Keep healthy from your mouth at first



By:Zhucheng Wang 131002106 class 2

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

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

A healthy diet is not allow you to not be able to eat some food. We want to tell the reader how to balance the nutrition of food, let you can more healthy. Any doctor of medicine admit that nutrition is by far one of the most important

aspects of maintaining a high quality healthy lifestyle. A healthy diet all people from every age group be feel their best, be productive and reduce the risk of health problems.
In fact ,the healthy diet exactly is the basis of health . We can supply nutrition which our body need from the diet in our daily life . Human bodies need various carbohydrates to get energy .The origin of them is wholewheat such as oatmeal,matt surface -bread and Genmai (unpolished rice)which are full of furfurol ,germs and energetic starch .Of course ,oil and water are playing great parts which also are necessities for our bodies . Not only can oil get from plants but also we can increase grease by eating peanuts and nuts .In order to prevent osteoporosis,calcium is the most useful substance to keep away from it . With a great deal calcium in it ,drinking milk is a good choice for people to supply calcium . What's more ,eat a variety of vegetables that contain vitamins and chlorophyll can make body nutrition get more balanced .In addition ,vegetables are helpful for digesting .
A healthy diet is one in which your body is receiving the proper amount of energy. Glucose, fructose and galactose are important carbohydrates that your body uses as a primary source of energy and can even influence ones' psychological make-up. Another key to a good nutritional diet is one in that is rich in protein like meat, dairy and soy which get turned into amino acids. Amino acids make up around 75% of your body and are vital to almost all vital functions of the body. Additionally, amino acids help in repair and maintenance of all cells in the body. Similarly calcium, another important part of a nutritious diet helps strengthen and repair bones as well as helps regulate the contractions of the heart and helps prevent blood clots.
Vitamins and minerals are also important to good nutrition. Vitamin D which promotes calcium absorption and bone growth and Vitamin C helps your body form scar tissue and can block damage from free radicals which may play a role in the prevention of cancer and heart disease. Minerals and magnesium can increase the immunity

Having a nutrition diet requires the right balance of carbohydrates, protein, vitamins and minerals. The benefits of a nutritious diet are a healthier and longer lifespan.
[LINK:http://baike.baidu.com/
http://tieba.baidu.com/f?ie=utf-8&kw=%E5%81%A5%E5%BA%B7%E9%A5%AE%E9%A3%9F&fr=search]

Bangers and Mash – a very traditional British meal!



Growing up in the UK you can't avoid eating this very traditional meal made from sausages, mashed potato and onion gravy. In the popular imagination it was so important that Desperate Dan, a comic book character from my childhood,

always finished each story with a large plate of Bangers & Mash.

By: Roy Hanney

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

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

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

What you need:



- Sausages
- Potatoes
- Peas
- Onions
- Milk
- Butter
- Black Pepper
- Instant Gravy

What you need to do:

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



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

The Guilin rice noodles: Special Noodles for Special You



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

By: Fang Ming 120112103 Class 2

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

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



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

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

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

2) Ladle the noodles out into the bowl.

3) Add some brine and vegetables into the noodles, you can sprinkle other relish in accordance with your taste. In

Guilin, we usually add some acid kidney beans or bamboo shoots.

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



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

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 fired 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.

The different eating habit from China and western countries

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

By JingYu Zhang,131002129,class 2

In china,there are all kinds of foods from different series.As we all know,the northern are feed on noodle,like dumplingssteamed bun and the southerner are feed on rice,like zongzi and other dessert,they are very delicious.In western country,they like eating beef and bread

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

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



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

Several Simple Chinese Food

Practices

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

By ： Yawen Zhang　　10608111　　Class 2

Spicy boiled fish



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

Method:

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

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

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

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

salt for flavoring and also spring onions on the top.

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

Steamed pork with rice flour



Ingredients: 750 g pork, 2 two clear soup.

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

Method:

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

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

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

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

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

Braised pork



Ingredients:

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

Method:

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

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

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

chopped green onion and some vinegar.

Get your ‘inner peace’ on with a Yejo Circle temple trip!



Ever wanted to get away from it all and live up a mountain like a monk? Well Yejo Circle offer you just that opportunity for a weekend break.

By: Roy Hanney 122007654 Class 1

There is a dim recollection of sound, sticks against each other, a woodpecker? I close my eyes. There it is again, tap tap… Tap tap tap! Quiet descends and I turn over, burying my head under the covers. The “tap tap tap..” continues to worry

away at the edge of my dreams until “dongggggg”! A loud gong crashes the sleep from my eyes and I remember. I am in a temple, it’s 5am and I will be staying here for two nights to sample an experience of temple living.

Stepping out into the dawn lights burn in the main temple building the gong beating it’s refrain to a chorus of a thousand birds. A lone monk runs up the temple stairs robes flapping in the dawn. We assemble, all of us fellow travellers, bleary eyed and expectant, for an introduction to some gentle qigong. The 12 silk as it’s called is a Daoist system of turning, stretching and breathing exercise designed to open the meridians, massage the organs and mobilise the joints. It’s as ancient as China and we have all come here to learn this technique along with a little Taijiquan courtesy of Yejo Circle travel. Billed as an introduction to Daoism and an opportunity for a peaceful retreat from the hustle and bustle of Shanghai we have come to renew ourselves.

This is a peaceful place of contemplation we are told as we begin our first session of seated meditation. It seems though that nobody has explained this to the old ladies who as devotees attend to the upkeep of the temple. As the holler across the temple at each other I consider the possibility that they are there to test the patience of the monks. To see if they can endure, perhaps this is Buddha’s way. They are though a delight and the serve up a series of tasty vegetarian meals for us throughout the weekend and engage us all in banter seemingly unaware that few if us speak Mandarin. It doesn’t matter though as even the Chinese speakers can’t understand their thick local dialect.

During the weekend we all make new friends and exchange notes of our experiences as explorers of Dao and it’s associated arts. We learn the 12 silk qigong, sit in quiet contemplation and learn a little of a Taijiquan long form. Even though we don’t learn the whole form (there 108 movements) it doesn’t matter and as the teacher explains it is the process that is

where the enjoyment lies not the end result. It’s the journey, a step On the path. I feel so energised by all this that by Sunday afternoon I can no longer bear the meditation, I can’t sit still, it’s an act of supreme will just to keep my eyes closed. I want to do more Taijiquan I have the bug yet I know I won’t practice.

Then it’s time to climb aboard the bus and return to the manic pace of Shanghai with the hope we each carry a little of the peace we found at the temple with us. We exchange Weixin contacts and talk about how will do it again soon. Then we separate, following our own paths knowing that we all shared some peace together as brothers and sisters in silence.

Discover the world in a Refreshing, Inspiring and Empowering way with Yejo Circle .

Cantonese morning tea



Zao Cha, or morning tea, is the typical morning activity in the daily life of Canton

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

By:Yangshangrong 130307212 Class 4



Brief introduction

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

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

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



Snacks Served in Morning Tea

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

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

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



Origin of morning tea

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

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



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

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]
By Li Ruowen 130409125 class 4