Open your watering mouth for the TOP 5 restaurants in Xiasha

Are you a foodie? Are you a freshman and unfamiliar with Xiasha? Are you wondering where to eat on weekends? Are you a student short of money? Don't worry,we have searched out for all of you the top 5 restaurants in Xiasha. Come with me and get your mouth-watering with a kind price.

By:Cai Yun 110111101 Class 4



Fu Jia Bao

Address:.NO.133, wenyuan RD, Xiasha, Jianggan District(Next to living quarter of the Zhejiang media and communication University)

Price:25 yuan per person

Specialties:Shrimp pot, bullfrog pot

Selected reasons:It is a famous old pot restraunt with booming business, when you go at meal time often you should wait in line. Although i am living next to it, i still have to arrive at least 1 hour before meal time. It is famous for its great taste and sufficient weight. What's special is that you can order whatever you want in the list, such as shrimp,bullfrog,beef,fish,to cook together which means that

you can eat a lot difference in one pot with the same bed charge. My friends and i are all foodies,we can each two eat up the large pot! I am sure that you will like it! Many students gratuated from the university in Xiasha still missing it and come back specially for the pot.



Chuan Wei Guan

Address:NO.207,Wenyuan RD,Xiasha

Price:65 yuan per person

Specialties: sauerkraut fish,Mao Xuewang,hot-pot

Secleted reasons:It is also a famous old restraunt in Hanzhou and you can get all Hanzhou local specialties here with a comfortable environment and considerate service. Remember the first time when i go with my roommates,we all thought that it must be expensive since it has a nice decoration. However,when we take a deep breath, went in and sat down,we are suprised by the price on the lists and amazed at the taste at the same time.By the way,it is helpful for you to know that you can use coupons there which will save you a lot.



Mingdong Korea Cuisine

Address:No.133,Wenyuan RD,Xiasha

Price:47 yuan per person

Specialties:Bibimbap,Doenjang jjigae,korean spicy fried rice cake

Secleted reasons:As the South Korean TV soaps become more and more famous in China,korean food become more and more welcomed. Mingdong is open a korean whose is also a beauty. You can have some authentic Korean food here with nice environment in which you may have a feeling of being in Korean. Juicy meet and fresh vegetable with cargo sauces from Korean provide you a great sence of enjoyable. Do not forget to bring your student card since you can be discounted with it. Where there is a change to eat cheaper,nobody won't!



Ya Xuan Ju Northeast dishes

Address:No.1161 Gaosha Business Street,Xiasha

Price:42 yuan per person

Specialties:Fried Pork in Scoop,Banana in hot toffee,The chick stews mushroom

Secleted reasons:You can eat the most authentic northeast dishes all around Xiasha. The boss is a old northeast granny who is really honest and kind-hearted. Sufficient weight, fresh materials, authentic taste are their characteristics. Some of the dishes are a blend of flavors with zhejiang style which makes them more dilicious and welcomed to people even

out of northeast China. I first ate there on my roommate’s birthday. She is a northeast girl and can check the dish whether is authentic or not and she said the taste in Ya Xuan Ju is more than authentic and better than the local one in northeast area. So,don’t you want to go for a try?



Hong kong island

Address:Living quarter of Zhejiang Media and Communication University,Xueyuan RD,Xiasha

Price:25 per person *Specialities*:Baked rice,Stewed Milk Beancurd,Rice with Spare Ribs in Curry Sauce

Seclected reasons:Rare authentic Cantonese cuisine in Xiasha. The boss is a Hongkong grandpa,looked like the star come out from the Hongkong kongfu movies. Compared with other high-prized Cantonese restraunts in Hanzhou,the price here is really reasonable,closely to the prize in Guangdong local area. There were many celebrities come here and many medias have reported it. You can enjoy real Cantonese cuisine here without going to Hongkong or Guangdong province,maybe you can practice your Cantonese which you are recently learning,with the boss. Coz i am a Cantonese,i can confidently say that it is really good and worth to spend your time!



Korean Oba rice cake

Adress:NO.1160,Xueyuan RD

Price:49 yuan per person

Specialties:Cheese rice cake,Tuna Rice and vegetable roll,The banana milk

Secleted reasons:It is a really crazy restraunt,you should wait at least 2h in line on meal time if you want to eat here. Most food are cargo from Korean and really fantastic. The most important reason for the enthusiasm of young people,especially girls is that the boss,which peopel call them “Oba”in Korean,are really handsome!I have been there twice,and the last time is in there new address. They have updated their decoration and the kinds of the food,and the prices are brought down a lot! New handsome “Obas” come,too!You will enjoy your every second here with nice food,comfortable environment with special theme,warm service and amazing “Obas”!

For more information please go there

Food and Nutrition



All foods come from the plant and the animal. The people obtain each kinds of nutrition and the energy through the food to maintain own health.

The healthy and green foods can make us get sufficient nutrition to keep our body be healthy, prevent the happening of the various-diseases and extend life. However, such as food,like fast food although sought after by many people,but this kind of food is unhealthy. We not only unable to get adequate nutrition but also can bring the varying degree to the health the harm.

As is known to all,nutrition is very significant for us. For the instance, the vitamina deficiency affect the child intelligence growth, human body disease-resistant ability, the work,learning capability drop. Moreover,the period of pregnancy malnutrition may cause the miscarriage, the premature delivery, to be even abnormal. We can know that nutrition how important for us.

Whether from the food intake to adequate nutrition directly affect our health. So we should choose healthy food to meet the needs of the body of nutrition.

If you want to know more information you can check this web sit[Link:http://www.nap.edu/topics.php?topic=287]

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