Keep fit without going to the gym



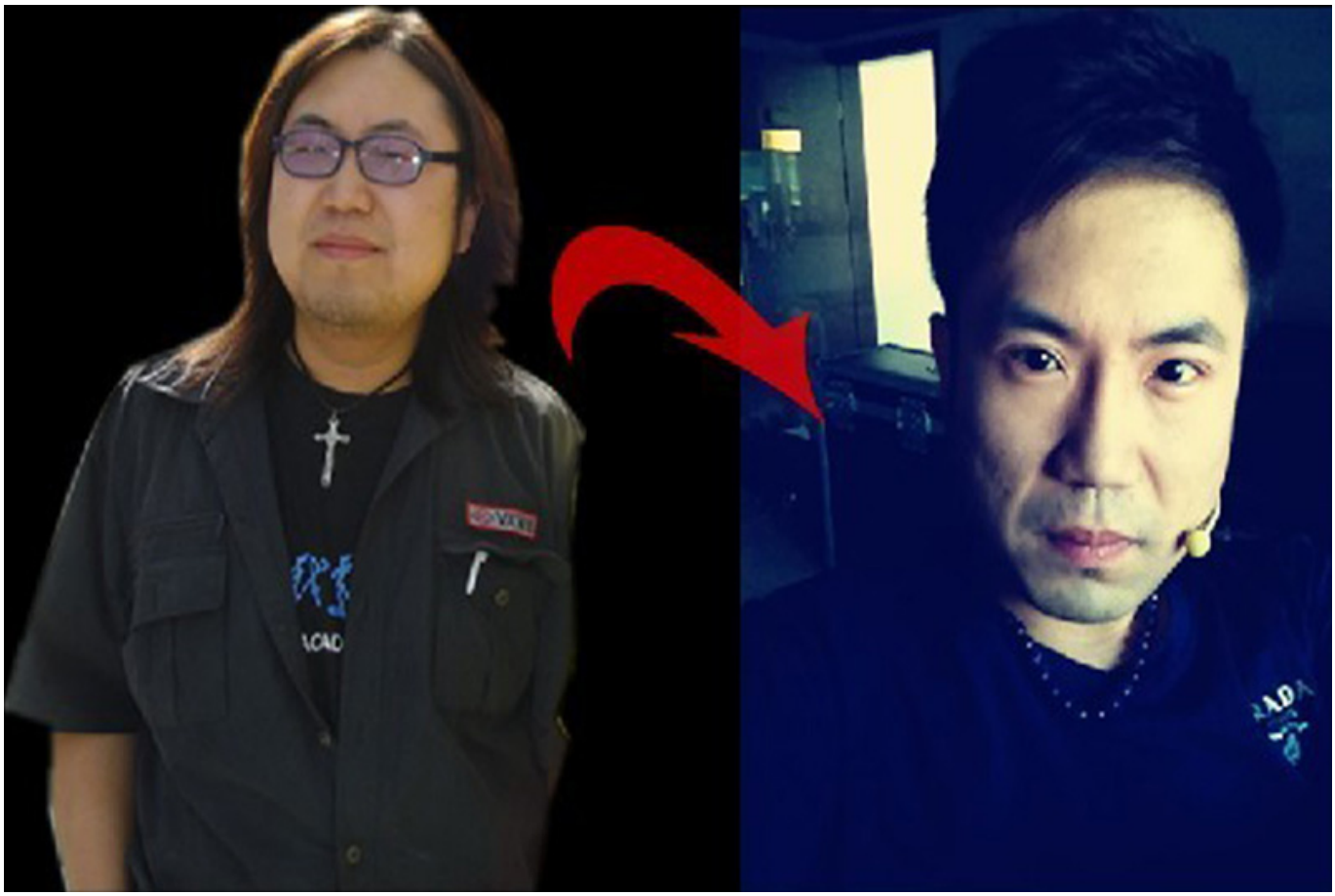
Summer is coming! People who want to show their good figures cannot wait to put on cool clothes. However, some girls seem a little anxious. Ruxue Yan, a girl who is worried about summer said she did not lose weight. It is a pity that young girls can't wear miniskirts or shorts they like in summer. Are 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.

Potatoes buffs,look here!

Do you like eating potatoes? Do you enjoy the cates made by potatoes? Do you favor various taste of potatoes from different areas? There are introductions of six disparate cates made by potatoes. If you are a potatoes buff,the article is totally for you!

110806224 Du Jian Class4



Fish and chips
From: England

When it comes to the potatoes, which calls firstly to my mind is the fish and chips, the national dish of England. There are so many stores selling this snack, but the most famous and oldest store is “Rock &Sole Plaice”. As the name indicates, this consisted of fried fish and chips. The chips in this store are wide and long, which are extremely different from others, but fit english traditions. The fish usually chooses codes and haddocks to make, which is wrapped by flour and fried. The dish tastes not very good if you do not have condiments, such as salt, vinegar and so on.Local folks also like taking peas as an indispensable part of this dish, regarding as a kind of sauce, just like tomato sauce.

Saute Spicy Chicken
From: China



Red is the traditional colour of China, this dish represent Chinese dishes well. The most important condiment in this dish is red pepper, which can be seen in the picture. It brings so hot taste with sweat streaming down your back when you enjoy it. Because of little white sugar added in it, the chicken tastes delicious and the quality of the chicken becomes soft. To let potatoes become more tender and achieve the target that potatoes can be dissolved in the sauce, they must be stewed in sauce for twenty minutes. Meanwhile, the flavour of chicken and potatoes can be fused better. I believe you do not want to miss it!

Spanish potato pastry
From: Spanish



Like the Spanish seafood paella and hams, the potato pastry is also one of the famous dishes in Spanish. The main stuffs of this case are potatoes and eggs, you can add onions, seafood, chicken and other materials if you like. The most important spice is pepper, which makes common potatoes have amazing taste! The exterior of the snack is golden eggs, which looks

so attractive that everyone can not help to taste it. When you cut apart the pastry and have a bite, you will find the potatoes are quite well-done and soft that absolutely embrace your tongue, and then you can not stop not to take a bite again.



Potato chicken curry
From: India

Nowadays, curry has been used in many dishes widely because of it’s fragrance and piquancy, so this dish contains much curry. Except potatoes and chicken, there are many stuffs in this dish, such as carrots, snow peas and so on. Because of these various stuffs, the dish looks quite colourful and delicate. As for it’s taste, carrots and potatoes are soft and mixed the smell of chicken, which is the result of the cooking method of mixing all stuffs and braising in curry. As my opinion, it’s yummy and popular with the group of people who like potatoes and hot food.

Potato chanterelle soup
From:Germany



There is so much milk in the soup that we can smell the full-bodied milk flavor. Not only the milk, but also some butter and fish soup that make the soup more savoury. The off-white color always appears in German dishes, which makes you feel quite warm in cold weather. As the picture indicates, except for the milk and potatoes, there are many other stuffs in the soup, such as chanterelle, carrots, fresh shrimps and so on, which make it colourful. The potatoes are cooked into powders dissolving in the soup, mixing the flavor of fishes and shrimps, let our tongues dance!

For more information.

Amazing: 5 ways to lose weight!



Do you want to keep fit and slim? Do you want to lose weight just by eating food healthily without chemical medicines, surgery or high intensity exercise? It is not a dream. Here, I'd like to introduce 5 effective ways to help you lose weight more safely and efficiently. In a word, let us eat food healthily and lose weight happily!

By: Lin Xue 120112102 Class 2

Are you worrying about the flab in your cute belly? Are you anxious about the jeans you're no longer fit into? Do you want to attract more attention in summer streets? If your answer is ' yes ', then you may make up your mind to lose weight. The beginning always be tough. You may try chemical medicines even liposuction surgery, but does it worth? Maybe not. You may be intended to work out, but that doesn't always work if you don't have scientific methods. It could make you eat more and become fatter and fatter. You may benefit a lot if you follow the tips given as following.

1. Don’t skip meals.

You should eat 3 meals a day normally. Eating less doesn’t mean that you can lose weight easily. The point is how many calories you consume and how many you absorb. If the former more than later, then you have a chance to lose weight, or you may be fat again. All in all, skipping meals is not a wise choice.

2. Keep a food journal.



It is good for you to have a record for what you eat everyday, which is more convenient for you to calculate their calories. It’s also a good way to supervise oneself and prevent us from high calories diet.

3. Don’t guzzle calorific drinks.

Not only cakes, chocolate and biscuits, but also improper drink can make you fat. Water is free from calories, fat, sugar, salt and additives. A 250 ml glass of skimmed milk contains just 83 calories. If you want fruit juice, make sure you’re buying juice without added sugar. Anyway, it’s quite different from fresh fruit. Stay away from fizzy carbonated beverage, which are packed with calories, and contain a sugar and acid combo which is also harmful to our teeth. It is said that drinking one can of fizz every day may be all that it takes to gain a stone in a year. That is horrible! So, if you are on a diet, lemonade or soda water can be a better choice.

4. Choose fresh and light food and fruit.

People always restrict calories. Actually, if you are on a diet, you'd better absorb 1000-1500 kilo calories which turn out to lose 0.5-1 kilo. Instead of high fat meat, such as pork, beef, you should eat fish or chicken which is low-fat. Bean products also work. Eat more cereal, fruit, vegetables which are rich in fiber, they can make you feel full easily. Furthermore, you'd better eat fresh fruit everyday, fruit and vegetable salad is delicious and healthy.



5. When you are full,stop eating no matter how delicious it is.

Last but not least, delicious food are always attractive, if you want to lose weight, you'd better control yourself, overeating is the enemy of your slimming plan. So just stop and say 'no' to the tasty food if you are full.

Losing weight is a long journey, tough but don't give up, keep going then you will find a beautiful world. No matter you succeed or not, you deserve it! If you want to get more information,please click here!

Hot pot not a pot !

The hot pot, when first heard the name, many foreign friends may not understand, the pot can also be used to eat? It is hard to imagine. Now, let's explore the true face of it.

By: Yi Wang 134302149 Class 2

Hot pot called "antique soup"in the ancient china, it named of the "thump" sound, when a feeding into the boiling water. And now it also called chafing dish .As a Chinese original food,hot pot has a long history and the rich cultural connotation .

The Chinese hot pot boasts a history of more than 1,000 years. While often called "Mongolian hot pot", it is unclear if the dish actually originated in Mongolia. Mongol warriors had been known to cook with their helmets, which they used to boil food, but due to the complexity and specialization of the utensils and the method of eating, hot pot cooking is much better suited to a sedentary culture.

In general,chafing dish is use the pot for appliances, with water or soup to boiling heat transfer.The pot with heat insulation effect make the eating food reeky. People can eat while they are cooking.

There are mand kinds of Chinese Hot pot,people in different place eat it in different way. Bashu chafing dish represented by Chongqing and Chengdu chafing dish is spreading all over china now. It famous for it's spicy and delicious taste□has become the symbols of the city.

In Chongqing, my hometown, Hot pot is the most famous and popular dish. Chongqing local people consider the hot pot a local specialty, which is noted for its peppery and hot taste, scalding yet fresh and tender. People gather around a small pot boiled with charcoal, electric or gas filled with

flavorful and nutritious soup base. You have a choice of spicy, pure and combo for the soup base,called Chinese fondue,half is spicy, the other not.



Thin sliced raw variety meat, fish, various bean curd products and all kinds of vegetables are boiled in the soup base. You then dip them in a little bowl of special sauce. Be careful since the spicy soup base is burning hot.

Hotpot First eaten by poor boatmen of the Yangtze River in Chongqing area and then spread westwards to the rest of Sichuan. Now is a very popular local flavor and can be found at every corner of the city. There are a great variety of hotpots, including Yueyang Hotpot, Four Tastes Hotpot, Yashan Hotpot and Fish Head Hotpot. If you are adventurous enough, you can basically cook anything with hot pot, e.g., pig’s brain and duck’s kidney.

Chongqing people love their hotpot, especially when the weather is steamy. The fire dances under the pot, the heavily oiled and spiced soup boils with hazy steam, and the people are bathed in sweat. Although hotpot can be found wherever there are street vendors or small restaurants, Chongqing Hot pot has the greatest variety and is known for its delicious soup base and dipping sauce.

The other famous local food is hot and spicy “Ma la Tang”,

similar to hotpot . Literally, “ma” means numbness in the mouth, “la” is chili hot and “tang” means piping hot. Ma la Tang, with various raw ingredients cooked in a communal pot of steaming stock blended with spices, originated in Sichuan’s largest city, Chongqing. The double-sided soup pot, placed on a central table burner, is the focal point of the meal. Powerfully hot Ma la Tang soup and fresh tasting chicken broth, side by side, are popular. Ingredients include fresh sliced abalone, sea cucumber, hog tendon, Beijing cabbage and beef dumpling, prawns, carp fish fillet, bean curd, chicken fillet and vegetables. The excellent dipping mixture of sesame oil, chili sauce, peanut sauce, chopped chilies and garlic combine to make magic. Savory tidbits are appetizingly tasty – egg coated glutinous square, crispy spring roll, fried buns, eight treasure black rice and water chestnut jelly.

Traditional Chinese Food

Chinese are famous for their cuisine, especially the traditional food. There are many foreigners intrigued by traditional Chinese food.
Do you want to learn about this delicious food? I’d like to introduce some typical example of them to you.

By: Ke Cai 130111122 Class 2

Jiao zi (Chinese Dumpling) is one of the most widely love food in china. Every family in China eat dumplings almost every day of the Spring Festival. It represent the auspicious and reunion. The shape of Chinese dumpling is similar to ancient Chinese gold or silver ingots, they symbolize wealth. Chinese

dumpling is very delicious. You can make a variety of Chinese dumplings using different filling based on your taste and how various ingredients mixed together by you. Making dumpling is really teamwork .Usually all family members will join the work .Some people start to make dumplings when they were kids in the family, so most Chinese know how to make dumplings .





Tangyuan is the traditional food for the Lantern Festival or Yuanxiao Festival. The small dumpling balls are usually made of glutinous rice flour.

We call these balls yuanxiao or tangyuan. Obviously, they get the name from the festival itself. Made of sticky rice flour filled with sweet stuffing and round in shape, it symbolizes family unity, completeness and happiness.

The fillings inside the dumplings or yuanxiao are either sweet or salty. Sweet fillings are made of sugar, Walnuts, sesame, osmanthus flowers, rose petals, sweetened tangerine peel, bean paste, or jujube paste. A single ingredient or any combination can be used as the filling. The salty variety is filled with minced meat, vegetables or a mixture.

The way to make yuanxiao also varied between northern and southern China. The usual method followed in southern provinces is to shape the dough of rice flour into balls, make a hole, insert the filling, then close the hole and smooth out the dumpling by rolling it between your hands. In North China, sweet or non-meat stuffing is the usual ingredient. The fillings are pressed into hardened cores, dipped lightly in water and rolled in a flat basket containing dry glutinous rice flour. A layer of the flour sticks to the filling, which is then again dipped in water and rolled a second time in the rice flour. And so it goes, like rolling a snowball, until the dumpling is the desired size.



.



Zongzi is the festive food traditionally served during Dragon Boat Festival celebrations.

During the Duanwu Festival, a glutinous rice pudding called zongzi is eaten to symbolize the rice offerings to Qu. Ingredients such as beans, lotus seeds, chestnuts, pork fat and the golden yolk of a salted duck egg are often added to the glutinous rice. The pudding is then wrapped with bamboo leaves, bound with a kind of raffia and boiled in salt water for hours.





There are many other traditional Chinese food like moon cake, rice cake, ice sugar ground and so on. Every kind of them will bring you wonderful experience.

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.

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.