

# Cheap self-help travel

*As the saying goes: life is movement. Tourism is one of the best ways of movement. So how to save money to travel and can have a good tourism is particularly important.*

By fangyuan Ma 130307217 class3

We can save money from three aspects: the transportation, the hotel and visit scenic spot.

First of all, try to walk, it doesn't make you spend money. If you are too tired you can take bus. Do not choose to take a taxi in a strange city, because you are not familiar with the local traffic, and are easy to be cheated. If you want to go to another city, choose to take a train rather than a plane, not only enjoy the scenery along the way but also can save the money.



The second point, the hotel can be booked online advanced, so that you can make sure to have a place to live, and can also save some money. You can travel also live in a reliable local people's home, or live in a cheaper and safe small hotel.

Finally, visit scenic spots you can go to those are free or buy group tickets. If you are a student can also bring a student id card, so that the ticket will be cheaper. Many a mickle makes a muckle, so you can save a large amount of money.

In addition to the three aspects that says above, there are also other aspects can save money, as long as we notice enough and have sensitive eyes, calculation of the brain, so that we will save unnecessary money.

Saving is a virtue, I hope you pay more attention in our daily life. Let's take a pleasant trip that can save unnecessary.

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## **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**

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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. 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

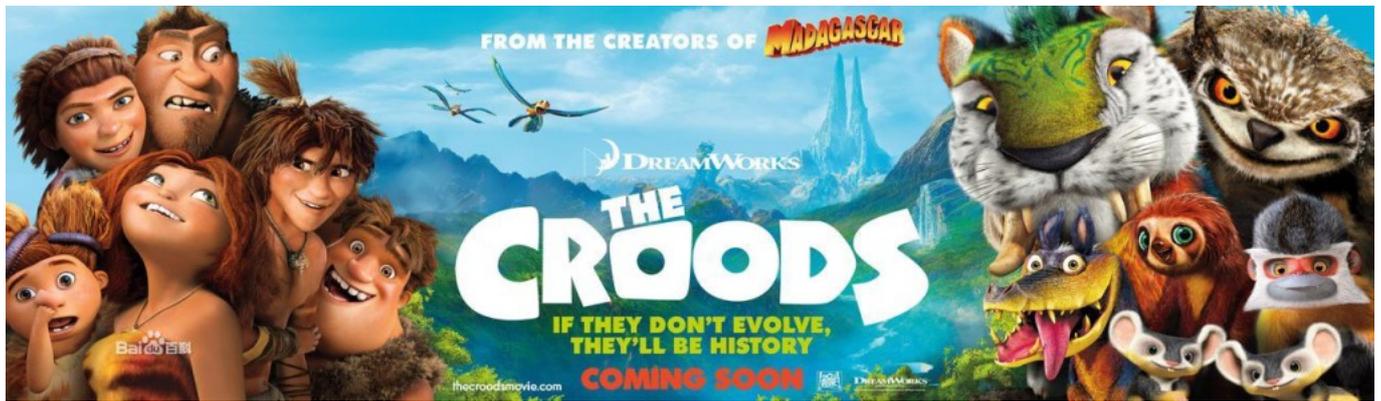
Sure, dark meat has more fat than white meat does, but have you ever considered what the actual difference is? Once you do, Thanksgiving won't be the only time you "call the drumstick."

### *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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## **Discover all the wonders**



*I think a problem most of the time : what's the instinct with the people since we born? Eating? Sleeping? Or love? Devotion? Of course,different people have different opinions, all the answers above are right, but today, i want to tell you a magic power—discovery.*

**130306209 FangJiaqi**

I have always thought, In the big category of the film, animated films have been a special category, they take a lively way and be liked by adults and children in worldwide. Several days before, i watched a excellent film named< The Croods >. This is an adventure comedy filled with laughter and dangers. The story is set in prehistoric times, tells the story of a primitive family living in caves to leave the cave adventure travel experiences.



Primitive Croods family of six living in the shelter of the father Grug. Snatching ostrich eggs for food each day, avoid the chasing of the beast, listening to dad narrate the same story every night, living static lives in a cave. Eep is the elder daughter and she is a curious girl who opposites Grug's character, she does not satisfy the life stay in this single cave. Eep intents on chasing the novelty of the world outside the cave. But they don't expect the sudden end of the world coming, the cave has been destroyed, the family is forced to leave their homes and start a new journey.

Most of the people have been attracted by Eep's adventurous spirit of discovery, so do I. In this film, you can easily find the differences between Eep and Grug, one is always adventurous and loves fresh but another always worries about everything that could be risks and expects a lifetime to stay in the safe cave. Eep's past exploration was always relentless opposed again and again by her father. Although he knows there's a greater and more colorful world outside, perhaps fear of the unknown overcomes courage before, Grug did not take that step. Of course, he can never imagine how exciting is the magical world outside. Discovery, makes all the sweet dreams come true.

In reality, We sometimes stop moving forward because of fearing falling or injury. Our old shelters can protect ourselves from hurt indeed, but it also prevent us finding more beauty. Just as the Croods family, when they step out the cave, they discover many new animals, new tools and new life. In our lives, we change our lives and discover more wonders step by step. We are growing up, not just a fragile baby needs parents' protect, we change our appearance, characteristics and more things. If we compare life to a long and wonderful trip, that all the things bring you wonder you will need to use eyes to discover.

Discover. Yes, all the things need discovery. If we don't have the ability of discovery, we will still live in the caves like the Croods family, we won't have bikes□planes even spaceships, we can't eat yummy foods all over the world..... Maybe when I'm speaking here, you can see how important "discovery" means to us, so, use your eyes and heart to discover all the wonders.



# My life in China



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ries about life in China, and what it's like to live here. Because it is such a big country, I was worried that I would be lost in a sea of people, treated like a stranger. But that has not been my experience here at all.

*By AMZ class3*

When we arrived in China, the first thing I noticed about life in China was the difference in weather: In Ireland, it rains every day and is very cold, but in Hangzhou, the weather is very hot, and I look forward to the rain! People also dress very differently – they wear much nicer clothes.

The girls also carry parasols, to keep their skin pale. I thought this was really unusual! In Europe, girls try to make their skin darker! The grass is always greener on the other side. The second thing I noticed about China is how people drive. The way Chinese people drive is crazy! They drive very

quickly and don't pay much attention to traffic lights. The roads are also much busier. We visited Shanghai during the Dragon Boat Festival, and went to the shopping district there. There were a lot of people.

China is extremely busy. The pace of life is much faster. When we drove to and from Shanghai, the roads were jam-packed with cars everywhere. I learned that during the Dragon Boat Festival, people don't pay toll on the road, so many Chinese people drive on the road to visit family during this time.

The food is also very different here. I was surprised when I first visited a Chinese restaurant, because the food is served on a carousel, and we have to take small portions off with chopsticks, which can be very difficult! However, I feel like this is a good thing, because it makes us eat in smaller portions, but still feel satisfied. On top of this, we also eat on smaller plates, which make meals look bigger. It's very psychological!

The food itself is also something I am not used to. I have never eaten fish and chicken at the same time! I have also never eaten so much rice in my life, but I really love rice so I don't mind. We're often served a local specialty of this province, which is the fat of a pig's leg. The girls in my group try to avoid it because they are afraid of getting fat. But I like to eat, so I dig in. Staff in restaurants also treat us very differently here. In the West, staff try to look busy, but staff in China will stand at the table and watch us eat, in case we need anything. It's very unusual! But I like it, because it shows that they care about their customers.

In fact, it is not so surprising considering how Chinese people are – very friendly! I feel like they will do anything for us if we asked them, to make us feel welcome. Chinese hospitality is very good. I can't complain! They are extremely friendly and our host university has done so much for us. Chinese students are also very friendly and eager to use their

English, which is good, because my Chinese is not so good... yet! I am having a great time in China, it is not at all like what I was expecting.