Sweet potato as my sweetheart!



Whenever coming across any snack that contains sweet potato, I would seize the chance to taste those represented by my hometown.

He Yi 121105325 Class 4

There’s no doubt that Hangzhou is an incredibly beautiful city, yet the idea that one’s hometown is always the best place in the world perhaps has deeply rooted in our mind. Though it may seem kind of strange to foreigners, that’s what happens in China.

Brought up in a small county where sweet potatoes are grown

here and there, I have got used to having sweet potato congee as breakfast since I’m a little child, but I would never believe this simple snack could mean that much to me before leaving my hometown for the campus I’m in now.

Attending college took me to a brand new journey compared to my past 18 years, and so does everybody else I suppose, which filled my life with a lot of exciting experiences at first, while as time flies, the thrilled feelings died away and homesickness began haunting and took up my heart.

Hence, whenever coming across some food relating to sweet potatoes, I would seize the opportunity to taste those snacks represented by my hometown. Now I’m going to tell you an interesting anecdote about it.

The other day I came across a bowl of sweet potato congee in a small restaurant of Xiasha(there’s a fantastic picture above demonstrating it); what’s dramatic is that I was recalled of my sweet memory at home immediately, to illustrate, I seemingly saw the scene of my warm-hearted grandma offering others with hot congees and preparing delicacies for me as well, which was actually the waitress handing out dishes and serving the customers around, then something awkward happened when I called out my little brother’s nickname loudly, due to the thought that I’m already at home. Of course everybody stopped to watch me as if I was nuts, which drove me blush at once.

Anyway, these special experiences did not get me out of sweet potatoes, if any, even added to my love of them for restoring those sweet old days to me. Therefore, it’s natural to draw the conclusion that sweet potatoes have become my sweetheart in reality.

Meanwhile, the main purpose of my writing this article is to call for your attention on the tremendous benefits that eating sweet potatoes will bring, because not only can it provide us

with various nutrition, but arouse our appetite by its attractive appearance. Besides simple starches, raw sweet potatoes are rich in complex carbohydrates, dietary fiber and beta-carotene, while having moderate contents of other micronutrients, including vitamin B5, vitamin B6, and the like.

The following study may illustrate the incredible effect of sweet potatoes better for you.

A 2012 study of 10,000 households in Uganda found that 50% of children who ate normal sweet potatoes suffered from vitamin A deficiency compared with only 10% of those on the high beta carotene variety. Also, The?Center for Science in the Public Interest has compared the nutritional value of sweet potatoes to other foods. Considering fiber content, complex carbohydrates, protein, vitamin A and potassium, the sweet potato ranked highest in nutritional value.

Want to learn more about it? Click here

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.

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.

Keep healthy from your mouth at first



By:Zhucheng Wang 131002106 class 2

Modern society, people began to gradually understand health and reasonable way of life . We begin to pay close attention to food nutrition from feed to now. This article mainly introduces some value common food nutrition. What kind of food do you need from your daily nutrition to complement.

Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

A healthy diet is not allow you to not be able to eat some food. We want to tell the reader how to balance the nutrition of food, let you can more healthy. Any doctor of medicine admit that nutrition is by far one of the most important aspects of maintaining a high quality healthy lifestyle. A healthy diet all people from every age group be feel their best, be productive and reduce the risk of health problems.

In fact ,the healthy diet exactly is the basis of health . We can supply nutrition which our body need from the diet in our

daily life . Human bodies need various carbohydrates to get energy .The origin of them is wholewheat such as oatmeal,matt surface -bread and Genmai (unpolished rice)which are full of furfurol ,germs and energetic starch .Of course ,oil and water are playing great parts which also are necessities for our bodies . Not only can oil get from plants but also we can increase grease by eating peanuts and nuts .In order to prevent osteoporosis,calcium is the most useful substance to keep away from it . With a great deal calcium in it ,drinking milk is a good choice for people to supply calcium . What's more ,eat a variety of vegetables that contain vitamins and chlorophyll can make body nutrition get more balanced .In addition ,vegetables are helpful for digesting .

A healthy diet is one in which your body is receiving the proper amount of energy. Glucose, fructose and galactose are important carbohydrates that your body uses as a primary source of energy and can even influence ones' psychological make-up. Another key to a good nutritional diet is one in that is rich in protein like meat, dairy and soy which get turned into amino acids. Amino acids make up around 75% of your body and are vital to almost all vital functions of the body. Additionally, amino acids help in repair and maintenance of all cells in the body. Similarly calcium, another important part of a nutritious diet helps strengthen and repair bones as well as helps regulate the contractions of the heart and helps prevent blood clots.

Vitamins and minerals are also important to good nutrition. Vitamin D which promotes calcium absorption and bone growth and Vitamin C helps your body form scar tissue and can block damage from free radicals which may play a role in the prevention of cancer and heart disease. Minerals and magnesium can increase the immunity

Having a nutrition diet requires the right balance of carbohydrates, protein, vitamins and minerals. The benefits of a nutritious diet are a healthier and longer lifespan.

[LINK:http://baike.baidu.com/
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Bangers and Mash – a very traditional British meal!



Growing up in the UK you can't avoid eating this very traditional meal made from sausages, mashed potato and onion gravy. In the popular imagination it was so important that Desperate Dan, a comic book character from my childhood, always finished each story with a large plate of Bangers & Mash.

By: Roy Hanney

Often eaten with peas or even baked beans this meal has to be a staple for food for the English. Even if your mother never cooked it certainly you would find this food on any cafe or pub menu. Where ever you eat it though, you need mustard preferably hot English mustard though the milder German or French will do at a push.

The term “bangers” apparently comes from before World War II and may even go as far back as 1919. It seems that back then there was a food shortage due to the war and sausages were made with water. Consequently, if you cooked them they were likely to explode like a firework. Thankfully modern sausages don’t do this.

In 1961 film stars Peter Sellers and Sophie Loren recorded a song praising this so British food singing “No wonder you’re so bony Joe, and skinny as a rake. Well then, give us a bash at the bangers and mash me mother used to make”. So how can you make this dish? Well its very simple and all you have to do is follow the instructions below. It’s also very cheap and takes around 20 minutes!

What you need:



- Sausages
- Potatoes
- Peas
- Onions

- Milk
- Butter
- Black Pepper
- Instant Gravy

What you need to do:

1. Peel and boil the potatoes, when they are soft mash them to a smooth paste adding milk, butter and black pepper.
2. Make up the instant gravy by adding boiling water to a few spoonfuls of gravy mix.
3. Fry the onions in a pan and add the sausages. Cook till brown and the onions are golden. Then pour over the gravy and let it simmer.
4. Boil a pan of water and add the peas. When they are cooked drain them and they are ready to serve.



Serve on a plate nice and hot and indulge in what can only be described as ‘comfort food’ and imagine you are back in Blighty (a nickname for England) eating in a local cafe, at home eating your mothers cooking or even better – at school eating in the canteen. The better the sausages the better the taste of the meal so try and get some good ones.

The Guilin rice noodles:

Special Noodles for Special You



When it comes to Japan, we might think of the sushi. When referring to America, we will have hamburgers in mind. While talking about Korea, kimchi must be the symbol food of the country. The same case, when we mention Guilin, a city in Guangxi of China, the Guilin rice noodles will occur to us at once. There is a diverse range of food in different countries. The story I write is about the local special food in Guangxi, Guilin—Guilin rice noodles. It will tell you the origin and features of Guilin rice noodles. In addition, you can also learn some cooking methods from the story, especially for someone who adores the food.

By: Fang Ming 120112103 Class 2

You might ask, “Are the Guilin rice noodles different from others?” The answer to it is Yes. Guilin rice noodles have their own features. There are a lot of legends about the origin of Guilin rice noodles, and they’re kind of mysterious. In fact, the history of Guilin rice noodles would date back to the Qin dynasty. The first emperor of Qin, Yingzheng, moved

his armies south to have a fight. Because of the large difference of north and south, the soldiers of north are unaccustomed to the food in south. They liked wheaten food, however, south is teem with rice not wheat. To solve the problem, the cooks made the rice into wheaten food by squeezing them out like noodles. It’s said that the rice noodles were made by the Yao nationality, one of the minorities of China. So the Guilin rice noodles came into being. Soldiers used to eat the special noodles with medicine soup to keep healthy, and the medicine soup is the rudiment of brine nowadays.



The brine of Guilin rice noodles consists of fennel, orange peels, anise, betel nuts, liquorice and the rest which can treat the disease. There is no doubt that the Guilin rice noodles are benefit to our health. Because of the difference in seasoning and cooking methods, it can be classified as rice noodles with braised food, rice noodles with lettuce and rice noodles with beef brisket and so on.

It’s easy to cook the Guilin rice noodles at home. You can buy the rice noodles directly from markets or noodles shops. You should prepare some brine and vegetables, you might also buy the specially-made brine from the shops. There are several simple methods to make the dish:

1) Scald the rice noodles in boiling water, and you should stir them with chopsticks at the same time.

2) Ladle the noodles out into the bowl.

3) Add some brine and vegetables into the noodles, you can sprinkle other relish in accordance with your taste. In Guilin, we usually add some acid kidney beans or bamboo

shoots.

So the dish is on the well. It’s quite delicious as well as healthy and it’s worth tasting. As the saying goes that “Guilin’s scenery is the best in the world”. So you will also enjoy the attraction of the city’s food.



The Guilin rice noodles shops can be found everywhere in China. An increasing number of people know about the rice noodles and the city, Guilin. The festival of Guilin rice noodles has been held annually since 2007. It’s combined with tourism and culture. It plays a dominant role in cultural communication. If you have a chance to travel to Guangxi, you might as well enjoy the special food——Guilin rice noodles. If you are interested in it, you can search some information about the Guilin rice noodles via the link.

The different eating habit from China and western countries

In china,there are all kinds of foods from different series.As we all know,the northern are feed on noodle,like dumplings□steamed bun and the southerner are feed on rice,like zongzi and other dessert,they are very delicious.In western country,they like eating beef and bread or other meat.Chinese people only have three meals during a day.But western people will have more, they have afternoon tea. Usually they would have fruits, homemade cake, tea (black tea) or biscuit with cheese. If you are a housewife and have a lot of time, you may have morning tea as well.

By JingYu Zhang,131002129,class 2

In china,there are all kinds of foods from different series.As we all know,the northern are feed on noodle,like dumplings□steamed bun and the southerner are feed on rice,like zongzi and other dessert,they are very delicious.In western country,they like eating beef and bread or other meat.Chinese people only have three meals during a day.But western people will have more, they have afternoon tea. Usually they would have fruits, homemade cake, tea (black tea) or biscuit with cheese. If you are a housewife and have a lot of time, you may have morning tea as well.

Also,there is also a huge difference between Chinese and Western people. Chinese people use chopsticks and western people use fork and knife. Usually people who use fork

and knife will use fork to hold the meat and cut it by knife and use fork to help to get that piece of meat into mouse. Chinese just use chopstick to pick things and pass it into your mouse.In addition,Chinese people choice food very carefully. They only use fresh material to make food. For example they only eat fresh fish. Chinese have a lot of ideas and techniques for cooking. We can cook a chicken in over ten ways. That's why Chinese food is so popular in the world. Western country like English or American, they don't have fresh food because they buy their food from supermarket which only sells stored materials. Western people would also prefer fast food like burgers and chips. They are unhealthy to human body. Western people do not have many skills for cooking, mostly they only boil, steam and bake the food. By the way, western people are very good at making desert and chocolate. They can make very good cake and chocolate. They are very sweet but it's sort of food which make you become fat quickly.

In china if you invite people for meal, the person who invited other people would pay for the meal but it's not the way in Western country. In western country people will think you only invited me but it's not your responsibility to pay for me. I can afford it. They won't be happy if you pay for them. People in China would always put dishes into customer's plate to show their



hospitality, but they will think it’s not healthy because your ~~chopsticks~~ have been used by you. In western coountry like America not England, people will always give tips to waiter after they finished meal in a restaurant. If you don’t they will not be happy because tips are one of their major income. In china this only happen in some top restaurants and hotels in large international cities like Beijing, Shanghai and Guangzhou. Western people will also think you are rude if you make sound during the meal. Western people do not hold their bowl up even when they have a bowl of soup.

Several Simple Chinese Food

Practices

I think a lot of people want to make delicious Chinese food by themselves. In this article I mainly introduces three courses：Spicy boiled fish ；Steamed pork with rice flour；Braised pork

By ： Yawen Zhang　　10608111　　Class 2

Spicy boiled fish



Ingredients: fish, bean curd, soybean sprout, dry ginger, garlic, coriander, spring onion, pepper, Chinese prickly ash bean sauce, pepper

Method:

1. Wash fish head and cut into small pieces, add cooking wine, salt, chicken essence, pepper for 10 minutes

2. Cut tofu into small pieces; get ready some boiled water; put the boiled yellow bean sprouts at the edge of dish

3. Heat the pan, add ginger, onion for sauté; then add pepper, dried chili till the fragrance comes out, broad bean paste into the stir-fried to red oil

4. Add the marinated fish into boiling water and cook for 5 minutes with some stirs; then add tofu for 15 minutes; add

salt for flavoring and also spring onions on the top.

5. Add oil in the pan, heat up, put Chinese prickly ash hot pepper, fry till the fish smells fragrant, and dish up.

Steamed pork with rice flour



Ingredients: 750 g pork, 2 two clear soup.

Seasonings: 20 g shredded green onion, 15 g shredded ginger, 50 g spice, 3 spoon refined salt, 100 g soy sauce, 1000 g peanut oil.

Method:

1. Wash the pork, and cut into three inch long, 5 points thick slice; place the meat into a bowl, and add refined salt.

2. Add one single spoon of peanut oil, fry for about 5 minutes till it is medium-well cooked and turns out golden.

3. The skin at the hem on the coarse bowls, sprinkle with green onion shredded ginger.

4. The bowl in a clear soup, sweet bad smooth hind, with clean white gauze filter, add soy sauce, salt water and pour on the meat.

5. Braise for two and a half hours. Remove the basin.

Braised pork



Ingredients:

150 g lean pork, 2 g soy sauce, 6 g refined salt, 8 g vinegar, 10 g sugar, 60 g chopped green onion, 5 g ginger, 3 g rice, 4 g garlic, 20 g red pepper, 65 g cooking wine plus adequate flour and salad oil

Method:

1, Cut pork into 0.2 cm fascia, and roll into tubular, then cut the pork into thick shredded meat about the size of a matchstick; add 1 g salt, cooking wine and water in the bowl to be malaxated evenly, add the flour.

2, Put white sugar, soy sauce, salt, vinegar into the bowl, add a small amount of water and flour for flavoring.

3, Place salad oil in the pan, stir-fry the pork up and down quickly in medium hot salad oil till the pork turn white; add into red pepper, rice, ginger, garlic till the smell of garlic comes out. Dish up in to the plate, pour the ready flavoring,

chopped green onion and some vinegar.

Cantonese morning tea



Zao Cha, or morning tea, is the typical morning activity in the daily life of Canton people . When you waking up in the morning with the singing of the birds, having a cup of tea to refresh breath and oneself, tasting snacks to stimulate a good appetite, it is really a fantastic life!

By:Yangshangrong 130307212 Class 4



Brief introduction

When I Checked the previous photo, i can see a girl was eating the Chicken feet and smiling. Her mouth still covered with brothes. So Hilarious! Yes,that’s me. Maybe it was my first memory about morning tea. As a cantonese, morning tea is not only a diet, moreover it is a special habit for us. Until today,when I go home, my mom will call my aunt and meet together. It is a opportunity to narrow our distance. Sure,to our teenager,we won’t interested in the topic which they talk about,we always taste the delicious food.

Let’s talk about the morning tea. When referring the traditional Canton culture, morning tea culture can not be missed. On the morning of weekends especially some holidays, Cantonese will begin their morning tea activity. Generally, the morning tea will be joined by a whole family or a group of good friends. In Cantonese idea, morning tea is an enjoyable thing which can spend leisure time and relax selves thoroughly.

Thus the name “morning tea”, tea is the necessary part. Morning tea prefers to take the black tea because it functions to warm the stomach and be advantage for digesting. The common tea used in morning tea will be oolong tea, tieguanyin tea, pu ‘er tea. The black tea is in a little bitter taste and not as crystal as the green tea, but it is the golden pair for snacks in morning tea.



Snacks Served in Morning Tea

Actually morning tea refers to dim sum,a Cantonese term referring to small Chinese dishes,accompanied by tea.So having morning tea is also called “eating morning tea”in Guangdong.

There are two kinds of morning tea – the solid ones and the liquid ones. The solid ones can be Chinese dumpling, steamed buns, glutinous food, etc, and the liquid ones can be porridge, guiling jelly, beancurd jelly, etc.

Compared with solid ones and liquid ones, the former ones can be regarded as the highlight of Canton morning tea. For example, the representative – shrimp dumpling (you can find this dish in any restaurant that serves morning tea in Guangdong,and it can be regarded as a simple of authentic Guangdong restraunts). The transparent dumpling wrapper with the shrimp materials inside will bring you a fresh taste. Besides, the egg tart which can be found in some high-end restaurants will let you have an unforgettable feeling when enjoy it.



Origin of morning tea

Morning tea culture now is not only popular in Canton area, but also an oversea trend because of the more and more overseas Chinese. It is easily to find Canton morning tea restaurants in New York or Los Angeles, even in the remote islet in South Pacific Ocean.

When it comes to the source of the Cantonese morning tea,it often dates back to Qing dynasty which can be traced back to more than 150 yeas ago.At that time, there was a simple teashop called “one house”,offering tea and snacks for those seeking refreshment,which had a board with “tea word” on the door. Later on, with the boom of commerce on Guangdong,more and more businessmen needed a place for social activities.Teahouses soon began to emerge and developed gradually into tea restaurants.



Although with the rapid development of the economy in

Guangdong Province,this kind of traditional culture was still excellent maintained,and now it becomes a beautiful scenery line and the great symbol in Cantonese leisure life.
For more information please clip here.