

The counteraction of foods

Do you know that when we are attracted by various delicious food , there are many of them can't be eaten at the same time . If you do eat two kinds of food which are being restricted , you might get food poisoning and even death .

By:Ke Cai

130111122

class2

Now I will show you some living examples to learn which food can't be eaten together and what would happened if you do so .

When you eat tofu , remember that you can't drink honey . If you eat them at the same time , you may become deaf . The honey also can't be eaten with onion cause the same reason . When you are enjoying chestnuts , you can't eat the duck . Or you may get food poisoning . There are some food eat together will cause the lighter consequences , like potato with bananer , tomato with mung bean , milk with orange and so on . I would show you some picture to help you remember them .



 <p>【姜】 【蟹】</p>	 <p>【姜】 【瓜】</p>	 <p>【瓜】 【牛】</p>
<p>花生与火腿同食会导致腹泻。</p>	<p>花生与黄瓜同食会导致腹泻。</p>	<p>西红柿，令人腹胀气逆。</p>
 <p>【瓜】 【鱼】</p>	 <p>【西红柿】 【黄瓜】</p>	 <p>【西红柿】 【保温】</p>
<p>西瓜与虾同食会引起痢疾。</p>	<p>西红柿与咸鱼同食会产生致癌物。</p>	<p>西红柿与白酒同食会感觉胸闷，气促。</p>
 <p>【西红柿】 【地瓜】</p>	 <p>【西红柿】 【胡萝卜】</p>	 <p>【西红柿】 【螃蟹】</p>
<p>西红柿与地瓜同食会导致胃痛、腹胀、腹泻。</p>	<p>西红柿中的维生素C会被胡萝卜中的分解酶破坏。</p>	<p>西红柿与火腿同食会引起腹泻。</p>

Of course , if you don't want to make these mistakes accidentally , there are some methods to Help you avoid getting food poisoning . At first , do not buy food that is not properly protected . Especially the raw food , you must ensure the safety of them . When you pick the vegetables , you can't just see the color and appearance , because it is likely that the results of a large number of pesticides . Next , you must follow the correct way of preserving food . The four principles for prevention of food poisoning are fresh, clean, is rapid, heating and refrigeration . Finally , learning what food can not be eaten together is very important .

All in all , the best way of avoiding food poisoning is keeping good eating habits . By the way, do you remember which food can not be eaten with tomato ?

Let's eat something healthy!

Now people pay more and more attention to food diet, so what kind of food is healthy? Which are not so good for our body? In this story, we will introduce the following five kinds of healthy food to you:

By: Yi wang 134302149 class2

Eat This, Not That! This story has rounded up five of the most underappreciated and undereaten foods that can instantly improve your diet. Make a place for them on your plate, and you'll gain a whole new respect for the health benefits they bestow—from lowering blood pressure to fighting belly fat. And the best part? You'll discover just how delicious health food can be.

▪ Celery

Per large stalk:

- * 10 calories
- * 0 g fat (0 g saturated)
- * 51 mg sodium
- * 1 g fiber

This water-loaded vegetable has a rep for being all crunch and no nutrition. But ditch that mindset: Celery contains stealth nutrients that heal.



Why it's healthy

“My patients who eat four sticks of celery a day have seen modest reductions in their blood pressure—about 6 points systolic and 3 points diastolic,” says Mark Houston, M.D., director of the Hypertension Institute at St. Thomas Hospital, in Nashville. It’s possible that phytochemicals in celery called phthalides are responsible for this health boon, since these compounds relax muscle tissue in artery walls and increase bloodflow, according to nutritionist Jonny Bowden, Ph.D., author of *The 150 Healthiest Foods on Earth*. And beyond the benefits to your BP, celery also fills you up with almost no calories.

- **Seaweed**



Per Tbsp, dried:

- * 20 calories
- * 1 g fat (0 g saturated)
- * 73 mg sodium
- * 4 g protein

While this algae is a popular health food in Japan, it rarely makes it into U.S. homes.

Why it's healthy

There are four classes of seaweeds—green, brown, red, and blue-green—and they’re all packed with healthful nutrients. “Seaweeds are a great plant source of calcium,” says nutritionist Alan Aragon, M.S. They’re also loaded with potassium, which is essential for maintaining healthy blood pressure levels. “Low potassium and high sodium intake can

cause high blood pressure,” Bowden says. “Most people know to limit sodium, but another way to combat the problem is to take in more potassium.” (Here’s a cool hint: You can buy sheets of dried seaweed at Asian groceries, specialty health stores, or online at edenfoods.com. Use a coffee grinder to grind the sheets into a powder. Then use the powder as a healthy salt substitute that’s great for seasoning salads and soups—certainly beats the heart-harmful salt in any of these 20 saltiest foods in America.)

▪ **Scallops**

Per 1 ounce, steamed:

- * 31 calories
- * 0 g fat (0 g saturated)
- * 74 mg sodium
- * 6 g protein
- * 111 mg Omega-3 fatty acids



Perhaps these mollusks are considered guilty by association, since they often appear in decadent restaurant meals that are overloaded with calories. (But then again, so does asparagus.)

Why they're healthy

Scallops are more than 80 percent protein. “One 3-ounce serving provides 20 grams of protein and just 95 calories,” says Bowden. They’re also a good source of both magnesium and potassium. (Clams and oysters provide similar benefits.) Try them: It’s a fast, easy way to prepare them.

▪ **Lentils**

Per cup:

- * 230 calories
- * 1 g fat (0 g saturated)
- * 16 g fiber
- * 18 g protein

It's probably no surprise that these hearty legumes are good for you. But when was the last time you ate any?



Why they're healthy

Boiled lentils have about 16 grams of belly-filling fiber in every cup. Cooked lentils also contain 27 percent more folate per cup than cooked spinach does. And if you eat colored lentils— black, orange, red—there are compounds in the seed hulls that contain disease-fighting antioxidants, says Raymond Glahn, Ph.D., a research physiologist with Cornell University. Use them as a bed for chicken, fish, or beef—they make a great substitute for rice or pasta.



▪ Dark Meat

Per chicken drumstick:

- * 112 calories
- * 6 g fat (2 g saturated)
- * 14 g protein

Sure, dark meat has more fat than white meat does, but have you ever considered what the actual difference is? Once you do, Thanksgiving won't be the only time you "call the drumstick."

Why it's healthy

“The extra fat in dark turkey or chicken meat raises your levels of cholecystokinin (CCK), a hormone that makes you feel fuller, longer,” says Aragon. The benefit: You’ll be less likely to overeat in the hours that follow your meal. What about your cholesterol? Only a third of the fat in a turkey drumstick is the saturated kind, according to the USDA food database. (The other two-thirds are hearthealthy unsaturated fats.) What’s more, 86 percent of that saturated fat either has no impact on cholesterol, or raises HDL (good) cholesterol more than LDL (bad) cholesterol— a result that actually lowers heart-disease risk. (The kind of fat you should really be afraid of is trans-fatty acids. Avoid any items on our list of the trans-fattiest foods in America). As for calories, an ounce of dark turkey meat has just 8 more calories than an ounce of white meat.

Fantastic Food

One day, I had a dinner with my family, this time we chose an Indian restaurant. In the end we are not satisfied with the taste .But the restaurant Indian waiter had been stare at us, however, we had to have been said to him that it was “fantastic”food.

130907213 zimeng chen class2

When I went home in 1st May, my parents suggested going out for a meal, I happily agreed. We went to cinemas to see a lot of fantastic restaurant, at that time we all know what to choose good restaurant. At this time, Indian restaurant brand attracts me. I propose that our whole family to eat Indian food. Because we have never eaten Indian food before, so in order to seek a fresh we went to. We ordered 3 or 4 dishes, there are signs of chicken Fried rice, and naan bread. We are very much looking forward to the food at the same time. But a

little confused, because the restaurant waiter staring at us and Indian waiter never avoid eyes.

Soon, the food is brought to the table. The restaurant boss and the waiter stared at us when we having the dinner. Under a lot of attention, my parents and I began to have dinner, the first feeling I think something wrong, because rice is ice. Chicken is also very hard, but because the people in the restaurant was looking at us. Out of politeness, we didn't show it doesn't taste good. So we always keep a smile and a meal keeps saying is really "fantastic". One side of the Indian waiter see we look and hear our smile seemed very relaxed and had a happy mood. But I from the heart to say I really don't like Indian food, Because the Indian food is so "fantastic"!

When we got to the check-out, the boss of the restaurant is very pleasant to change and see we left a lot of food close to ask we need to pack. Obviously, my parents and I are not willing to. We say that the really "fantastic" but quickly walked out of the restaurant.

Food is equal to the doctor

Put the food as a doctor and adjust diet to regain the energy of life and fun, this is the practice of wisdom. Let's get together with diet prevention and cure of disease of cardiovascular disease.

By: Kailing Xue 130111111 Class 2



Siwu soup

Cardiovascular disease has been billed as the number one killer that threatens human health. At present all kinds of treatment of cardiovascular drugs, it is only take temporary solution not effect a permanent cure, can only control, can't completely

successful treatment. Various surveys prove that nutrition is closely related to life and nature and reasonable diet can effective prevention and treatment of disease of heart head blood-vessel.

China's modern great revolutionary forerunner sun yat-sen is not only a great statesman, but also for traditional Chinese medicine and nutrition research. Sun yat-sen had treated a patient with high blood pressure. After sun yat-sen gave him a medicine, told him to take medicine alone are not enough, still have to rely on diet to aftercare, and put the years used diet "siwu soup" recommended to him. The patient according to his request to do it, as a result, he recovered after a few months. This news spread quickly in the crowd. This diet is also known as "zhongshan siwu soup" and spread so far. "Siwu soup" was the result of sun yat-sen's research on diet and nutrition, which is the collection with the 4 kinds of vegetarian. They are the day lily, black fungus, bean curd, bean sprouts. These foods have high nutritional value, composition is comprehensive, and they play a positive role in

treatment of cardiovascular diseases.



Put the food as a doctor and adjust the diet to regain energy and pleasure of life, this is the practice of wisdom. Here I'd like to introduce some prevention and cure of disease of heart head blood-vessel diet:

1, increase fiber meals: dietary fiber has the effect of lowering serum cholesterol concentration. Dietary fiber content rich food mainly coarse grains, dried beans, seaweed, vegetables, fruits, etc., which has the function of lipid-lowering common food and Onions, garlic, mushroom, black fungus, celery, etc.

2, eat more fish and fish oil: fish oil has obvious lipid control function, can prevent hardening of the arteries.

3, eat soy products: soy lecithin rich in a variety of human body must inside. Often tofu, bean sprouts and bean curd cake, soybean oil, soy products are beneficial to human body health, prevent disease of heart head blood-vessel.

4, in addition it should reduce the intake of fat and cholesterol: try to avoid high cholesterol foods, such as animal brain, spinal cord, liver, egg yolks, shellfish (such as: clam), software (e.g., squid, cuttlefish, roe).

What is the most healthy food in Asia?

According to Forbes recently, Japanese food is rated as the most healthy, the third is Chinese food, Korean food ranks fifth. But you may want to know what is the most healthy food in each country? Here, I'd like to introduce them one by one. Let's have a look.

By: Lin Xue 120112102 Class2

Food is a kind of culture, local food inherit the essence of traditional culture. Each country has its representative food, healthy and delicious. When you visit one place, the first thing you might think about is the local food there, isn't it? Now, let's travel around the Asia to enjoy the most healthy food in three countries!

China: China tea

Tea is the most special dietary element for Chinese, it's also recognized worldwide as one of the most healthy drink, which has a high nutritional value and helps with many diseases, such as hypertension, hyperlipidemia, etc. Based on



the analysis, tea contains more than 300 kinds of possibly bioactive chemicals, such as protein, theine, carbohydrate,

vitamin, tea polyphenols and amino acid, which is indispensable of human bodies. Drinking tea also help us keep fit, protect our eye-sight, prevent from aging, lower blood pressure, etc. It is said that green and black tea may protect against cancer and cardiovascular disease. That is amazing! A study led by Dr Kashif Shafique of Glasgow University found a 50% greater risk of cancer among men who drank more than seven cups of tea a day, compared to those with lower tea intake. According to the experiment, individuals who consume between 5 to 10 cups of tea per day have a lower risk of cardiovascular disease. If you want to know more about Chinese tea, please click [here](#)!



Japan: Sashimi

Sashimi is a Japanese delicacy consisting of very fresh raw meat or fish into thin pieces, which originate from the traditional method of harvesting. It's famous for its fantastic shape, fresh material, delicious taste. What's more, it always be considered as the first course, presented with rice and miso soup in separate bowls. Sashimi is the most delicate dish, and you should eat it first in case other strong flavors affect the palate. Fresh sashimi can strengthen body resistance and it has really high nutritional value, it contains rich protein, vitamin, micromineral, etc. Besides, Sashimi is delicious as well as low-fat. If you want some recipes of sashimi, please click [here](#)!

Korea: Kimchi

Kimchi is mostly based on vegetables, with some fruit, sea food, meat as ingredient. It has many functions, such as losing weight, promoting digestion, etc. First and foremost, Kimchi is low-calorie food helping maintain dietary nutrition balance, it is rich in cellulose, vitamin, a variety of minerals, carbohydrates, amino acids, protein, fat and other nutrients.

Secondly, it can produce lactic acid to promote the digestion of nutriment and improve bowel function.

Lactic acid bacteria takes advantage of sugar fermentation to produce lactic acid, acetic acid, probiotic acid and butyric acid and other organic acids.

What's more, Kimchi helps reduce serum cholesterol levels and blood lipid levels. Kimchi can deter many diseases, such as diabetes, hypertension, tumour, osteoporosis and so on.

Last but not least, it can help lose weight, Korea experts found that not only Kimchi contain a variety of vitamins, minerals and amino acids which is human body need, but there are obvious effect of losing weight. If you are interested in Kimchi, please click [here](#)!



All the food mentioned above is healthy as well as delicious, you can choose by you own taste. In a word, eat healthy, live healthy!

Nanjing delicious food-- JingLing Snacks

Say to the diet, jinling snacks, has a long history, wide variety, from the six dynasties circulates, as many as 200 varieties. I think many people are interest in it.This article mainly introduces the delicious snacks in Nanjing.

By: Yawen zhang 110608111 class2

JingLing Snacks:



Say to the diet, jinling snacks, has a long history, wide variety, from the six dynasties circulates, as many as 200 varieties. Confucius Temple is the birthplace of Jinling snacks in Northern and Southern Dynasty. There have been numerous merchants and the snacks were more prosperous in Ming and Qing dynasties, restaurants, tea houses, snack shops, everywhere. With the development of urban construction, snack outlets have continued to increase.

Night market snacks



Nanjing's snacks are known throughout the country, and even some foreigners know these. The snacks are concentrated in the night market in Nanjing, usually stall after 6:00 pm, and reach a peak period at 8:00~10:00pm. Some people may worry about the night market snacks are not enough health, in fact, you can rest assured that business license and health permit stalls. After a hard day, you can enjoy delicious snacks and relax your body. Pine nuts, duck meatloaf, corn Butterfly dumplings, duck blood soup, Jinling claypot, etc., all can satisfied your appetite. The large places of Nanjing night market are Confucius Temple, Shanxi Road, Hunan Road.

Old-established Shops



Liu Changxing was founded in the Qing Dynasty, to the business of buns, noodles and all kinds of wheat, has been a hundred

years of history. Liu Changxing`s snacks have rich varieties , and second to none in the ancient capital of Nanjing. It is known to produce fine, rigorous choice of materials, a unique taste, called Jinling model of snacks. During holidays families and friends often went to Liu Changxing. It had become a fashion. As a brand, Liu Changxing has become one of the traditional food culture and local characters which recommended by the overseas guests.

What you don't know——secret snack shop in HongKong

My birthplace is in Shenzhen, a city which very compatible. Especially reflect on food. As a foodie, i will find some authentic restaurant to taste different region food. Today i want to tell you some tips about snacks the neighborhood of shenzhen——Hong kong.

Yang Shangrong Class 4 130307212

In my spare time,i will go to Hong kong with my mum. It's very convenient. We will find some restaurant which very cheap,and very delicious. Sure,if you travel to Hong kong with travel agency you won't find these place.



Let's have a nice route. Firstly, you will find a lot of cafe. Cafes, is a fast-food restaurant originated in Hong Kong, Hong Kong offers a blend of the characteristics of Western-style restaurants, Hong Kong civilians eating places. Cafes for its diverse cuisine, fast and relaxed dining environment serving speed and the moderate price attracts a lot of diners. And its unique niche, relaxed ambience, but the best choice for modern young people chat gathering.

I always go to cafes name Macao cuiyuan cafes. When you enter the restaurant, you will find the environment is not so quiet, it's very busy. The style of decoration is very simple. It's worth to eat "Curry farmer package", bread with pork. It is very big package, and crispy outside and soft inside. So delicious! Also, If I were you, i will order a cold coffee. It's very satisfied.

Next. Shrimp wonton noodles—- i think you will like it. You can find these noodle in every cafes. But i recommend you to a restaurant you won't regret. The restaurant named "Kwai Kee Wonton Noodles"o The wonton is full of shrimp, and the noodle is very special, it's brittle.



The restaurant 's customer usually are the local person. So the price is very cheap. The noodle not only can add the shrimp,you also can add the dace ball, sirloin and so on.



Maybe you want to taste some sweet food. Now i want to lead you to a restaurant named "Australia dairy co." so strange, isn't it? But maybe it's a restaurant i

have seen the remark almost all well. You must taste scrambled eggs on toast, milk protein stew.

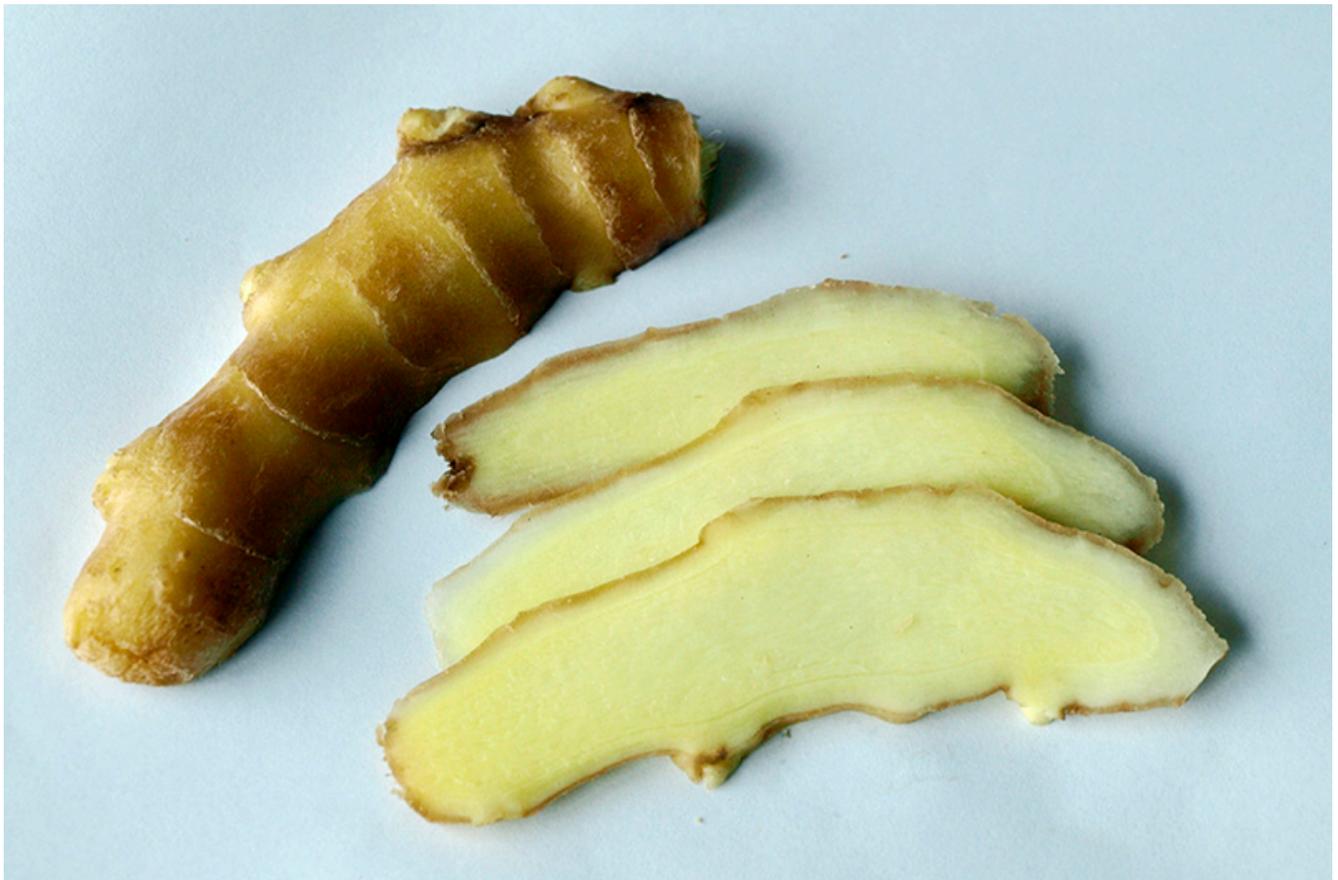
Why so much cafes in hongkong? When we see the history of cafes,we can see he restaurant is the predecessor of ice tea room. Only a fine dining restaurant in Hong Kong early (formerly known as Western restaurant or dining room) will provide Western-style food, and charges are expensive. After World War II, Western-style eating habits affect Hong Kong people by day and even ice room successive rise accordingly, providing cheap imitation of Western food. Icehouse was mainly coffee, tea, red bean ice drinks, snacks sandwiches with butter toast, etc., some of them with a bread factory, manufacturing fresh pineapple buns, egg tarts, etc. Later, the variety of food provided by increasing ice room, and dining room combined with Western restaurant and patterns evolved into today's tea restaurant serving traditional Chinese fried

dishes and European food, and later developed to supper dishes, style can be described as diverse. [1] The earliest tea operated under the name of the restaurant opened in 1946 in Central Orchid Pavilion Cafe, opened in 1952, Hong Kong's Lan Fong Yuen is the oldest extant cafe.

Come to enjoy it! You won't regret.

[For more information.](#)

God ☐ please give me a ginger



Do you know ginger? Do you like ginger? Maybe you hate ginger's taste. But I believe that you will change your idea

after reading this article.

By Hongfan Zhu 120104109 Class 3

Tom is a new Chinese. His parents took him to China for their work. In the primary school, Tom made friends with Lin, a cheerful Chinese boy. Lin and Tom became best friends quickly and Lin invited Tom to his home. Today is Saturday, Tom went to Lin's home early in the morning. Tom arrived at Lin's home at 8:00 am.

"Hi, Tom. Welcome to my home." Lin said. Then he took Tom to the dining room and introduced Tom to his family. Tom found Lins are eating breakfast.

"Tom, have you eaten breakfast?" Lin's grandma, an amiable elderly asked Tom.

"Yes." Tom answered.

"How about eating some Chinese breakfast? Children need more food. Let me spoon a bowl of gruel for you." Grandma pulled Tom to the chair and handed over a bowl of gruel to him. Tom had no choice to say no.

"Tom, try this pickled ginger. This is made by myself." Grandma clipped a piece of pickled ginger to Tom.

Tom looked at the ginger and said embarrassedly: "Sorry, grandma. I don't like ginger's taste." Actually, Tom never find ginger at home.

"It's very delicious. Believe grandma. You will like it." Lin recommended actively.

Listening Liu's assurance, Tom decided to try this ginger. And then he found this pickled ginger is sour and sweet without pungent taste. And it was very crisp.

"It's delicious." Tom said amazed.

“ In addition to it’s delicious taste, pickled ginger has many benefits. Eat it can let you more warm and stimulate the appetite.” Grandma said.

After breakfast, Grandpa and grandma went out for a walk. Lin’s father went for a friend’s party and Lin’s mother went to the supermarket. Tom and Lin learned together in Lin’s bedroom. At about 11:00am, Tom went to the dinning room for water. Lin’s Mom had come back and she were cooking lunch.

“ Tom, Lin said you like fish. Today I cook sweet and sour fish for you. OK?”Lin’s Mom said.

“ Oh, I like it. Thank you, aunt.”Tom said. And he saw Lin’s mom rubbed the bottom of the pan with a ginger before she fried the fish. He was confused.

“ Why you do this?” Tom asked.

“ Rubbing the bottom of the pan with a ginger first,then the fish will be complete. Because there is a substance in the ginger can film a protective form on the surface of the pan, It can protect the fish. And ginger can dispel fishy smell.”

“ It’s magical. I never know ginger has these effects.” Tom said.

“ Ginger has some other effects.” Lin’s Mom said.“ Ginger is used widely in China. When people get or cold, they can decoct ginger into hot ginger to remit symptom. In addition, I used to stick a piece of ginger on Lin’s navel when he starts long journey to avoid carsickness. And in winter, Lin’s hand used to developing frostbite, I’ll rub his hand with ginger to cure frostbite. Grandma and Grandpa often use ginger to do foot bath, which is good for their rheumatism. Sometimes, Lin’s father need drink, I use ginger juicing to sober him up.” When it come to Ginger, Lin’s Mom had so many ideas.

“ Aunt,you change my idea of ginger. I’ll tell my mom about

the ginger."Tom said.



At about 12:00 am, Tom with Lin's family enjoyed their lunch. After lunch, Lin's mom make a dessert—"Jiang Zhuang Nai". Lin's mom told Tom that this dessert is made of milk and ginger. " First, make ginger into juicing, and boil the milk. Then, stir the milk until it is 70°. Mix the juicing and milk quickly, and cover them with a lid. After 5 minutes, you can enjoy your dessert." Lin's Mom introduced in detail.

" Why is the dessert like a Pudding?" Tom asked.

" Because something in milk and ginger mixed and occur chemical reaction." Lin's Mom answered.

In the afternoon, Tom and Lin reviewed their study. At about 16:00 pm, Tom had to go back home. He leave Lin's home with a bowl of " Jiang Zhuang Nai". On this day, Tom changed his prejudice against ginger. How about you?

Enrich our daily life; five fancy refreshments

No one will refuse fancy refreshments, because these snacks have not only yummy taste, but also delicate exterior, which will bring us bright mood. Are you feel down? Do you feel a little tired? Try to enjoy these delicious refreshments with your buddies!

110806224 Du Jian Class 4

Ginger pork knuckle



U
n
l
i
k
e
o
t
h
e
r
c
o
o
k
i
n

g methods, a unique way to modulate ginger vinegar is developed by the shopkeeper of the shop named "Feng Ji", which is located in Macao. As a old shop, it is the delicious sauce of the pork knuckle that attracts so many customers. The

vinegar is compounded by white vinegar, black vinegar and sweet vinegar, so its' flavour is different from traditional ginger pork knuckle. The pork knuckles, chitterlings and other food materials are stewed so long that the soup becomes viscous and full-bodied, these stuffs are soft and glutinous with the a little sour and hot taste, no one want to miss it!

Handheld

Pizza



Do you adore pizzas? Have you ever had a time that thirst for pizzas without time sitting in restaurants to have one? Now, you do not need to worry about it, handheld pizza is a new way to enjoy pizzas when you are not in restaurants. In other words, it is an awesome gift for pizzas buffs. The coat of it is so friable that you can not help to have a bite, and its cheese that makes the eating process more amusing, because it can be drew into wire! The people who are holding a handheld pizza are on cloud nine enjoying with their intimate persons, you deserve to have this kind of fun!

Sugar-coated

haws



As a traditional snack of China, it is popular with kids and youngsters. In the past, it was made up of haws and maltose and it tasted sweet and sour. Grandparents always buy it to amuse kids, so this unique flavour always stands for our unforgettable childhood. Time flies, this snack also changes it's taste. Besides using haws, strawberries, nuts and other stuffs also be used to make it. Because of colourful exterior and fresh taste, it is accepted by more and more people, there is no better choice to have a string of sugar-coated haws in the winter.

Small

octopus

balls



As a popular food material, octopuses are used in many dishes and refreshments, such as this snack “small octopus balls”. It comes from Taiwan, which can be bought in roadside stalls. Mixing eggs, octopus and seaweeds makes it savoury, you will be indulged in it if you favor sea foods. When it just be cooked, you can not wait to have a bite, the outside is fragile and the inside is soft. With the dressing and terminak sauce, it has a more amazing flavour. Because of the convenience of taking it, it becomes a fashion handheld snack when walking or shopping.

Chocolate

Fondue



The snack is irresistible for sweet goods buffs and it is very popular especially with the girls favor Swiss fondue. The edible method is similar to cheese fondue, boil beforehand chocolate sauce in the pot, and then use long-handled to fork fruit slices, dip piece by piece in chocolate sauce to eat, until the sauce be run out. I believe you must be attracted by these fresh fruits and full-bodied chocolate sauce, i feel on the top of the world when i enjoy it every time, which will recharge my battery, making me more dynamic. Furthermore, because of sweet of the chocolate, many lovers will consider it as their afternoon tea when they have a date.

[For more informations.](#)

Gelato, a Style of Living

What will foodies call to mind if you refer to Italy? They will make a long list including pasta, spaghetti, tiramisu, cappuccino, espresso, and don't forget the most famous dessert, gelato. Gelato is not only a dessert but a delicacy, a cuisine, a feast, it reveals the passion for life.

By: Ruiyin Fang 120909123 Class2



Italian will not feel pleasant if you equate gelato with ice cream. As a featuring food in Italy, it is different from ice cream. Ice cream can be classified into three kinds by fat content and sweetness: ice cream, gelato and sorbet. Ice cream is an American style with higher fat and sugars while sorbet contents none fat and lowest sugars, gelato makes a balance between the other two.

If you compared gelato with ice cream, you will find the former is more natural and healthier . More sugars and cream are added into ice cream to make it tastes sweet, creamy and softy. The ingredients of gelato are eggs, milk, sugar, as well as fresh fruits and nuts, handcraft makers try their best to keep the quintessence of fruits. The sweetness you taste is from the fruit itself instead of extract of fruit. Imagine if gelato is growing out like a plant, you will find the taste of it should be like this.

Differ from the ice cream produced on flow lines, gelato is made by handcraft maker. Every handcraft maker inherits the traditional family workshop and the skill of making gelato from father and grandfather. Every 5000 people own a gelateria (gelato workshop in Italian), you can find a gelateria that has a history of a hundred years in a corner of city. Those handcraft makers follows the traditional way and keep a small production, the recipes varies according to the mood of maker. Thus, gelato reveals the personality styles. No wonder someone says that you cannot find exactly two same gelato in the world.



“Making gelato have to get up early everyday with great passion,” said Silvana, the handcraft maker of a famous gelateria, “I began to make it since 1948. Still, I can’t wait to produce it every day I get up, coz I enjoy the process of producing.” Her words revealed an attitude different from profit-seeking food industry. Gelato is not only a way to make a living but a passion to life.



No matter in China or other countries, the shop assistant of ice cream shop scooping out a round ice cream ball that you can figure out through mathematical formulas, but who cares the shape! But in a gelateria, the young Italian girl stirs the gelato with something like a shovel, and then

daubs it on the ice cream cone. Daubs, yes! Just like the artist daub the paint on the paper, the gelato is just like a soft colorful cloud, a blooming flower, who can deny that it is a work of art?

If you visit a century-old shop in winter, you will find it is still thrive in such cold weather, everyone holds a gelato cone in hand, speaking various languages, laughing, just like a big party. Italian enjoy the life with pasta, opera, beach and sun, and the gelato. Gelato reveals an attitude of Italian, full of passion and enjoy life. This kind of food is fragile and melt fast, you have to pause your steps to focus on your gelato. When you enjoy your gelato under sunshine, you are snatching a bit of leisure from a busy schedule.



You can get more information about [the history of gelato](#) if you are interested in it.