



4 different food for health

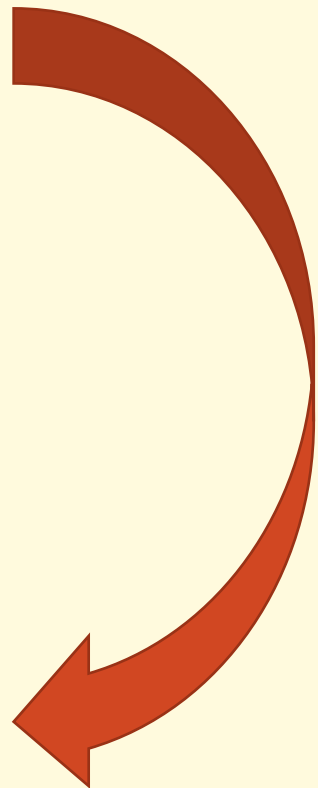
Reporters: Cindy & Caviar & Yvette & Cherry



1

- Cheung Fun
- Steamed Rice Roll

Traditional healthy food in Guangdong Province



2

Health Drink

【饮茶图】

周文矩 南宋



小红书

小红书号：6990484027



Masala Chai



Riverside Scene at Qingming Festival



Cooked cardamom water





stove-boiled tea

3

Guilin Rice Noodles





Status



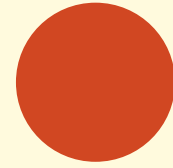
A famous snack originating from Guilin, Guangxi, China.

It is not only a delicious food, but also contains rich cultural connotations.

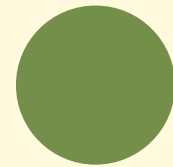
Delicious sour and spicy, smooth and smooth.

Make people feel the aura of Guilin landscape.

◆ Nutritive Value



balance the sour and hot taste, while supplementing the body with calcium and other nutrients.



Choose to add a variety of meat dishes such as mushrooms and shrimp meat, which can increase the intake of protein and make rice noodles more nutritious and balanced

◆ Importance

1

Each bowl of rice noodles seems to tell a story about the landscape and people of Guilin.



2

Not only a part of Guilin people's daily life, but also an important part of local culture.

In short, Guilin rice noodles is not only a kind of food enjoyment, but also a cultural experience. While enjoying this delicious food, we also feel the unique charm and profound cultural heritage of Guilin.

Scallion oil crab

4



Steps



Thanks for Watching!

HZCU-Group 2-Food for Health