

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.

Misunderstanding to losing weight

In my story I will tell you the misunderstanding to losing weight and put forward some information and websites about fitness.

By: Luyi Bao 130908237 Class2



Nowadays, losing weight seems to be fashion. But, is it right to do so? Many people go on a diet to lose their weight, and some people even take diet pill to make them look thinner. Also, some of them never take exercise and they just want to lose weight by eating less. From my perspective, this is not a good idea. So, I want to talk about some aspects of misunderstanding to losing weight and some

proper ways to keep fit.

In the first place, I want to give some example of misunderstanding to losing weight.

- Do not eat breakfast

- Do not eat any meat

- Do not drink water (some people think that drinking water will make them look fat)

- Eating spicy food will keep you thin

- Take diet pill

- Jog 30 minutes everyday

- Eat junk food but take more exercise

...

In my view, if you want to lose weight, you can eat everything nutritious moderately especially vegetables and fruits. Some people insist on going on a diet, I am opposed to it. Although eating less can make you thinner, but it will make your stomach sick and this is not an easy problem to solve, it's more troublesome than losing weight. Furthermore, only going on a diet can just make you become thinner, but it cannot keep you fit. I mean you will not look fit and healthy if you just go on a diet. What's worse is that some girls take diet pills. It really do harm to your health. Maybe diet pills can have the best effect in a very short time, but it will have side effects. So never take diet pills!

A healthy diet is very important, and doing sports is also very important. If you want to have a good shape body, a healthy diet is not enough. You should take exercises regularly.



About exercise, there are aerobic exercise and anaerobic exercise. Aerobic exercise can make you become thinner while anaerobic exercise can strengthen your muscles. My suggestion is that you can do anaerobic exercise first and do aerobic exercise later. It will have better effect. And many people choose the way of jogging to keep fit. And there are some issue you have to pay attention to. First, only jogging for more than 40 minutes can make you become thinner. Why? Because if you just jog for 30 minutes, your fat will not burn and the effect will not be obvious. Second, you should do burpees□deep knee bend□plank holder□sit-up and so on, only jogging is not enough if you want a perfect shape. And according to my own experience, yoga is a very good sport to nurse one's health. And you can do yoga for relax after



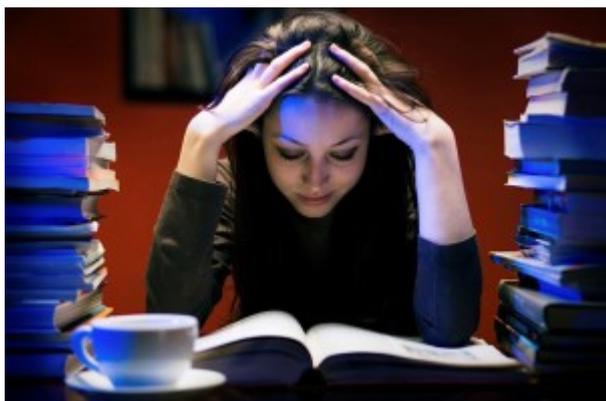
intense exercises.

To sum up. Healthy diet and regular exercise should be combined well. And on the website, there are many method to [keep fit](#). Here are the videos about [losing weight](#) and doing sports. Hope you will like it!

Play with stress!

Today, with the rapid development of economy, city white-collars is facing the hitherto unknown pressure for avoiding those psychological worries. Psychologists have designed some lovely methods to reduce pressure due to this situation, like Movie therapy, Lollipop therapy, Tank therapy ...do you want to be energetic again? Do you want to get rid of stress relaxed? Whatever, there will be one item fits you well to release yourself!

By: yuzhu hao 130306238 class2



Movie therapy

Movie therapy is made by a famous English psychologist named Berne Verdel, which is also a crazy movie fan, he developed this therapy because he success to cure a patient when he realized the behavior of the patient was similar to Malone Brandt in "On The Waterfront", like if you lack enterprising, you can watch "THE FRIST BLOOD" something happened in the character will impress you. if you are tired of life, "Don Juan DeMarco" may help you find the passion to go ahead, the point is that you must correctly pick up one movie closest to your life so that you can have emotional resonance with them, and then get positive energy from the movie to release yourself!

Lollipop Therapy

Lollipop therapy also called 'day dream decompression' which is a new way of post-90 generation to reduce pressure. Can you image a world full of honey!?! you can spare only 10 minutes to clean up your mind by eating a lollipop, but it isn't as normal as usual, remember try your best to focus on the sweet heart and soul and do not think about something that worries you. taking advantage of this 10 minutes, a fresh world belongs to yourself!

Tank therapy

This is an amazing way to unlock stress although it's a very expensive item. Tank and stress seem to have nothing to do with each other, but in New Zealand, if you want to reduce pressure, a company will provide you a tank to crush a car! No joking, it's true. New Zealand always welcome adventurers, bungee jumping, rafting and helicopter flight attract many young people to challenge every year. now several tank of 52 tons is waiting for you to take - let the press disappear in the extraordinary rolling!

Hey, have you learn something useful from that? If not, you can continue surfing the website below to search more funny way to fight against stress, play with it and win yourself!

[Release stress website](#)

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 beefs 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](#) .

Keep fit without going to the gym



Summer is coming! People who want to show their good figures cannot wait to put on cool clothes. However, some girls seem a little anxious. Ruxue Yan, a girl who is worried about summer said she did not lose weight. It is a pity that young girls can't wear miniskirts or shorts they like in summer. Are you disturbed by the same problem? Maybe you need an effective way to keep fit. Now, there are some magical videos on the Internet which can solve your problem and offer you a slender figure to welcome this summer.

By: Yuyi Zhang 120104203 Class1

What is universally acknowledged to us all is that busy work and heavy study pressure contribute to lack of exercise. More and more people are under a state of sub-health. Although many people have realized that regular exercise is beneficial to their daily life, they still spend no time in keeping fit. When asked the reason why they ignore the importance of exercise, they have different excuses. For example, Yilin Yao is a sophomore student from ZUMC. "I am not willing to do

exercise outside everyday because I do not want to be exposed to people whom I am not familiar with while I am dripping sweat.” Is there a perfect way for us to solve these problems?

Recently, a young man has drawn our attention on the Internet. He made an amazing miracle by losing 60 kilograms in 8 months. Without taking medicine or dieting, just do exercise in your own room and run at a changeless place. The young man is called Yiran Zhao who loses weight in order to pursue his love. Although he failed to harvest love, he created an effective method to lose weight and keep fit. The videos are popular beyond his imagination. By imitating his actions, many people achieve quite good effect. Are you interested in his unique method now? Let’s take a look and know the most basic action tips.



- run at a unchangeable place for an hour every evening
- take some upper limb movements when you are running
- do exercise in a nine-box carpet
- summer is the best season to do exercise

- just in your own room without going outside

It is possible that you are still suspicious of Yiran Zhao's method. Does his method really work? Is there anybody who has put his theory into practice? And what is their results of losing weight? Don't worry. Yiran Zhao is full of confidence in his original exercise. Many media including CCTV, HNTV (Hunan Satellite Television) and China Daily have interviewed him and introduced his method to audience. He has founded his own company named China Home for fat friends which is aimed to help people who are troubled by obesity or some young ladies who are eager to be slim. He said excitedly that our home is not luxurious enough to provide you with good wine and delicious dishes. However, we can offer you a cup of hot tea and a healthy method to keep fit.

Yiran Zhao's videos are epidemic on the Internet. A large quantity of people keep fit by watching his teaching videos. An interesting phenomenon can be seen on Sina microblogs. The trainees put their photos which are taken before and after they do exercise on the microblogs so that their teacher, Yiran Zhao can make comments on their assignments. After looking carefully at these comparison photos, he will put forward valuable suggestion to help these trainees do better and persist on it. Also, these trainees respond to the teacher's advice positively. After exercising and sweating, most trainees have achieved their goals. They are grateful for Yiran Zhao's help. There is a topical example below.



I guess you may have interest in watching these magical videos now. So I will give you the URL of some videos. Just move your finger then you can have a slender figure and enjoy your summer. What is important is that you can lose weight without going to the gym and do not need to pay extra expenditure!

If you need more videos like this, I can recommend other useful videos to you. This video is created by another famous coach. She is a South Korean called Duoyan Zheng. Her method of losing weight is also very popular. Choose your favourite video and start to keep fit at once!

Here are lots of information you may need to know about .You can learn more about [Yiran Zhao](#) by the link . And if you can watch [his video](#), just click here. If you are interested in [Duoyan Zheng](#), you can try this link. Also you can watch [her video](#) on the Internet.

Psychological stress



[Psychological stress](#) is a lot of people are to face a problem now. Psychological pressure is I met one of the biggest problems in the near future, mainly because I've seen the movie, has caused me to think about my life and death and, in negative thoughts, slowly with the psychological pressure.

Chenjiao Zhang 120211327

After the movie cry very sad, I used to think love can resist everything, but found that, in the face of life and death what are floating clouds. In later days, always stay in my life will be what kind of. Fragment 5 on Saturday morning I and dormitory students go to Hang Zhou amusement park to play one

day, open the Micro message in the boring time, see in the hometown classmates said that the earthquake. The moment my mind went blank, scared to death. Immediately call home to see how, in 2 calls or nobody answered, then make blind and disorderly conjectures, thinking about different consequences, the fear of heart will continue to rise, like shaking hands, do not have any idea, only know mechanical call. Finally through the phone, I asked how, what the earthquake, my father said, he did not know, still sleeping. At the moment, my heart, and still blame dad now how to answer the phone, but found that more than 5 points just before dawn, not to say a few words, then hung up the phone.

Fortunately, my hometown is an earthquake, just felt not strong, no matter what. In the next 2 months, every day I will call home, even if it is all right, even if he is very busy, even if not what to say, but always feel like this is a must do. Assuming that the earthquake magnitude is large, if one day Dad has an accident, that father was ill, I am afraid that happen, if that happened, what should I do, how can I do, to think that all this is terrible.

At the moment I realized I was a mental illness, impact on the psychological pressure, I became with profound respect and humility, every day with great care. Excessive value other people think of me, everything is be overcautious. Read a report on the psychological pressure of the survey, nearly twenty people in one people with psychological pressure, the pressure of society now, psychological pressure is a big challenge we face. I feel in the face of life and death, who are always ants, arbitrary kneading, without any resistance. But at the same time, life is beautiful; "alive" let us enjoy life, youth, vitality to life. "Death" to remind us to enjoy now, cherish life time, cherish the people and things.

In my opinion, psychological pressure is a response to your present situation, but each person's performance, different in degree. Learn to control the psychological pressure, relieve

the psychological pressure is correct, I now face, in the online search a lot of information, to understand the psychological pressure is normal, need not be so ashamed of it, there is a way to vent, enhance their self-confidence, positive communication with people, not depressed mood.

Now, I can't say I psychological pressure has been eliminated, but has great cut, students also tell me are you kidding, I'm much better than before. I am so happy. Facing the psychological pressure, don't have to feel fear, as long as the rights to vent, to solve the problem through a rational approach, each people all are the most beautiful flowers.

Keep senior three students healthy and happy

In China, the competition of the college entrance examination is very intense. Senior three students should do a lot of homework and they often get pressure from their parent's and teachers' expectation. So those senior three students who are eager for entering into a famous college study hard under huge pressure. They usually eat food optionally, even ignore meals and sleep very late. I think it's time to tell something about how to make students to keep themselves healthy and happy in their senior three.

By: Luyi Bao 130908237 Class2



First of all, I want to share you with my experience in senior three, since I have entered in college. When I was in senior three, I didn't have a good lifestyle. I think this is material for teaching by negative example. During a period of senior three, everyday I did my homework till twelve o'clock in the evening, even later. After then, I felt tired and exhausted in the second day. I couldn't make concentration on class, so I fall asleep. I missed what the teacher said in class. This is a vicious cicle. In addition, I often ate snacks and junk foods like Mcdonald's KFC and pizza. So I became fatter and lost balance of nutrition. Many students like me got ill and they got stomachache because of irregularity of eating meals. The condition of body will influence study. If you don't have a health lifestyle, it's difficult for you to do a good job on study. Now , I want to give you some advice to keep you healthy and happy in your study life.

Sleep: Sleep is very important. No matter you finish your homework or not, you'd better sleep before 11 pm. Then you can get up earlier to continue doing your homework. It will have good effect If you do like that. Maybe some people will ask me that why they cannot sleep late and get up later. Why I didn't recommend you to do so? It's different, because your body will have rest when it is 11 pm, you have to sleep too at that time. Then your body can work better the next day. You can also be energetic in your class. Plenty of sleep time can make you yield twice the result with half the effort.

Diet: First, you should eat full. Some students especially girls, they may take this opportunity to lose their weight. They will go on a diet. This is absolutely wrong! You should intake enough nutrition you need. However, you cannot eat too much. You can eat more fruits on account of fruit is very nutritious and it can make you full. More, you cannot eat junk food everyday. Maybe you can eat what you like once a week such as hamburgers□pizza□french fried and so on. To snacks like chocolate and sugar, you can eat them whenever you want, but remember to be moderate. Health diet can keep you a good condition to study.

What parents can do? Many parents like to ask this question. I think parents can prepare elaborate meals for children and when they are doing homework, maybe you can bring them some fruits and milk to make them relax. Parents should support their children.

To sum up, enough sleep and health diet is very important in senior three. Hope you a health and happy life in senior three and enter into your ideal university.

And this is the website I know that have some ways and advice for your learning.

Website: [_Opinions](#)

Hope you can learn from it.