

# Let's eat something healthy!

*Now people pay more and more attention to food diet, so what kind of food is healthy? Which are not so good for our body? In this story, we will introduce the following five kinds of healthy food to you:*

By: Yi wang

134302149

class2

Eat This, Not That! This story has rounded up five of the most underappreciated and undereaten foods that can instantly improve your diet. Make a place for them on your plate, and you'll gain a whole new respect for the health benefits they bestow—from lowering blood pressure to fighting belly fat. And the best part? You'll discover just how delicious health food can be.

## • Celery

Per large stalk:

- \* 10 calories
- \* 0 g fat (0 g saturated)
- \* 51 mg sodium
- \* 1 g fiber

This water-loaded vegetable has a rep for being all crunch and no nutrition. But ditch that mindset: Celery contains stealth nutrients that heal.



### *Why it's healthy*

"My patients who eat four sticks of celery a day have seen modest reductions in their blood pressure—about 6 points systolic and 3 points diastolic," says Mark Houston, M.D., director of the Hypertension Institute at St. Thomas Hospital, in Nashville. It's possible that phytochemicals in celery called phthalides are responsible for this health boon, since these compounds relax muscle tissue in artery walls and

increase bloodflow, according to nutritionist Jonny Bowden, Ph.D., author of *The 150 Healthiest Foods on Earth*. And beyond the benefits to your BP, celery also fills you up with almost no calories.

- **Seaweed**



Per Tbsp, dried:

- \* 20 calories
- \* 1 g fat (0 g saturated)
- \* 73 mg sodium
- \* 4 g protein

While this algae is a popular health food in Japan, it rarely makes it into U.S. homes.

#### *Why it's healthy*

There are four classes of seaweeds—green, brown, red, and blue-green—and they're all packed with healthful nutrients. "Seaweeds are a great plant source of calcium," says nutritionist Alan Aragon, M.S. They're also loaded with potassium, which is essential for maintaining healthy blood pressure levels. "Low potassium and high sodium intake can cause high blood pressure," Bowden says. "Most people know to limit sodium, but another way to combat the problem is to take in more potassium." (Here's a cool hint: You can buy sheets of dried seaweed at Asian groceries, specialty health stores, or online at [edenfoods.com](http://edenfoods.com). Use a coffee grinder to grind the sheets into a powder. Then use the powder as a healthy salt substitute that's great for seasoning salads and

soups—certainly beats the heart-harmful salt in any of these 20 saltiest foods in America.)

### ▪ Scallops

Per 1 ounce, steamed:

- \* 31 calories
- \* 0 g fat (0 g saturated)
- \* 74 mg sodium
- \* 6 g protein
- \* 111 mg Omega-3 fatty acids

Perhaps these mollusks are considered guilty by association, since they often appear in decadent restaurant meals that are overloaded with calories. (But then again, so does asparagus. )



#### *Why they're healthy*

Scallops are more than 80 percent protein. “One 3-ounce serving provides 20 grams of protein and just 95 calories,” says Bowden. They’re also a good source of both magnesium and potassium. (Clams and oysters provide similar benefits.) Try them: It’s a fast, easy way to prepare them.

### ▪ Lentils

Per cup:

- \* 230 calories
- \* 1 g fat (0 g saturated)
- \* 16 g fiber
- \* 18 g protein

It’s probably no surprise that these hearty legumes are good for you. But when was the last time you ate any?



#### *Why they're healthy*

Boiled lentils have about 16 grams of belly-filling fiber in every cup. Cooked lentils also contain 27 percent more folate

per cup than cooked spinach does. And if you eat colored lentils— black, orange, red—there are compounds in the seed hulls that contain disease-fighting antioxidants, says Raymond Glahn, Ph.D., a research physiologist with Cornell University. Use them as a bed for chicken, fish, or beef—they make a great substitute for rice or pasta.



### ▪ Dark Meat

Per chicken drumstick:

- \* 112 calories
- \* 6 g fat (2 g saturated)
- \* 14 g protein

Sure, dark meat has more fat than white meat does, but have you ever considered what the actual difference is? Once you do, Thanksgiving won't be the only time you "call the drumstick."

### *Why it's healthy*

"The extra fat in dark turkey or chicken meat raises your levels of cholecystokinin (CCK), a hormone that makes you feel fuller, longer," says Aragon. The benefit: You'll be less likely to overeat in the hours that follow your meal. What about your cholesterol? Only a third of the fat in a turkey drumstick is the saturated kind, according to the USDA food database. (The other two-thirds are hearthealthy unsaturated fats.) What's more, 86 percent of that saturated fat either has no impact on cholesterol, or raises HDL (good) cholesterol more than LDL (bad) cholesterol— a result that actually lowers heart-disease risk. (The kind of fat you should really be

afraid of is trans-fatty acids. Avoid any items on our list of the trans-fattiest foods in America). As for calories, an ounce of dark turkey meat has just 8 more calories than an ounce of white meat.

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## Get Ecotourism in Wuzhen!



By:Yeting Huang 120507134 Class 1

It is a good choice to relax in Wuzhen! Whatever the time of year, the Wuzhen is always worth visiting. Wuzhen is quite a tourist attractions in which you can find a traditional life style, slow-paced and unpolluted, especially lived in big cities, who are tired of the fast-paced life. That's why you may concern about it. Now, I'll show you some useful traveling itineraries to guide you an ecotourism in Wuzhen.

Chinese people say that unless you visit the Great Wall then you haven't been to China. For any visit south of the Yangtze River; one place not to be missed is the town of Wuzhen. Located in the centre of the six ancient towns south of Yangtze River, 17 kilometres north of the city of Tongxiang, the Water Town displays its two-thousand-year history in its ancient stone bridges floating on mild water, its stone pathways between the mottled walls and its delicate wood carvings. Also, setting it apart from other towns, it gives a

unique experience through its profound cultural background.

It is said that people have lived here for 7000 years and over time it has produced a galaxy of talents. Mao Dun, an outstanding modern Chinese writer, was born here and his masterpiece, 'The Lin's Shop', describes vividly the life here. In 1991, Wuzhen was authorized as the Provincial Ancient Town of History and Culture, so ranking first among the six ancient towns south of the Yangtze River.

The uniqueness of the town lies in its layout, being 2 kilometers long and divided into six districts. These are: Traditional Workshops District, Traditional Local-Styled Dwelling Houses District, Traditional Culture District, Traditional Food and Beverage District, Traditional Shops and Stores District, and Water Township Customs and Life District. Wandering along the east-west-east circuit created by these six districts, you will enjoy the atmosphere of the traditional cultures and the original ancient features of the town that have been preserved intact.

### Bridge in Bridge

One may be amazed at the extraordinary scene of Bridge in Bridge created by two ancient bridges, one of which is Tongji Bridge crossing the river from east to west and the other is called Renji Bridge running from south to north and joining the former at one end. Either of two bridges can be seen through the arch of the other, hence the name. Having been rebuilt five times, Tongji Bridge is a 28.4-meter-long and 3.5-meters-wide one-curvature arch bridge, with a span of 11.8 meters . Renji Bridge, which has also experienced historical repairs, has a length of 22.6 meters , a width of 2.8 meters and a span of 8.5 meters .

You may enjoy the demonstration in the traditional workshops district of such famous traditional crafts as the printing and dyeing of blue printed fabrics, the primitive technique of

cloth shoes and tobacco-planing,

and operate the machines yourself to get an idea of how the original work was carried out over 200 years ago. You may also walk amongst the picturesque moss-covered streets and walls, the houses decorated with exquisitely-carved wooden and stone doors and windows, and the leisurely and quiet life of the local people in the district of traditional local-styled dwelling houses. Sink into the atmosphere of traditional culture, have a cup of chrysanthemum tea and relax by bargaining on various kinds of handicrafts and local products. At dusk when the street lamps give off their dim lights in the thousand-year-old lanes, you will feel your every step echoing with the history of this ancient and attractive town.

#### Transportation:

Wuzhen Water Town provides visitors with a very convenient transport. Tour buses can be taken from Shanghai, Hangzhou, Suzhou and Ningbo every day.

From Shanghai: CNY 110 per person (return tickets, admission)  
CNY 128 per person (return tickets, admission, tourist guide service)

From Hangzhou: CNY 98 per person (return tickets, admission)

From Suzhou: CNY 150 per person (return tickets, admission, tourist guide service, insurance)

#### Admission Fee

CNY 100 for Dongzha Scenic Area

CNY 120 for Xizha Scenic Area

CNY 150 for Combination Ticket;

Excluding the boat ticket:

CNY 80 (for 8 people) in Dongzha

Hangzhou Bus Search

More information can be found in the following websites:

[Wikitravel](http://en.wikipedia.org/wiki/Wuzhen): [http://en.wikipedia.org/wiki/Wuzhen]

[Traveladvisor](http://www.tripadvisor.com/Attraction_Review-g659921-d799251-Reviews-Wuzhen_Water_Town-): [http://www.tripadvisor.com/Attraction\_Review-g659921-d799251-Reviews-Wuzhen\_Water\_Town-]

# 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 MA0 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 egggy 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.](#)

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# 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](#)

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## **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.](#)

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# **Korean kimchi on the tongue**



*When it comes to Korea, what will you think of at first? Certainly, it must be Korean kimchi ! There's a very strange phenomenon in Korea, when you walk in a normal restaurant, you will hear the sound " kach kach" along with big smile. What's that? Aha, probably most people are eating Kimchi. Don't you want to taste it ? Please get ready for it !*

**By: Lingli Chen 130306131 Class 1**

*If the South Korea compared to a bubble in the altar of kimchi national, maybe not too much. To every Korean family life Kimchi is a necessary for product , also is the three meals a day... delicious with the most typical Chinese cabbage, radish pickle.*

Kimchi has a long history of 3000 years. It is said that it has deep China Confucian culture traces. In the "book of songs", the word "positive" appeared, which is interpreted as kimchi in the dictionary. Finally, this kind of pickled cabbage is spread into Korea. However in fact, no one knows the true history about kimchi . It is gradually developed throughout the era.

Up to now, kimchi has become the most important food in Korea.

Now, do you want to know how to cook kimchi? Let me show you!

At first, you should prepare these ingredients: Chinese cabbage, garlic, salt, fish sauce, chili powder and sugar. Please pay attention that the sauce is the most essential thing that is the reason why the Chinese hot and sour kimchi and Korean kimchi to the greatest difference, almost every family in South Korea to do their own fish sauce.

Then you have to prepare materials:

1. cabbage ( Chinese cabbage leaves, thin sheet, leaf density, there is no need to remove too much of the outer leaves, it looks clean and fresh for the last election )

2. radish ( the big carrot in uniform, no scars, fresh color and succulent fruit is soft, not too spicy, sweet as the last election)

3. pepper ( Kimchi pickled pepper powder used in the selection should be dried in the sun under the bright red color, thick flesh Pepper's)

4. onions

5. ginger

Everything is OK and we can start it.

Firstly, five kilos of cabbages are needed, into piece, with the amount of salted, put about 15-24 hours, after cabbage shrunk, the initial material is enough.

Secondly, to find a big turn of a switch, ground garlic (a little more, about 5 kilos cabbages with two Chinese garlic) chili powder (according to their tastes may be), then sugar, fish sauce (on the Put as many as soy sauce), according to their own tastes can also add some salt, then blend them together.

Thirdly, to seal fermentation fermentation, The fermentation time may be generally 4-5 days in the spring, 3 days in the summer and a week in winter.

Then the delicious Kimchi is finished!

Actually, many people may have doubt that why Korean like eating kimchi . Next, I will solve your confusion. For one thing,cabbage which used to make kimchi is not only rich in vitamins or minerals, but also contain a variety of pharmacological effects with a variety of ingredients. For another thing, the unique production technology decides it contains rich lactic acid bacteria,which can promote the the absorption of nutrients and improve intestinal function.

Have you drooled after reading this article? Just try it! You will like it!

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## **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 restraint 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 restraint 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:*N0.1160,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](#)