

The Meaning Of Maturity

As a college student, when we will go into the big society, we should make us get more mature. Or I think we are difficult to adapt to the social life. Being a mature student does not mean being an old-timer. Maturity is not measured by the number of years a person has lived. Instead, the yardstick of maturity is marked by the qualities of self-denial, determination, and dependability.

130907236 Jiaxuan Jiang Class2

Self-denial is an important quality of a mature student. The word "Self-denial" means restraining being strict with oneself. Sometimes, people define it as self-discipline which has a bias passive meaning. Self-denial is not making a lot of rules and regulations to layer upon layer to manacle oneself, but with the autonomic action to create an order for our study life. We always have great dreams, have magnificent ideals and have grand prospects; however, they are often postponed or even vanished by ourselves due to the lack of self-denial. We should put our ideas into practice. Besides, self-denial also means denying yourself and controlling your impulses. Nobody is perfect. Faced with mistakes, we should take measures to modify it and never behave impulsively.

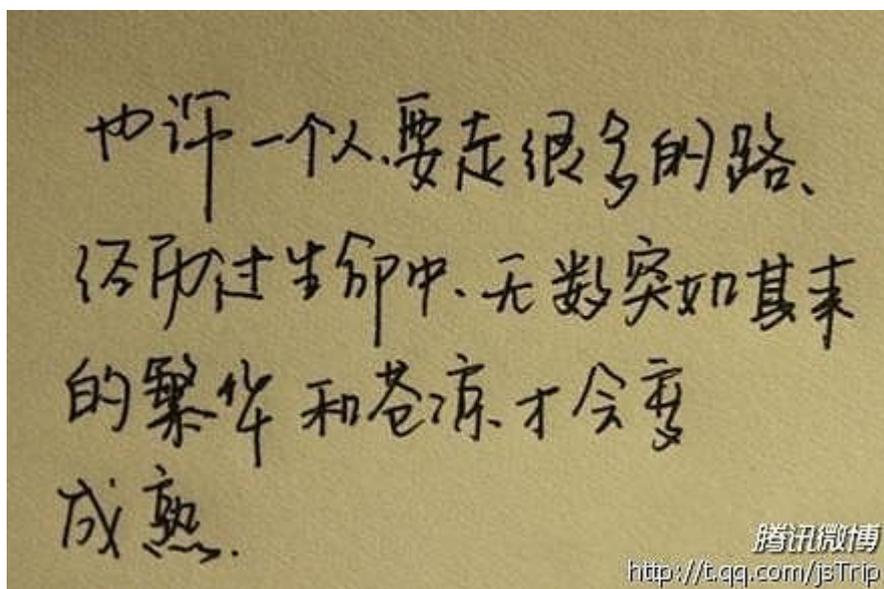
Determination is another characteristic of a mature student. What we define determination is to take up your mind to act decidedly and take the consequences. Determination not only means decision but also practice. In China, there is a famous fable "the foolish old man removed the mountains", which presents spirits of firm determination and perseverance. No good is ever done by hesitation in the world. It is known that Buffet, every time his investment will get a huge return, because he is well prepared in advance and determined what makes his pay shall be multiplied.

Although self-denial and determination are both vital, probably the most important measure of maturity is

dependability. When we talk about a person who is dependable means he is worthy of reliance or trusts .If you are committed to transmit some secret documents to a company, you must be required dependable. Sometimes dependability refers to responsibility. Judging a person whether he is mature or not, responsibility is the key factor, because only the person with responsibility is worthy of being depended on.

In addition, maturity is also shown in other respects: emotional control ability, the height of the thought, and comprehensive thinking.

In conclusion, if a student who owns the qualities of self-denial, determination and dependability, he can say that he is a mature student with pride; otherwise he can't. If you really can develop the three qualities, you really comprehend the meaning of maturity. The road to the maturity is like the road to the peak. We did something wrong and, soon, were punished. We faced difficulties and conquered them. We succeeded in stepping on the top and enjoyed it.



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.

“冰激凌” (Guang bing)—The Taste Of Home

We'll never forget the taste of home. I'd like to share with you a delicious snack 冰激凌 from my hometown. I assure you that you will soon fall in love with it .Because it is not only a food but also a feeling of home.

By: Kailing Xue 130111111 Class2



“广饼(Guang bing)”is a special snack in FuQing. It included in the urban business card by the local government. There are many vendors who selling “广饼”(Guang bing)along the street.

“广饼”is round, the size of it like the adult palm. It’s made from flour and sesame baked. FuQing people still retains the traditional approach to make “广饼”(Guang bing).They don’t use the oven or stove, but a wrapped in yellow vats. First, they used the bundles of pine lit the fire in the cylinder, leave only ashes. Then, two people cooperate with each other to make the cake embryo fast and accurately on the cylinder wall. They must be well coordinated and action quickly to avoid being scalded. Lastly, “广饼”(Guang bing)backed slowly by coals. The finished is golden and crispy.

“广饼”(Guang bing)is not only delicious, well made, but also has a legendary story. The national hero “戚继光(Qi JiGuang)”led the army resist against Japanese pirates in FuJian Province, but they can’t cook because of rainy days. To solve this problem,戚继光(Qi JiGuang)ordered soldiers to bake the bread and with hemp rope strung together hung on the neck as dry food. This clever idea helped them to win in the end. Later, the bread into the private, not only the common edible, but also become necessary offering ancestor worship the gods. It was named “广饼”(Guang bing)to commemorate 戚继光(Qi JiGuang).



The population of FuQing outside the multidirectional flows

and only a few local people know the manufacture method. These reasons lead people to never eat it in the other places. So “`光饼`”(Guang bing) is a great significance for FuQing people. No matter whether you love to eat it or not, once you mention it, you will think of homeland.

1.“`光饼`”(Guang bing): A kind of food

2.`齐吉光`(Qi JiGuang): a man's name

Tasty Foods in Taiwan

Introduce some traditional tasty foods in Taiwan, and tell the readers the history of Taiwan snacks, let people enjoy a great food feast.

By: Jiayu Cui 120905212 Class2

Taiwan has a reputation called “gourmet paradise”, the snacks here melt in the indigenous cuisine essence in Netherlands, Portugal, Japan and dozens of provinces in Chinese mainland in a furnace, create the cuisines of the world's most prestigious foods. And the snacks are sold in the form of great affinity corner shop and night market. The rich delicious foods can attract tens of millions of people around the world to visit Taiwan every year. People will enjoy a great food trip in Taiwan. Here, I will introduce some history of Taiwanese

traditional food and the top 5 snacks that tourists are interested in.

People all know Taiwanese food tastes amazing, there is quite a long story! Since the Qing dynasty, the Han Chinese agricultural groups dug up mountains from Fujian Province to Taiwan Island. It was a hard work, people cost unimagined labor. So some people started to send foods to the farmers. Then, the snack business with this gesture came out, all kinds of cold and hot snacks were provided for the hillside farmers. In the primitive cultivation period, people would hold a meet god temple in the center of the faith fairs, crowds gathered, snack business also followed to the temples, so many snacks market near the temple of Taiwan.

Now, I will recommend famous Taiwanese snacks to you. The top 1 named E. package of small intestine, it's quite common in Taiwan snacks. E. skin is very crisp after barbecue with the charcoal fire, fillings are full of grains, with delicious sausage inside, add some sour pickled cabbage, cucumber and salted eggs. While biting it, your mouse will brim with gravy. And such a special traditional snack will be found in the night market named East China Sea.





Oyster omelet is the most famous Taiwanese snack, because of the idol drama “Corner with Love”, it is touted by fans on both sides. Now wherever in Taiwan, everyone can find the shadow of oyster omelet. Each plump oyster sprinkled on iron plate, doused with thin white batter, and then matched a few pieces of green vegetables and eggs; finally make the finishing point would spray a sour sweet special sauce just left the fire on the oyster omelet. An amazing snack comes out!



A history of more than 50 years, Simon tempura has been quietly sitting in Taiwan’s local snacks tempura first chair, not only because of its long years, more important is the unique flavor snacks is full of change and imagination. Simon tempura all handmade craft is also an important factor in

taste, how many years did not change. When travelling Taiwan, it's necessary to have a taste.



Pearl milk tea and they called the “Boobs milk tea”, originally, the merchants in Taichung area added milk and soft Q black tea powder round, and mixed to make a drink. Because it has a tea fragrant taste and great chewy feel, and soon was warmly received by the Taiwanese people. Even the fame spread far abroad, many overseas Chinese can enjoy this tasty pearl milk tea.



Generally called the shaved ice, more refers to shaved ice machine file of crushed ice, add mung bean, red bean, flour, taro and so on, that can be selected randomly, finally pour the sugar water. It is pretty cool in summer to eat at ease. Taiwanese who quite understand eat, however, have developed many new Taiwanese ices, for example, the ices made of fruits such as mango, strawberry, not only cool and refreshing in summer but also creative.

Taiwan is a fantastic place that is full of tasty foods. I can't introduce them all in one article. If you want to know more, searching online is a good way. But visiting Taiwan and enjoying the snacks by yourselves is the best choice, I think.

[Taiwan Delicious Foods Introduction](#)

[Top 10 of Tasty Snacks in Taiwan](#)

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



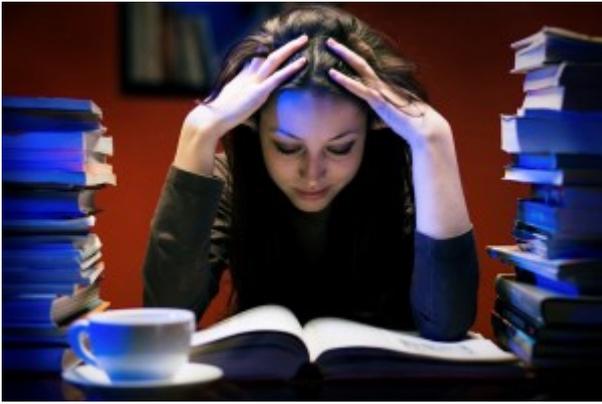
intense exercises.

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 this10 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](#)

To try before you die–The TOP 4 Disgusting delicious

Culinary Thrill-Seeking for others is a traditions throughout the world. Our earth is a colorful one with diverse cultures and special tastes, actually, maybe inapprehensible tastes. So i want to know,would you eat these?

110111101 Cai Yun Class 4

Casu Marzu: So Gross is this cheese



Casu marzu is a traditional Sardinia goat's milk cheese. Although it is banned for health reasons in the European Union, but can still find it in black market in Sardinia, Italy. Casu marzu literally means "rotten cheese" in Sardinia and oral English as maggots cheese.

This is a description of this kind of cheese, with no exaggeration: the translucent maggot larva can jump six inches high, which makes this kind of cheese an only kind of edible food that should have eye protection when eating it. Its taste is very strong, which can let your tongue can not stand, and the maggots will undigestedly through your stomach , sometimes even can survive for a long time and will be in the attempt to drill through the intestinal wall, causing vomiting and severe diarrhea.

Mongolian Boodog



They don't call it "Outer Mongolia" for nothing. Nomads, without stainless steel gourmet kitchens, have found more ingenious ways to cook a whole goat long time ago, sometimes marmot (but they may have fleas that host bubonic plague, so goat may be a better choice)—from the inside out, after you've hung it upside down, bled it and broken its legs. The stuffing is a bit non-Western, too: smooth hot stones crammed into every cavity imaginable and even up under the leg skin where you would have yanked the broken the bones out. Blowtorch the beast till desired doneness; it can also be roasted over an open fire. That's authentic Mongolian barbecued meat, Boodog.

Soft-Boiled Fetal Duck



Balut is a best of MAO egg in the category, which would include the 100 – year – old eggs. Balut is a fairly common, humble street food provided in the Philippines and Vietnam. It also won a wide reputation as a history of the most serious national cuisine. Most americans are familiar with the unfertilized eggs. Balut, despite the fertilized duck eggs, hatching or allow the in vitro growth at a certain length of time, usually a few weeks. Leather case and a typical medium egg inside small baby duck – small lazy bones, feathers, beak, more developed than others. Most people suggest to eat its shell with a pinch of salt. There is a right way to “enjoy” balut.

Bat Paste – Make sure you try this last because it could kill you.



Palau people find the bat much more special, these bats on the island often wander between the jungle. Once the plants bloom, the bat will suck up the SAP in different flowers. So, Palau people believe these bats can absorb the essence of the plant so to eat the flesh of their body would be particularly helpful to people. The most common cooking method is to add medlar to bat to boiled together and the cooked soup tastes fresh and refresh. Some people will add coconut milk to the soup, and it is said that so amazing. In fact, the bat meat has been taken away before the dishes come to the table. The tourists can't see the bat, but if you want to try some bats meat, the restaurant will help you to remove the leather. People say that the bats meat tastes like chicken, and actually pretty tasty!

[For more information.](#)

A bite of Taiwan –PK about Taiwan pineapple cake

If you go to Taiwan, you must enjoy the food in there. If you enjoy food there, you cannot miss pineapple cake. But, importantly, there are too many pineapple cake's shops in Taiwan. Which shop has the longest history? Which shop is the favorable shop? And which shop is valuable?

110307129 Zhou Xiao yuan class4

[liji](#)



When you walk into liji, you will find that there are many people queuing. There are two flavors of pineapple cakes in Liji. One is the traditional pineapple cake, made of high quality pineapple. Another is the soil pineapple, which tasted more acid. Liji is best known for its crust. The crust exudes baked smell for a long time. Now, liji also opened the store in Shanghai, the people do not have to go to Taiwan to buy the

pineapple cake purposely.

Sunnyhills



Sunnyhills is a new brand, its packaging is very cute. Sunnyhills's pineapple cake is rectangular, and it is larger than normal pineapple cake. It is said that pineapple's stuffing all brewed, and do not add any additives. But it is worth noting that the filling fiber of Sunnyhill's pineapple cake is very thick, and the orderly is best not to eat.

Jiade



Jiade regarded as a rising star, he did not emphasize its pineapple selection, but stressed that its pastry using New Zealand dairy products as raw materials. The pastry of Jiade is very crisp, unlike other brands of pineapple cakes so easy dregs. But the taste don't have very prominent feature, so I can hardly remember what it is the biggest advantage. However, Jiade is the most popular brand for mainland

tourists.

Dawn



Personally, Dawn is my favorite pineapple cake. At first, I was attracted by Dawn's package. It's looks like a book. When I went to Taiwan to be an exchange student, most Taiwan students told me that their favorite pineapple cake is the Dawn. Moreover, pineapple cake of Dawn only can buy from Taichung, many people spend several hours rush to Taichung, just for a pineapple cake. In addition, Dawn's service staffs are very warm. When people visit the Dawn, they will give visitor a piece of pineapple cake to taste. Besides pineapple cakes, dawn have delicious Cheese Cake and ice cream, so that customers have a variety of selection.

Yuzhen House



Yuzhen House, just as its website, was born in 1877. The head office of Yuzhen is located in Lukang. Yuzhen House's product is very suitable for the elderly. Because he'd thin pastry, filling very rich and moderate sweetness. In many people's views, Yuzhen House's Phoenix cake is more delicious than pineapple cake. The Phoenix cake is adding egg yolk into the stuffing in the pineapple cake, which is soft and sweet.

The above is my Taiwan pineapple cake Raiders
Do not forget! Do not eat the best, only the most appropriate

**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](#) .

Colourful Diet leads you to Health

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



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

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

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

Red/Pink

Food of this color might help reduce the risk of prostate cancer, since they contain strong antioxidants that would end

up helping protect both our heart and cells. Fruits like red apple, strawberry, raspberry, pomegranate, red grape, cherry, cranberry, watermelon are in this category, and some vegetables such as beet, red pepper, tomato are included as well.

Green

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

White

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

Orange/Yellow

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

Blue/Purple

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

prune, raisin, fig and eggplant.

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

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