance was called Korean “Spare Crane”. After dancing there was an interaction between guests and audience.

Next let’s introduce the Liu Jing from Henan province. He is 17 years old, from Beijing dance academy. He won the gold medal of “TaoLiBei” national folk dancing in group A of young group’s competition. His winning dance was Tibetan dance. Due to this dance has a transfer technique, the host also want to try this action. Then they also invited the audience to try this action.

Then the host Tian Yuan showed a Mongolian dance called “Pentium”.

The next guest is LuoWenBo who comes from Heilongjiang province. She’s 19 years old and she won the gold medal of “TaoLiBei” national folk dancing in group A of young women’s competition. Her winning dance was Han dance. It told aa story about a husband who join the military and leave his family during revolution time. This dance used the vocabulary of tea-picking in Jiangxi province. And it also modeled a specific woman lived in revolution times.

Finally let’s introduce the teacher who won the gold medal of “TaoLiBei” classical dance choreography. His name is Hu Yan. He’s 29 years old, comes from Beijing dance academy. During the last “TaoLiBei”competition, his <Kong yiji> and <Bookworm> won the gold medal of dance choreography.

The host asked him some questions on the stage. And he said, “the characteristics of classical dance is gradually developed from the ancient palace dance, but in the Ming and Qing

dynasties it was classified into the other arts like acrobatics, rap, many forms of art, and it actually means that court dancing was already lost. After 1949, due to our older generation of artists purified and refined the dance from operas and martial arts, our present classical dancing system has been gradually formed."

If you want to know more imformation about "TaoLiBei" please click here.

Most Useful Websites & Apps Help You Enjoy Your Staying in Tongxiang!



While enjoying your staying in a small Chinese town as Tongxinag, where is different from modern cities like Shanghai or Hangzhou, it is always hard for you to find some really useful information when there is nothing more than a phone in your hand. Now, thanks to the recommendation from a friend of mine, who is called Fish, a experienced traveller, we could known that there's really quite a few useful websites & APPs which would do help you enjoy your staying in Tongxiang by easily found information!



By: Shelbie □□ 120909137 Class 1

Website & APP For Travelling Tips:

First of all, Fish recommended us one website and one app for traveling tips:

- The Official Website of Wuzhen Traveling

The official website of Wuzhen traveling is quite a comprehensive website for Tongxiang and Wuzhen, including information of overview, photos, videos, traffic, hotel, gourmet, specialty, entertainment, services, forum, booking, conference, etc.

- Travel Guide (APP)

A guidebook app created by www.mafengwo.cn, after you downloaded one guidebook of somewhere into your phone, you can check it anywhere, anytime, without the limit of internet.

Website & APP For Accommodation Servicing:



The next two website and app Fish recommended us for accommodation servicing are:

- Ctrip (With App)
- Qunar (With App)

Both of these two website operate their websites and their apps at the same time, reasonable prices for accommodation servicing and flight ticket could be easily found here. Ctrip and Qunar could be seen as the most two high-quality on-line companies for ticketing service in China, also my favorite two.

Website & APP For Food and Delights:

If you are wondering, “how could I taste authentic Tongxiang

delicacies?”, then there’s another two website and app for you:



- A Neng Mian

A local delicacies website, A Neng Mian, which had been launched two years ago, has become the most popular local living website in Tongxiang. Here in A Neng Mian, I bet you could find information about authentic Tongxiang delicacies most you wanted.

- Dianping (With App)

Dianping is a recommending website (with app) based on real recommendation from users, here you could find real reviews and photos of somewhere you want to go or you are interested in. Functions like “find the most highly recommend restaurant within a 1-km radius”, or “find the 10 best restaurant s for customer service”, are really convenient.

Website & APP For Shopping & Restaurants:



If you also couldn’t adapt yourself to the Chinese way of bargain as same as Fish and me, maybe these two website and app are the best for you:

- Meituan (With App)

The most popular group purchase website now operating Tongxiang site! With the app in your phone, you could get really amazing prices all over Tongxiang!

- Yi Chuan Shi Chuan Bai

Yi Chuan Shi Chuan Ba is a local group purchase website, which is different from Meituan, you don’t need to pay anything on-line before you get to the store. Also because it is a local group purchase website, more local features could be found here.

Website & APP For Trip:



Last but not the least, Trip websites and apps may also be the tools you want. As a experienced traveller, Fish summarized two of her best-loved for us:

- Amap (With App)

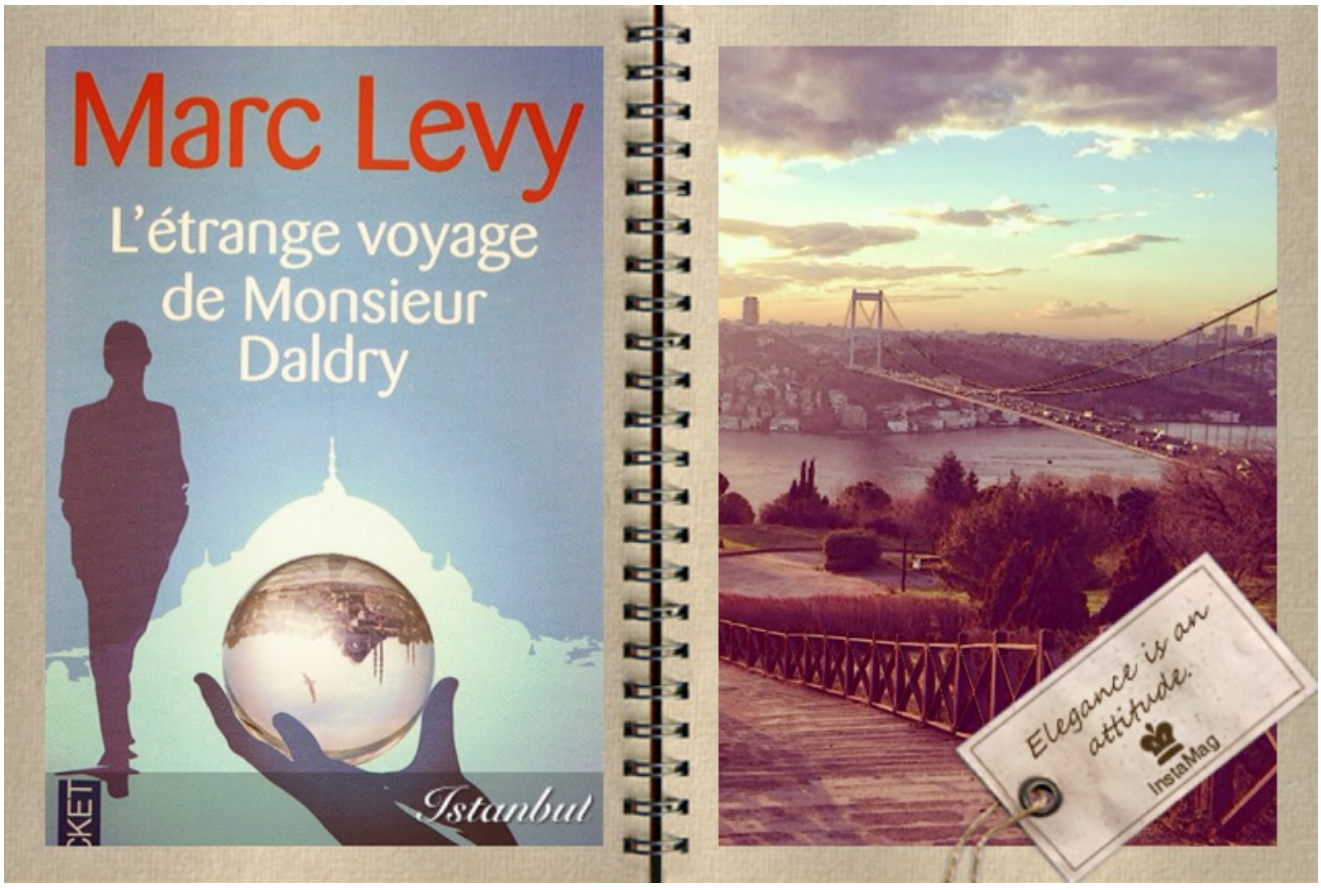
How could we choose one best useful map app when there's more than a hundred map apps in the App Store? That relies on Fish's years' traveling experiences. Amap, as one of the oldest map apps for years, became Fish's first choice. So, just as the funny saying goes, "If the old dog barks, he gives counsel".

- The Official Website of Tongxiang Passenger Bus Center

Whether you are new to here, or you are just do not have enough time to go to the Passenger Bus Center to by ticket to Xiaoshan Airport, the official website of Tongxiang Passenger Bus Center could help you a lot. Here on the website, you can check the departure time-table, buy your ticket, view the announcements, or even give advices and make suggestions.

In the end, wish you have a good time in Tongxiang with these useful websites & apps! If you got any questions, please feel free to contect Fish and me, here is the E-mail address: LazySnob@me.com.

Life is a long journey, leads to your destiny



"We all have two lives… The life we know and another one, that lies waiting for us."

Do you believe in destiny? Maybe not. Then, have you ever confused about your life path? Have you ever doubted on the

decisions you used to make? I bet you have, we all do. Then you may find an answer in the book "The Strange Journey Of Mr. Daldry".

By: Zhang Yao 110909221 Class 2

The story is about a young perfume mixer Alice, she is really passionate about what she is doing yet she living an ordinary prosaic life. Usually she spends the late night chatting with her friends but received much complaints from her cantankerous neighbor Mr. Daldry. During an outing to Brighton on Christmas Eve a fortuneteller's words completely changed Alice's life. Alice has never believed in soothsayers or destiny but she cannot stop thinking about the old woman's words. Later Alice starts her adventure to Istanbul accompanied by Mr. Daldry.

Open this book, it makes me kind of feeling like start an adventure of myself. Sometimes word has the power to attract you in and at that moment, it's you, standing by Alice, with all beautiful scenery filled in eyes. Marc Levy the delicate brushwork of the picturesque scenes in Istanbul make it so real. You can smell the flowers and spices in a single word, you can see the crowd and winding streets in each line, even you can hear the bustle of hawkers, a hubbub from the crowd. After meeting six men, love leads Alice to Mr. Daldry and finally found out her lost past. So, the opinion in this novel is quite interesting, seems like in an instant, a little decision could twist your life to an entirely disparate situation.



After finishing the book, I just can not stop to think about my own life, how I made all my decisions and is that the power lead me to this way, make me who I am. Is there really an another life waiting for me? But now let’s just imagine, one day when you are walking on the street, someone comes along to your way, suddenly, you feel so familiar and comfortable about this guy, you even thinking about say hi to him and see what will happen. But you hesitate, you act like it’s stupid and there is no such thing as destiny. So you smile at each other and then, just walk away. Time goes by, life become dull and utterly pointless. Memories take you back to old days, somehow that smile crossed your mind, and you just realized as the moment you passed by, a same feelings on his face, strange but familiar.

Or maybe like this, when you still young, you try to adventure, try to do something different, yet your parents and friends persuade you like you are trying to ruin your life. So you think, maybe this is your fate, maybe this is how life goes. After years and years, you found there are some people,

live a more liberal life you dreamed about. So you start thinking that if there was a chance you could live a totally different life. If you had picked the other way, maybe now you are climbing the Alps, feeling the wind fight on your face, hurt but real, touching the snow on the ground, cold but pure, not sitting in the couch, eating popcorn and watching the boring shows . If you had chosen the another path, maybe now you are walking along la seine, watching the sunrise, waiting for the sunset. Your life may filled with conversations and daydreaming, travel and adventure, pleasantly surprised in carelesslydescends. Not standing behind the window watching people going by, sighing of your life and you deserve a better one.

So you see, where your road leads, determined by every moment you are experiencing. What I'm deeply thinking about is if every point could be the bend in the road, what can be your guiding light through this long and winging life? You may still not believe destiny, but I'll say what you are doing is your destiny. It is not arranged by anyone but your heart. I Truly believe the anther life do exist but the only one thing could indicate you is to follow your heart, live your life. It is simply to say but many people could not do it even once in their whole life. So just think even for one minute, listen to your inner voice, are you willing to let others eyes erode your life, or following your heart into your freewheeling world.

Youth is so young so

beautiful



Someone used to ask me a question: what is your youth? I thought for a long time, but i knew i wouldn't find the right adjective to describe such an abstract word. Every one is special, so i believe, everyone's youth is the one and only.

JiaqiFang,130306209

After the college entrance examination, my friends together with me watched a film named<So Young>. It tells a story about a group of teenagers with youth, love and friendship.The protagonist in the movie as if is a true portrayal of our own. With their yearning for University and the desire of youth, they come into university—-a wonderful stage of life.



Q: What story does the <So Young> tell?

In this movie, actress is a beautiful and energetic girl named ZhengWei, she comes to the school with the vision of the university, then she meets a lot of friends, three of the most

important are RuanGuan, a gentle and considerate girl; ChenXiaozheng, an ideal and ambitious boy; LinJing, a bear and tough boy. Zheng and Chen is a pair of quarrelsome lovers, in times of struggle, they gradually fall in love and finally fall in love with each other. But in addition to Ruan, very few people know, Zheng used to love another boy, it is Lin. Lin has been in love with Zheng, but because of various reasons, he can only hide her, silently watching her behind her back. If most of the youth is the warm and sunshine, there are always some people, their youth is burdened with too



many wounds and secrets, becomes dark and could. Lin is the person like this.Looking at their sweet love, he desn’t want to give up on this.What will he do? On the other hand, because of ambition, Chen wants to leave Zheng and she is heartbroken, after a long time of recovery she becomes strong, change into a more charming and attractive lady-woman. A few years later they met again, Zheng knows the secrets behind Lin as well, what choice will she eventually make? How this group of youths end? One thousand people have one thousand Hamlett. Different people have different feelings.

Q: What happiness and sorrows the <So Young> can bring to audience?

Everyone is a wonderful movie, everyday is a new story. The film<So Young> ends up with an open ending because it focuses on youth of characters. The characters of film is like ourselves, from this film, i see my own youth. I also have a group of friends throughout my whole youth, we share our successes and failures, our youths become colorful because of the company. When i watch this film,i feel like myself travel

with my friends. Nowadays, after i entered the university, i look back on my youth, different kinds of experiences in sight. This movie brings me happinesses and sorrows. Life is different, different people have different experiences, the sour, sweet, bitter, hot in your lifetime, only people walking on this rood can experience. In any case, although there are a variety of pain and regrets the youth, as long as you work hard towards the future, tomorrow will be more brilliant!

The First Man Of The American Country Music



American country music originated in the southern American Appalachian Mountains, can be traced

back to the 1920's. Vernon Dalhart, may have been forgotten by most people, but he is the first big star in this field. He came to country music from outside the tradition, becoming a national star in the years . He made a great contribution to the American country music.

By:Mo Zhou 120101108 Class 4

Dalhart was born in a cow family in the eastern state of Texas Marion TrySlaughter. Though his classical-music background is often emphasized in accounts of his life, he did actually work for a time as a cowboy while in his teens. Dalhart sang at community gatherings, where he also played the harmonica and the jews harp. He studied music at the Dallas Conservatory, married, and moved to New York in 1910. Dreaming of an operatic career, he worked in a music store and earned extra cash singing for funerals. Dalhart was a keen observer of the early power of the phonograph industry and jumped at the chance to record.His first releases, made around 1916, fell into various pop styles.From 1916 to 1923, using numerous pseudonyms, he made over 400 recordings of light classical music and early dance band vocals for various record labels. He was already an established singer when he made his first country music recordings which cemented his place in music history.

When he turned to country music, it may have been simply a way of capitalizing on a song type that his competitors had neglected, but he immediately showed a flair for story songs. After The Wreck of the Old 97 became a smash hit, Dalhart was a national star of sorts – he was never a really recognizable figure, but he could sell records in the millions.

While some country music purists always viewed Dalhart with some suspicion because of his light opera background and a vocal style that was closer to pop than country, he was inducted into the Nashville Songwriters Hall of Fame in 1970, into the Country Music Hall of Fame in 1981, and into

the Gennett Records Walk of Fame in 2007.

If you want to know more about Vernon Dalhart,please click http://vernondalhart.com/

Colourful Diet leads you to Health

Since a lot of people do not aware of the close relations between various food and their colours when it comes to nutrients, I'd love to introduce a health tip about colourful diet to all of you, which means to choose food from different colour and have them together.

He Yi 121105325 Class 4



Although it is known to us all that daily diet plays a significant role in keeping fit, many people are not aware of the fact that the nutrients we receive from food do have a lot of things to do with its colour actually. Therefore, I'd love to introduce a health tip about colourful diet to all of you, which means to choose food from different colour and have them together.

Since you might be wondering about in what way are the food and its colour related, I'd say that not only can it offer a wider range of nutrients, but it also has the power to arouse our appetite by the fancy appearance.

Now, I'm going to give some specific examples of colourful diet so as to help you understand the idea better.

Red/Pink

Food of this color might help reduce the risk of prostate cancer, since they contain strong antioxidants that would end up helping protect both our heart and cells. Fruits like red

apple, strawberry, raspberry, pomegranate, red grape, cherry, cranberry, watermelon are in this category, and some vegetables such as beet, red pepper, tomato are included as well.

Green
Asparagus, cucumber, broccoli, lettuce, pea, even green apple and pepper, these fruits and vegetables get their appearance from a pigment called chlorophyll. Some greens like cabbage can protect us against cancer, not to mention that broccoli, along with spinach, is especially good for your heart and may reduce the risk of birth defects.

White
Fruits and vegetables of this color have pigments that can lower cholesterol and blood pressure, which results in reducing the risk of stomach cancer and heart disease. Some also provide a good source of potassium. Fruits and vegetables included in this group are banana, potato, coconut, onion, mushroom, ginger, garlic, and cauliflower.

Orange/Yellow
Beta-carotene has healthy benefits because when digested it is converted to vitamin A. This helps us maintain healthy eyes, which can also improve the function of our immune system, and may reduce the risk of cancer and heart disease as well. Some common fruits and vegetables of this color are pineapple, cantaloupe, orange, lemon, mango, apricot, sweet potato, and corn.

Blue/Purple
These fruits and vegetables get their colour from a pigment which act as powerful antioxidants to protect cells, so that it can improve the function of your memory, even reduce the risk of cancer, stroke, and so forth. Some delicious blue or purple fruits and vegetables that you can choose to add to your diet are blueberry, blackberry, purple grape, plum, prune, raisin, fig and eggplant.

When it comes to my point of view, eating is always an exciting experience for everybody. It’s something that we are involved with every single day. While what’s frustrating these days is that we don’t even have time to look at our food due to tight schedule or something. But I do want to recommend that we all take time to enjoy the food and take care of what we are putting into our body.

So next time when you are at the grocery store, bear the tremendous benefits of colourful diet in your mind, and be sure to pick up a beautiful rainbow to keep you healthy and delighted at the same time.

Traveling to Lishui



Lishui is a beautiful place, here, you can enjoy all kinds of scenery.

BY Jiamiao Zhou 120507118

Lishui city a polyhedron . It is a densely populated city, it is a quiet village . Lishui is known as “zhejiang green valley”. Ecological environmental quality first in zhejiang province, China, the ecological environment quality public satisfaction to continue in zhejiang province first. Opening up to the 68 tourist spots, including the national AAAA level

scenic spots of 12. In January 2005, lishui was named the third batch of state-level ecological demonstration area; In December 2009, one after another was named “China excellent tourism city”, “China excellent ecological tourist city”. On December 23, 2010, zhejiang forestry organizing committee awarded the formal articles lishui in zhejiang province “forest city” title.

Next, the key to introduce the hometown of overseas Chinese,Qingtian. Qingtian has a long history, has “stone carving of the township, the hometown of overseas Chinese, the celebrity of the township” reputation. Is also the first county, China’s house prices, China’s top ten financial county, exchange the first county the first county per capita deposits. Alibaba group research center released the first county domestic e-commerce research report. Reported for the first time released the “2013 China’s e-commerce development top county” list, wins the best group qingtian county, lishui county. Qingtian belongs to subtropical monsoon climate zone, warm and humid, four seasons, mild climate, annual average temperature 18.3 □, annual average rainfall of 1747 mm, frost-free period 279 days. Warm winter rejuvenation early, the vertical distribution is obvious temperature and microclimate environment variety, suitable for many kinds of wild plants grow.

□□Welcome to Lishui.