

Beijing's essential international family resource

beijingkids

August 2016

Balancing Yin and Yang, Qi and Blood

Eat this and not that with TCM diet tips

Faking Food

From disgusting to completely bizarre

Plus: How East and West parents deal with picky eaters, dairy free yogurt, healthy recipes, and shopping for kiddie snacks



Blend It!

The mix between food, health, and culture



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Challenging Food Culture

I grew up in the Deep South in the United States, where finger-lickin'-good is a common food description. As a broad generalization, Southerners love frying battered meat in peanut oil then downing buttery bread with a big glass of sweet tea. Need your vegetable consumption for the day? Fry that okra and inhale every bud. Whole extended families will come together for "comfort food" and card or lawn games on lazy, hot Sunday afternoons.

This food culture, combined with the sprawl of Southern rural and suburban parts (we need a car even to get simple food items), created a very poor environment for my body. At the very top of the scales while in the US, I peaked at 100kg with an obese Body Mass Index (BMI) of 34.6 (believe it or not, the pictures above do not capture how large I was). As many in the South struggle with joint obesity denial, friends and relatives would reassure me that I was healthy, beautiful, and probably just big boned. I would try diets but soon fail. I just accepted that I would always struggle with weight, mood, and exhaustion.

When I moved to Beijing, I was shocked to discover I quickly lost 10kg (I wasn't still at 100kg when I moved here)! The change of diet, the availability of more diverse farm foods, and the overall lifestyle change made a huge difference in my health. Now I'm at a much healthier BMI 23.3, and I have the luxury and freedom of concerning myself with how I feel and if I like how I look rather than numbers on a scale. I also can enjoy physical activities with my children and keep up with them as they run and play.

The premise for this issue is that food, health, and culture are

all intricately intertwined. The food and lifestyle habits children learn from their families, schools, and cultures will most certainly affect their mental and physical health. According to the Health and Academic Achievement report published by the US Center for Disease Control and Prevention (CDC) in May 2014, numerous studies show a strong link that students' nutrition and lifestyle directly impact academic achievement.

To help you find the right balance, we've packed food resources and recipes into this issue (p11 and p18), tackled some hard-hitting questions (p30 and p38), and given you some cultural food and health insight, especially valuable to new Beijing families (p42 and p46). Whether your family is going to chow down on a western or eastern dish this evening, I hope the experience nourishes every family member.

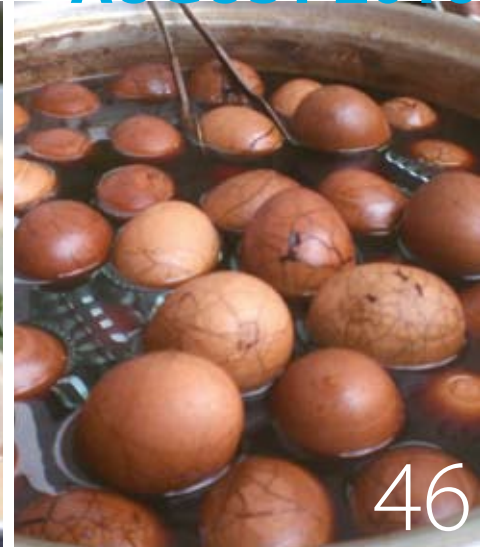
Vanessa Jencks

Vanessa Jencks
Managing Editor



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WOMEN OF CHINA



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AJ Warner

When AJ Warner is not with his two sons, he's coaching Chinese students on how to get admitted to the top 30 US universities. He also guides Chinese families through the process of sending their child to the US for high school and related homestays. Contact him at ajwarner@touchdown.org.cn.



Mike Signorelli

Mike arrived in Beijing in 1994 as a student and has called China home ever since. He has held several senior management roles over the past 20+ years, including his last corporate job with NBA China. Mike is the founder of Signature Wine, China's first independent subscription wine club. Contact him at mike@sigwine.com.



Sara Wramner-Wang

Over the past 20 years, Sara Wramner-Wang has worked in various senior management positions at companies like Ericsson, Ikea, and Oriflame. She is currently the director of sales and marketing and head of admissions for EF Academy International Boarding Schools' Asia operations. Contact her at sarawramner@hotmail.com.



Eyee Hsu

When CCTV talk show host and mom-preneur Eyee Hsu is not chasing after her two kids or the family dog, you might catch her at a Pilates studio, one of the Counting Sheep boutiques, or on TV. Find out more about the baby and maternity retailer she co-founded at www.countingsheepboutique.com.



Want to Join?

We're looking for parents passionate about the Beijing family, kids, and school community. Find out what's in it for you along with the very minimal requirements by sending an email to editor@beijing-kids.com.



ON THE COVER:

Tim (8) from the Ukraine lives in Beijing with his mother and father, Inna and Sergey Krolenko. Tim attends the Beanstalk International Bilingual School (BIBS), knows three languages, and was excited to visit his family in the Ukraine for the summer. Thanks to the Courtyard Institute for providing a location (www.courtyardinstitute.com).

Photography by Dave's Studio

What's New



Sports Star Visits

If you're from China or North America, you probably won't have heard of Mike Gatting, but to the world's two billion cricket fans he's remembered as a fiery competitor involved in many of the game's most exciting and controversial moments. Gatting was at Dulwich College Beijing (DCB) for the Mike Gatting Cricket Festival, an annual event encouraging Beijing's kids to take up the game. You can read our exclusive interview with Gatting on the [beijingkids](http://beijingkids.com) website: www.beijing-kids.com

Leader of the Pack

Beijing's very own Cub Scout Pack 3944 has a new leader. Byron Denney replaces Kenny Jackman, who has moved onto pastures new. The Pack is affiliated to Boy Scouts of America, and gives boys aged 7-10 the chance to take part in fun, character-building activities like hiking, camping, wildlife conservation, and community service. Membership is open to anyone holding a foreign (non-Chinese) passport and a valid visa. To find out more visit the Pack's website: www.beijingcubscouts.com



Harrow Beijing Student's Breakthrough

A Harrow International School Beijing student's genetics research has been internationally recognized. Thatcher, a year 10 student, entered his project into the Google Science Fair global online science competition. Experts deemed it to be a Late-Breaking Clinical Trial, and worthy of showing at Rome's European Society of Cardiology Annual Scientific Sessions in August. A stellar career surely awaits this young scientist.



Ever Get That Sinking Feeling?

You may not be imagining it. Beijing is subsiding at the rate of four inches a year, according to an international team of researchers. The reason is that we are pumping out too much groundwater, while building too many skyscrapers on top. If something isn't done, the subsidence might affect the subway. And you thought the rush hour was bad now!



Beijing Hockey Club Joins the Big League

Kunlun Redstar, Beijing's pro team, has joined the Kontinental Hockey League (KHL), second only in prestige to North America's NHL. KHL's 29 teams are mainly from Russia, but there are also teams from Finland, Belarus, Kazakhstan, Latvia, Slovakia, and Croatia. The deal was signed in the presence of Chinese President Xi Jinping and Russian President Vladimir Putin, which gives an indication of the importance attached to developing winter sports ahead of the Beijing Winter Olympics in 2022. The season begins on August 22, and Kunlun Redstar will play their home games at the LeSports Center (formerly the Mastercard Center) in Wukesong.



Congratulations Jess!

Our very own School Editor Jessica Suotmaa has given birth to a beautiful baby girl. Rina Jade Wang was born in Finland, weighing 3.73 kg. Mother and baby are both doing well, and the new arrival was welcomed with joy by dad Ray and big brother Jax.

Life's a Beach at Chaoyang Park

The grandly named Chaoyang Park Ocean Beach Festival is underway once more, open until August 31. In simpler terms, this means the park's artificial beach and outdoor swimming area are open for the summer. The beach was originally constructed for the Beach Volleyball competition at the 2008 Olympics, using sand shipped all the way from Hainan Island.



August Events

Sat, Aug 13

Royal Canal Boat Tour to the Summer Palace



All ages. Take this boat ride and walking tour for the opportunity to see a bit of everything in the capital, both historical sites and everyday life of Beijing. Cruise along the imperial canal in a traditional-style, motorized canopy boat past Beijing Zoo, Beijing Aquarium, and the Purple Bamboo Garden. Afterwards take a stroll in the Purple Bamboo Garden or head to another boat to the Summer Palace. Please bring your own picnic lunch. Registration required. RMB 580 (per person at the door), RMB 480 (per person advance price), RMB 280 (ages 5-11), Free (under 4). 9am-4.30pm. China Culture Center (6432 9341, info@chinaculturecenter.org)

Sleeping on the Great Wall



Ages 6+. Take a weekend trip to one of the peaceful sections of the Great Wall, which is less touristy, natural, and more untouched with the China Culture Center. The hiking trail is a steep mountain path that takes 2-3 hours to reach the top of the wall. This is a two-day camp, August 13-14. Registration required. RMB 1,200 (per person), RMB 950 (ages 6-11). 8am-5pm. China Culture Center (6432 9341, info@chinaculturecenter.org)

Tea Tasting



Ages 8+. This tea training course introduces six teas cultivated and prepared in different styles from various Chinese regions. Participants learn to select, brew, and taste various teas while being introduced to the history and mythology of tea. They also learn about how tea is entwined with the processes of Traditional Chinese Medicine and what teas are best suited for each season. Another class will be held on August 27. RMB 160. 2.30-4.30pm. The Hutong (6404 3355, 1590 104 6127, events@thehutong.com)

Sun, Aug 14

Nutritious and Delicious - Healthy Cooking Classes A & B



Ages 8+. Beijing's culinary scene might be daunting for those with dietary restrictions like gluten-free, vegan, and vegetarian. This class focuses on three simple meal and snack recipes that are nutritious, flavorful, and easy to make based on these dietary restrictions. Classes will take place on August 14 and 28. Registration required. RMB 200. 10.30am-12.30pm. The Hutong (1590 104 6127, events@thehutong.com)

Tue, Aug 16

1 Enjoy Tai Chi at That's Mandarin



Ages 5+. Tai chi is one of China's ancient practices, which was developed in the 13th century and still thrives today as a health-promoting exercise. That's Mandarin wants you to have a go. It combines deep breathing and relaxation with slow and gentle movements that will leave you feeling calm and your mind clear. Registration by August 15. RMB 50. 6-7.50pm. That's Mandarin (5218 6432, info@thatsmandarin.com)

Wed, Aug 24

Atelier's Registration for Year 2016/17



All ages. Sign up for various classes that are going to be offered



at Atelier all year long. The classes are Initiation to Art Practices (IAP) for ages 3-4, Art and Chinese (AC) for ages 4-7, Discover Visual Art (DVA) for ages 4-7 years old, Discover Visual Art Extended (DVA +) for ages 6-8, Visual Art (VA) for ages 8-12, Drawing & Painting (DP) for ages 8-12, Fashion Design (FD) for ages 10-15. There's a 10 percent discount available for a one year sign-up. Free to attend. 10am-3pm. Atelier, Sanlitun (6416 1614, 132 4018 4908)

Thu, Aug 25

2 DCB Newcomer's Fair



Adults. DCB invites all newcomers to Beijing to join the annual Newcomers Fair to learn about living and surviving in Beijing at their Legend Garden campus. Free. No registration required. 9am-noon. Dulwich College Beijing (6454 9068, Flora.Zhang@dulwich-beijing.cn)

Sat, Aug 27

3 Roundabout Book Fair at BSB Shunyi



All ages. Thousands of gently used books for the whole family in many languages and genres are up for sale. All proceeds go to raise funds for Roundabout's charitable endeavors. Free. 10am-3pm. The British School of Beijing, Shunyi (8047 3588)

**Editor's Pick****Dining****Playing****Learning****Community****Living****Health****Parenting**

Want your family-friendly event to appear
in our September issue?

Upload it at www.beijing-kids.com/events by **August 12.**

**4****6****5****Sat, Aug 27****4 SuperWAB Community Picnic: Hero Time!**

All ages. WAB welcomes the entire Beijing community to Tiger Field for a superhero-themed afternoon of fun in the sun that's bound to be filled with games and activities for the whole family. Food and refreshments from your favorite restaurants will be there, too. Free. 3.30-6.30pm. Western Academy of Beijing (5986 5588)

Mon, Aug 29**INN Arrival Survival**

For adults. Listen to veteran Beijing expats share their wealth of information about Beijing and how to get the best out of your new home away from home at the annual International Newcomer's Network Arrival Survival meeting. Meet other newcomers and long term residents then head to a Chinese restaurant for brunch. Open to foreign passport holders only. RMB 50. 10am-noon. Capital Mansion Athletic Club (www.innbeijing.com)

ONGOING**O'le Climbing Summer Camp**

Ages 15-19. O'le Climbing will be offering indoor and outdoor adventure summer camps for students during the summer holiday. Various activities are ready for this summer from indoor rock climbing to an outdoor camping trip, all activities lead by professional and qualified instructors. This camp takes place

from August 8-12. Registration required. RMB 4,500 (includes equipment, admission, transportation, and food for two camp days). 10am-3pm. O'le Climbing (150 0137 1016, oleclimbing@gmail.com)

5 Shaolin Temple Experience

Ages 16+. The CCC offers a Shaolin Temple Experience program for an opportunity to study kungfu inside the famed Shaolin Temple with genuine Shaolin warrior monks and to explore life and culture both inside and outside the Temple walls. The seven-day program features daily taichi, qigong, kungfu, daily training on how to apply the techniques, and a guided temple tour and sightseeing excursions. Prices include travel expenses, meals, training, accommodation, and a free outfit. Tours are led by native-English speaking guides. This will be available from August 7-21. Registration required. RMB 5,188. China Culture Center (6432 9341, info@chinaculturecenter.org)

6 Culinary Market Tour

All ages. Every Saturday and Tuesday, The Hutong leads a culinary walking market tour to help expat residents create their own Chinese kitchen, as well as to get over the intimidation and confusion of the Chinese food market. Registration required. RMB 200. 10am-noon. The Hutong (159 0104 6127, events@thehutong.com)

PHOTOS: COURTESY OF WAB, DANIEL BLOUN, AND CATRINA (FLICKR)

SAY HELLO TO BEIJING'S SMALLEST

Want to share your new arrival with our readers? Email a photo (at least 1MB in size) of your little one with their full name, nationality, birth date, hospital, and parents' names to editor@beijing-kids.com. Due to space constraints, we will only publish photos of babies born in Beijing after February 1, 2016.



Celyn Oliver Benjamin Morgan

Welsh. Born on Dec 13 to Jessica and Eurin Morgan at Beijing United Family Hospital.



Janice Joyce Davison

American. Born on Mar 14 to Chris and Dawn Davison at the Oasis International Hospital.



Changqing Mu

Chinese. Born May 9 to Jiangwan Li and Lianchao Mu at GlobalCare Women and Children's Hospital.



Muen Li

Chinese. Born on Feb 21 to Judy Zhao and Wen Li at Beijing Maternal and Child Healthcare Hospital.



Ivanna Angélica Méndez Zerpa

Venezuelan. Born on Oct 4 to Andreina Angelica Zerpa Delgado and Marcos Vinicio Mendez Hernandez at Beijing United Family Hospital.

Yay for Yeyo!

Dairy Free Coconut Yogurt

by Anjana Kainikkara



Auckland native Christiana Zhu proudly calls herself a 'Chiwi' (a Kiwi of Chinese ethnicity). She decided to move to China in 2014 to explore the Chinese market. Initially hired by WildChina for a project, she eventually stayed on as head of marketing.

The move to Beijing significantly impacted her physical health. She developed allergies and severe eczema as her body adjusted to the air, environment, and food. In an effort to manage her allergies, triggered by severe lactose intolerance amongst other factors, she experimented with different solutions. She then discovered coconut milk based yogurt, which helped reduce her skin related issues.

"My friend made coconut yogurt for me and taught me to make it for myself, as it wasn't available anywhere in China, not even on Taobao. I wanted to share it with friends in the hope of opening their eyes and minds to new healthy options for people with food allergies in Beijing", Christiana tells us.

"I started taking it to parties and gatherings. It slowly got popular and then, urged by my supportive friends, I tried selling it at Farms to Neighbors farmers market. I really did not expect it to be such a huge hit. I sold out every single time and started getting we chat orders for the week", she adds.

There is a huge demand in Beijing for dairy free products, especially yogurts. Expanding to the Hatchery has helped with wider visibility for the yogurt.

Christiana says that she hopes to combat the negative reputation that a lot of healthy foods often get in the taste department. When it comes to good taste, people often almost instinctively turn away from foods labelled "vegan", "gluten free", or "dairy free", and she wants to change that, and show that these foods can also be fun and delicious.

Yeyo's main ingredient is coconut milk, which is a superfood, and complemented by digestion-enhancing probiotics, can be a great addition to a wholesome diet, according to Christiana. However, one drawback of coconut yogurt is that it contains more fat than regular yogurt made from cow's milk, but Christiana says that "it's quality and not quantity of calories that matter for a healthy diet, and coconut fat sure has the quality factor."

Coconut fat contains medium chain saturated fatty acids instead of long chain fatty acids, which makes it easier to digest, and because coconut oil is thermogenic it increases energy expenditure and can speed up metabolism, Christiana says. Furthermore, because coconut reduces inflammation

it facilitates bowel movement. Christiana says that there are also three different strains of probiotics in the yogurt to support digestion.

Lastly, the lauric acid in coconut milk boosts immunity and the calcium, minerals, essential fats, amino acids, and vitamins in the yogurt also helps maintain healthier hair, skin and bones, Christiana says, strengthening them through nourishment.

Yeyo is only six months old and very much in its infancy.

"The most challenging part is to find the time and energy to keep it going. Yet, every time I feel tired and get tempted to scale back, I get a message or feedback from some client telling me how much they enjoy my yogurt, how they've not had yogurt for years due to allergies and can't thank me enough for making it available to them. They send me a picture with their yogurt! That re-energizes me and helps me plough through, to keep going."

There's no competition for her yogurt in the Beijing, especially because it's also unsweetened yogurt, which is hard to find in China. She offers dairy free yogurt, with the consistency of a Greek style yogurt in three flavors every week. Two are standard, the pure yogurt and yogurt with a little bit of honey at the bottom. The third flavor varies every week, with seasonal fruit compote at the bottom to make it interesting.

The yogurt comes in glass jars of 150ml for RMB 30 or a pack of four in a cooler bag for RMB 100. You can get a discount for recycling glass jars to reduce wastage. A delivery fee varies based on your location and it needs to be delivered to your door within an hour, for it to be fresh. It's usually around RMB 16 for CBD area and RMB 24 for Shunyi. And that name? It's simple. Yeyo comes from the Chinese words 'ye' for coconut and 'yo' for yogurt!



Find Yeyo's products at Farm to Neighbors Farmers Market every Saturday and Sunday, on sale at Hatchery, or order via Wechat (yeyo-yogurt). RMB 30-100.



Summer Smoothie Recipe

Get in the Green

by Jessica Suotmaa

This green smoothie is full of vitamins, minerals, and fiber - a great way to add nutritious greens to your kids' diet. The flaxseeds give it Omega 3 fatty acids and high quality protein. The nutritionist at FS Juice, a joint partnership between Chinese locals and American expats based out of Shanghai, put this together for our readers. You can find the exact juice at fsjuice.com or replace it with your favorite juice. Just check the ingredients list to make sure there is no added sugar.

Drinking this green smoothie or one like it will help you stay satisfied longer, as well as give you a full of nutrients to keep your energy level high and brain more focused and alert.

Ingredients:

- 1/2 cup spinach, loosely packed
- 1 cup Mango and Orange FSJUICE
- 2 teaspoons of ground flaxseeds
- 1/2 teaspoon of cinnamon powder
- 1/2 cup organic plain yogurt
- 1/2 cup water or ice cubes (optional)
- Blend everything together till smooth.



This first appeared on our website, www.beijing-kids.com, where brand new articles are posted seven days a week.

PHOTOS: COURTESY OF FS JUICE



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CANADA McGill, Queen's, UBC, U of Toronto

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at London Loft

by Nimo Wanjau



The carefree, stay-at-home-mom of two, Vilma Busquets, moved to Beijing five years ago with her family after her husband, John Lydon, got a job at China Daily. Her two sons, Armando (age 19) and Salomon (17) Lydon-Busquets attended and attend respectively the Beijing No.55 High School International Students Section.

Busquets doesn't have a skin care routine as she says, "I don't have the patience for that." She wears her hair the same way for months on end, as she's more of a "wash-and-go" kind of person. She hasn't had a haircut in the last two years and was ready to step out of her comfort zone with a drastic new look. She was unperturbed about the makeover as she knew she was in good hands with London Loft's creative duo, Scarlett Salmons and Phoebe Gao.

Salmons and Gao recommended Busquets for the makeover and were ready to do something special. On a nice summer morning, Salmons gave Busquets a consultation at their new location on Xinzhong

Lu on the fifth floor of the same building as Juice by Melissa. Salmons wanted to give Busquets an asymmetrical pixie cut and says, "Summer needs shorter hair to look and feel lighter." Busquets knew that she was in very capable hands and wasn't worried one bit.

As for her color, Gao was going to darken her hair then give little splashes of colors red, orange, and blonde. These little splashes of color gave Busquets a youthful look. On her phone, Busquets showed us a photo of her sons holding her up on a skateboard and says, "Looks like fun but I can't risk the fall." She got a manicure at the salon and was very pleased by the results.

Her husband and sons were happy with her new look and thought she looked really hip. She definitely plans to go back.



Step 1

Hair is washed then cut to make it easier to color properly.



Step 3

Salmons applies concealer, blue mascara, lip stick, and a little blush to get a minimalist look with pop. Salmons says that active people who are going to be out all summer need to wear little makeup to avoid it getting ruined easily. Finally, hair is styled.

Step 2

Gao first takes sections of the hair at the front and back to use for different colors as highlights, then colors the rest of the hair with a darker brown.



London Loft Daily 9am-8pm. Unit 501, 5/F, Bldg 1, Dongwai Mansions, Dongcheng District (WeChat or SMS 1352019 9568)
北京市东城区新中东路3号院东外公馆1号楼501

1, 2, 3... JUMP!

Bounce into the new party venue at Latitude Trampoline Park.

by Anjana Kainikkara

Australian trampoline park chain Latitude recently opened its first China branch in Shunyi, and already it's become a favorite for parties and birthdays. Located on Anping Street, the activity center not only has an array of trampolines, it also boasts climbing walls, obstacle courses, a dodgeball court, and lots more to keep your spirits lifted and test your gravity defying skills.

You can work with staff to plan a party and have them arrange everything you'll need for a price that varies based on each party's requirements, or you could just book the venue ahead of time and bring everything you need for a party with you.

Feedback from parents who've held parties there has been mostly positive. They all talked about how great the activities were and how much the kids loved it. Some were concerned that there were older kids in the same area as the younger ones, although they agreed that overall, the venue was in good working order and felt quite safe. A lack of adequate English-speaking staff was another issue; however Latitude makes up for it by assigning numerous staff to your party, to ensure you have enough hands on deck to manage a group of excited and boisterous kids.

Overall, parents were pleased with the fun activity options, the upbeat music that keeps enthusiasm levels high, and the overall atmosphere.

Mon-Fri: RMB 108 per hour (RMB 98 for members)

Sat- Sun: RMB 138 per hour (RMB 128 for members)

Group price: Two people or more can enjoy an RMB 15 deduction each

Parent-kids price: From Mon-Fri one adult at full price can take one child that is up to 1.1 meters tall for free

**NOTE: We understand from Latitude that these prices may change after summer.*

Mon-Fri 10am-9pm, Sat-Sun 9am-10pm. 3 Anping Street, Houshayu, Shunyi District. (8047 6556, service@latitudechina.com.cn) www.latitudechina.com.cn 北京市顺义区后沙峪安平街3号 (枯柳树环岛国门一号)





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What's on your plate?

Healthy Meals at a Glance

by Melissa Rodriguez



Naturopathic Medicine uses various natural therapies to help prevent illness and treat disease. For me, the most basic natural therapy that can be used, the most important of them all, is nutrition. Our diet is the very foundation of our health. The food we eat and the nutrients found within are the building blocks for our body. Our cells are constantly regenerating, so we need to give our body the best raw materials possible. We need these nutrients for everything from muscle contraction, to nerve conduction, to energy production.

At a most basic level we need to consume 3 types of macronutrients; these are carbohydrates, proteins, and fats. All of these are necessary for health, but we have healthy and not-so-healthy options within these categories. For example, good fats are things like flax seed oil, extra virgin olive oil, and fish oils which are high in omega 3 fatty acids. Unhealthy fats are things like trans fats (found in packaged foods) or saturated animal fats like lard. The most important thing I want to emphasize here is that we need not fear fats in moderation, especially good fats. There is also another "nutrient" that we must consume not just to be healthy but to survive, and that's water. It doesn't provide nutrition but it is essential to health, and in my experience most of us just don't drink enough.

So now that you know the big picture of what nutrients we need, let's talk specifics. What exactly should we eat? There is a very easy way to help guide our food choices for healthy eating called the plate method. I often use it with my patients. This method has been adopted by the Diabetes Association in the US and the USDA Center for Nutrition Policy and Promotion (CNPP). Essentially when sitting down to eat your food; you can easily look at your plate to determine if it's a healthy meal.

Half the plate should be filled with vegetables. Here I include all kinds of colourful varieties, including leafy greens, which are nutrition powerhouses high in iron, Vitamin C, Vitamin K, and calcium. One fourth of the plate should be composed of protein; this can be from animal or vegetable origin. Good vegan sources of protein include beans, peas, tofu, lentils, and nuts. The last fourth of the plate should be filled with a healthy carbohydrate. This should ideally be from a whole grain food like, brown rice or whole wheat pasta. Another option for healthy carbohydrates is starchy vegetables like sweet potato, pumpkin, and corn.

Got a question?

Dr. Melissa Rodriguez is a naturopathic doctor and mother of two, who works at Beijing United Family Hospital. To find out more, check out her website at www.drmelissarodriguez.com



There is a very easy way to help guide our food choices for healthy eating called the plate method.

This way of healthy eating is beneficial for all members of the family, but they are guidelines, so there is still flexibility. For example, for children we can be more relaxed in terms of fats and carbohydrates. It's okay if half their plates are filled with pasta. I also haven't specified fruit in the plate, because I often recommend fruit as snacks. The most important point to note is that eating more fruits and vegetables is the key to health.

Bon appetit!



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A Life Hacker's Guide to a Healthier Meal

China's new food guide compared to two countries on either side of the health scale

by Nimo Wanjau

CHINESE BALANCED DIET PAGODA (2016)



Salt <6g
Oil 25-30g

Milk and dairy products 300g
Beans and nuts 25-35g

Meat 40-75g
Aquatic products and seafoods 40-75g
Eggs 40-50g

Vegetables 300-500g
Fruit 200-350g

Grains and potatoes 250-400g

Water 1,500-1,700ml
6,000 steps everyday

A 29-year study published in the *European Journal of Preventive Cardiology* found that 17 percent of boys and 9 percent of girls in rural China were found to be obese, while the number of overweight children had risen from 0.7 percent to 16.4 percent for boys and 1.5 percent to approximately 14 percent for girls according to a report in the *South China Morning Post*. The study published this April collected data from Shangdong Province and paints a grim picture of the future of China.

Rapid socioeconomic changes and the adoption of western lifestyle diets were named as likely contributing factors that have led to this increment. Dr. Gary Sackrison, a Staff Physician at Vista Medical Center, moved to the city 8 months ago with his family from Southern California and says, "Exercise can't be overstated. Over the last 30 years, Chinese citizens have moved away from biking and walking everywhere to now more and more owning cars."

In June, China's National Health and Family

Planning Commission released a revamped food guide that set a limit on sugar of "no more than 50 grams," according to an article on just-food.com. Dr. Sackrison adds that it's a good thing to see the government putting the guidelines in place but the major concern is with adherence since obesity is exploding in China.

Compared to the last food guide, which was released in 2007, adults were recommended to consume 300g-500g of vegetables, while the new version suggests a 50 percent daily vegetable intake. Animal meat has been lowered from 50g to 70g in 2007 to 40g to 70g, also fish and shellfish products from 75g to 40g. The good news for egg lovers is consumption has been upped from 25g in 2007 to 40g. Adults are asked to drink at least 1,500 milliliters (ml) of water a day also up from 1,200ml in the 2007 version. Dairy products remain unchanged at 300g.

Dr. Sackrison states, "Looking at these guidelines, I can't be critical of them. They allow for a bit more sodium than in the US,

but they're much more aggressive in cutting out refined and processed foods."

The Rest of the World

On a list of the World's healthiest countries ranking, a report compiled by Bloomberg and generated using data from the United Nations (UN), the World Bank, and the World Health Organization (WHO), China ranked the 55th healthiest with an overall score of 53.55 percent. Towards the end of last year, Singapore topped the list, with Italy and Australia coming in second and third. The most obese country in the world is Palau according to a research study done by Ramon Martinez, a technical specialist in health metrics for the WHO. The ten most obese countries are mainly from the Pacific Islands and Middle East.

The Food and Agriculture Organization of the United Nations collects and reviews over 80 countries' food guides from both the healthiest and obese countries and acts as advisors to countries to developing and updating their food guides. Countries picked for

PHOTOS: COURTESY OF CHINA'S NATIONAL HEALTH AND FAMILY PLANNING COMMISSION AND AUSTRALIA'S NATIONAL HEALTH AND RESEARCH COUNCIL IN THE DEPARTMENT OF HEALTH AND AGEING

comparison to China are Australia and the United States. Australia is the only country of the top three with a food guide. The US is notoriously obese, but ranks as the 12th most obese country in the world.

Australia's Food Guide

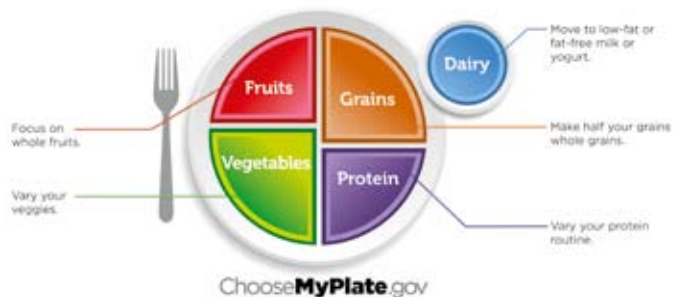
The Australia food guide uses a five-sectioned plate (check the diagram), the five food groups represented are grain cereal foods, vegetables and beans/legumes, fruits, lean meats and poultry, fish, eggs, tofu, nuts and seeds, reduced fat dairy products and/or alternatives. Similar to the Chinese version, there's a recommendation to drink plenty of water. In addition to this there's the recommendation to consume oils in small amounts. Also the recommendation is that alcohol and highly processed foods such as those high in sugar, fat, and sodium be consumed infrequently in small amounts.



US's Food Guide

The US Department of Health and Human Services and Agriculture released the 2015-2020 dietary guidelines called MyPlate, which aims to influence citizens to make healthier choices. The guideline recommends amounts of daily nutrient-dense foods to be consumed from the five food groups and subsequent subgroups. The additional information focuses on allowance of oils and limited consumption of added sugars, saturated fats, and alcohol. Like the Chinese and Australian guides, there are additional recommendations on exercise and water and alcohol intake.

These food guidelines are meant to assist in the development of nutrition policies and educational messages by policymakers, nutrition educators, and health care professionals. In countries like Australia and the US fast food stores disclose the number of calories of each meal.



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Snack on That

Healthy morsels bought with a click or push of a button

by Anastasia Levina

For the culinary challenged or downright 很忙 hěn máng (very busy), feed your troupe these healthy snacks without a gram of regret.

Dali Bars is an American-owned company located in Yunnan province and specializing in easy-to-pack snack bars, similar to popular hiking bars. The 40g sized bars come in three flavors: Cocoa Almond, Cranberry Coconut, and Fig Hempseed. They are made of either imported or organic domestically sourced ingredients, and cost between RMB 12-15 per bar, free shipping included. Dali Bars can be purchased at Chez Gerrard and Yoga Yard stores, or online (info@dali-bars.com) or phone (0871) 6552 5511).

Chez Gerrard: 40 Jianchang Hutong, Dongcheng District. (6415 0118) 东城区箭厂胡同40号.

Yoga Yard: 6/F, 17 Gongti Beilu, Chaoyang District. (6413 0774, info@yogayard.com) www.yogayard.com 工体北路17号6层



Bushao is dedicated to producing delicious, nutritious, and natural snacks. "Raw" food, fruits and vegetables dehydrated at low temperatures are available along with baked goodies, mainly based on oats, nuts, and seeds.

Vegetable and fruit crackers, kale chips, and other snacks are made with both local and imported ingredients. Neither preservatives nor artificial colorings disgrace these snacks. Prices range from RMB 20-35 per pack with free delivery for orders over RMB 100.

Order via phone (186 1185 1983) or WeChat ([bushao2015](https://www.wechat.com/bushao2015)).



Mantra Bars produces natural energy bars made with nuts and dried fruit, free of refined sugar and additives. These snacks are perfect as a grab-and-go meal replacement for busy summer days, and are a smart solution to sugar cravings.

Available in three flavors: Cinnamon Cocoa, Lemon Ginger, and Coffee. All ingredients are natural and free of gluten and dairy. Sold

at markets (like Farm 2 Neighbors) in individual packs (RMB 15). Also available for delivery in six-packs at RMB 80 and RMB 15 delivery fee.

Order via WeChat ([mantrabar](https://www.wechat.com/mantrabar)).



Miss Muesli aims to produce perfect combinations of oats, fruits, nuts, and seeds, best for breakfast or snacks for the whole family. Bars, granolas and muesli come in different options and mixes, priced at RMB 48, RMB 90 per 1 KG, RMB 45 for 400g, respectively. Miss Fruit Fever and Miss Honeyberry are kid favorites, with customization options for picky eaters. Ingredients sourced from around the world: Australian oats; Chinese goji berries; fruits, nuts, and seeds from the USA, Germany, Turkey, and the Philippines.

Miss Muesli 燕麦小姐
Tue-Fri 3-8pm, Sat-Sun 11am-6pm. 42 Xiguan Hutong, Dongcheng District (188 0116 8480, contact@missmuesli.cn, WeChat: [missmuesli](https://www.wechat.com/missmuesli)) www.missmuesli.cn 东城区细管胡同42号



PHOTO: COURTESY OF DALI BARS, MANTRA BARS, BUSHAO, AND MISS MUESLI



Manna Source is a start-up aiming to encourage intelligent and sustainable eating. Organic kale chips come in three flavors: Garlic, Onion, and Honey. A Shunyi farm provides the kale while cold-pressed coconut oil, honey, garlic, and onion powder are shipped from USDA Organic certified companies. Prices range from RMB 45 for a single pack up to RMB 230 for a discounted jumbo multi-pack.

Order via phone or WeChat (156 0123 2255).



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Tribe might not primarily be well known for snacks, but if you plan to get one of their trendy take out meals, you might as well order snacks, too. These options are best for older kids and teens, although granola loving little ones might enjoy the Peach & Ginger museli for RMB 38. Fig & Chai and Salty Nuts & Olive Oil are two other flavors available at the same price. Protein bars come in a three packs for RMB 28 and are made with whey protein powder, organic oat flour, dark chocolate, and maple syrup. The ingredients are all from organic suppliers in Beijing.



Worker's Stadium: Bldg 3, China View, 2 Gongti Dong Lu, Chaoyang District. (6431 9289, WeChat ID: tribenutrition)
www.tribeorganic.com 朝阳区工体东路2号中国红街3层
Lido: Lido Place, Unit B-103, 6 Jiangtai Road, Chaoyang District. 朝阳区工体东路2号中国红街3层.

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Mrs. Shanen's

Sometimes a healthy diet needs a bit of wiggle room with American comfort food

Text by Anjana Kainikkara

Photos by Dave's Studio



Annika Norberg (7) gets ready to dig in at Mrs. Shanen's

Run by a Chinese-American native of Brooklyn, New York, Mrs. Shanen's offers cream cheese bagels in a variety of flavors, including jalapeno cheddar, sesame, and cinnamon raisin. Their mostly organic food menu also includes toasted muffins, smoked salmon, soups, salads, sandwiches, artisan pizza, burgers, falafel, and pasta. Loaves of bread can be purchased for home; their Challah bread is in high demand and should be ordered beforehand for pick up on Fridays. Produce and other organic products from the owner's other venue, Green Cow Farm, are also available.

This month's food critic, Annika Norberg, 7, studies at Springboard International Bilingual School (SIBS). She was accompanied by her mom, Sara, and months old little brother, David. Sara and Nathan Norberg moved to Beijing from Alaska four years ago. Annika is their only daughter in a family of five kids, and Sara joked that she truly is the princess of the family.

Their kids have fairly adventurous palettes and are mostly open to trying different cuisines, but comfort food for them is typical American food, such as grilled cheese sandwiches, macaroni and cheese, and pizza.

Although Annika's favorite dish is pizza, Mrs. Shanen's menu has plenty of American comfort food so Annika had a hard time deciding what to order. In the end she went with macaroni and cheese (RMB 40), a hot ham and cheese sandwich (RMB 50), waffles (RMB 45), a sunny side up platter with a side of home fries and bacon (RMB 65), and lemonade ice tea (RMB 35). Sara ordered a plain pizza (RMB 20 per slice) to share and a cup of coffee (RMB 20).

While we waited for our food, we chatted with Denise, the friendly face of Mrs. Shanen's, who took our orders and relayed it to the kitchen. She is

known by all regulars, and mothers everyone like only a grandmother would.

Annika devoured the mac and cheese before Sara could get a chance to taste it. She paused for a giant gulp of the lemonade ice tea, which she told me was "lemony and refreshing." She described the mac and cheese as "cheesy, gooey, and melted in the mouth." When I enquired if the sandwich was good too, I got an enthusiastic nod before another bite. When the waffles arrived with the sunny side up egg, Sara commented on how appetizing it looked, reiterating that both Annika and Sara loved the presentation of all the dishes. Sara also added the pizza was really very good, with the right amount of cheese, sauce, and basil.

Annika gave Mrs. Shanen's a five star rating and promised to bring dad and her other three brothers next time.



Family-friendly Facts: Small and cosy, with no free WiFi distractions. Limited outside seating is available on a beautiful day, and a nice play area for little children. Best to come prepared to pay cash as their card machine often doesn't connect.

Mrs. Shanen's

Sun-Thu 7:30am-8pm, Fri-Sat 7:30am-8:30pm. 5 Kaifa Jie, Xibaixinzhuang (next to Capital Paradise), Shunyi District. (80464301) 顺义区西白辛庄开发街5号 (紧邻名都园)



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Go West Young Man (and Woman)

A day out at Nangong Scenic Area

by Andrew Killeen

Nangong Scenic Area is located 20 miles southwest of the center of Beijing, in Wangzuo town, Fengtai district. That's quite a trek if you live in Chaoyang or Shunyi, but the numerous attractions make it well worth a day trip.

At the north west corner of the resort is Thousand Spirit Mountain (千灵山). As the name suggests, it's a place of pilgrimage for Buddhists, with cave shrines dating from the Sui and Tang dynasties. At 699 meters above sea level, it's a challenging hike up to the obligatory plump, smiling golden Buddha at the top. Reward yourself afterwards by relaxing at the beach of picturesque Blue Dragon Lake Park (青龙湖公园) – or just go there in the first place!



Nangong is a spa resort, and you can take the waters at the Nangong National Hot Spring Health Park (南宫民族温泉养生园). As well as the spa and massage facilities, there are indoor and outdoor pools and water slides. Even more aquatic fun is to be had at Nangong Hot Spring Water World (南宫温泉水世界), where a wave pool, a pirate ship, river rafting, and a Hawaiian beach await you. Serious swimmers can take the plunge into the international standard pool, where you can try to beat your PB for the 50 meter freestyle!

BEIJING NANGONG HENGYE COMPANY



The biggest attraction for younger children will no doubt be the World Botanical Amusement Park (五洲植物乐园), opened in October 2015. Their Parrot Garden features nearly a hundred different species of parrots, some of which will greet you with a cheery “你好!” (nǐ hǎo) or even “恭喜发财!” (gōng xǐ fā cái) “Happy New Year!” The greenhouse is divided into eight areas, including a butterfly spring and a flower garden. Kids can drive miniature cars around a model city, or run wild in the rainforest themed play area. Building with sand is always fun, but how much more so when you’ve got your own mechanical digger! And the whole family can go on a jungle ride along the kilometer-long track.

Resources:

Nangong Scenic Area

南宫景区北京市丰台区南宫南路

Getting there:

From the West Third Ring Road, take the G4 Jinggang'ao Expressway (Beijing- Hong Kong- Macau). Leave the Expressway at the S315 Jingliang Road. Turn right onto Nangong Yingbin Road, until you arrive at South Nangong Road.

Buses 321, 339, 662, 983, 971, 917, 458, 459 or 91. Taxi fare approximately RMB 100 from the city centre.

Nangong Hot Spring Water World, 南宫温泉水世界

RMB 98 (children under 1.4m RMB 78.) Monday-Friday 10am-9pm, weekends 9am-10pm. 8331 6030

World Botanical Garden, 五洲植物乐园

RMB 30 (children under 1.2m free). Rainforest Mischief: RMB 50/ person / day. Mini driving: RMB 30/ car / session. Jungle Coaster: RMB 30/ car / ride. Sand Park: RMB 20/ person. Weekdays 9am-5pm, holidays 8am-5pm. 8331 6030, www.nangonglvyou.com

You can dine on locally grown vegetables, surrounded by exotic plants and soothed by the sound of the waterfall, at Quanyi Park Farm (泉怡园农庄). And if you want to make a weekend of it, there are numerous options for staying over, from the grown up luxury of the five star Hot Spring Resort Hotel, to the cartoon themed kids' rooms at the Water World.



veggie quilts

Remembering the healthiest of foods with a stamped pattern

By Vanessa Jencks

SMIC EK Homeroom Teacher Keri Vineyard helps hold up Lillian's yearlong quilting project.

PHOTOS: LINH PHAN

Lillian Li (age 6) beams with pride as she lifts her quilt full of reminder squares based on this year's kindergarten activities. Keri Vineyard, the English Homeroom Teacher at SMIC Private School and Kindergarten, chose veggie stamping because it's a great way to remember discussions about a healthy, balanced diet.

Originally from the US and with SMIC for 5 years, Vineyard has the freedom to incorporate her own passions of quilting and sewing into the Kindergarten curriculum while encouraging student choice.

"We started with sewing. I've seen leaps and bounds in their fine motor skills and now their handwriting is incredible."

Li makes a few stamps then hesitates, "How many?"

"How many do you want to do?" Vineyard

responds.

Li lets us jump in to help create the pattern then she becomes absorbed in giving the bell pepper flowers all apple wedge eyes, noses, and mouths.

Li uses her fingers to smear some of the heart prints she deemed too messy.

"I want them to know the process – tinting, shading, filling the space, and being intentional about what they're doing while helping them to appreciate and create their own art," Vineyard explains about the department's overall vision to incorporate art into the classroom.

Vineyard mentions this can be modified with watercolor and paper, though all materials for this version are available in China. *Note: acrylic will not wash out of clothes, but luckily for Li, comes off of fingers and hair.*

Estimated time:

30 minutes

Suitable for:

Age 3+ (adult assisted)

Materials

- Vegetables and fruits
- A knife
- Acrylic paint
- Paint tray
- Fabric
- Newspaper for underneath the fabric

Instructions



1 Using a pencil, draw a shape into the skin of a potato.



2 With the adult's help, cut into the potato to make a stamp. (Use vegetables and fruits like corn to make patterns or bell peppers for natural shapes like flowers.)



3 Using a brush, apply paint directly to the veggie stamp. Alternatively, put paint in the tray and press into the paint using the stamp.



4 Press evenly onto the fabric.



5 Repeat!

Dish It Out

The British School of Beijing Shunyi and the House of Knowledge present their nutritional agendas

by Jessica Suotmaa





Are schools responsible for instilling healthy eating habits in their students?

Unlike schools back home where a higher order dictates school cafeteria offerings, private international schools in Beijing generally have more control over what foods they offer on campus. However, whether schools are responsible for teaching and encouraging healthy eating habits in our children is up for debate. Some would say that healthy eating habits should start in the home, and would naturally be reflected in a student's choices in school. Others are more worried about their children eating their fill, as nitpicky, finicky eaters might avoid eating altogether when faced with a lack of tasty options. We can all agree that children ought to eat when hungry in order to fuel their bodies and brains for the school day, but how do schools take on the healthy food movement?

To find answers, we approached two international schools for their school lunch policies and procedures. While both reputable, the British School of Beijing Shunyi (BSB) has a large, K-12 student body to serve, and a multinational organization behind it, while House of Knowledge International School and Kindergarten (HoK) runs smaller scale international schools, housing only kindergarten and elementary aged children on its two campuses. The differences do not stop there. Where BSB outsources its massive lunch needs and café offerings to an outside caterer (Eurest), HoK has a full in-house kitchen staff preparing breakfast, lunch, and snacks to its young population. We questioned the two vastly different schools how they determine what "healthy eats" are in today's plethora of health recommendations, nutritional

suggestions, and cultural opinions.

Beijing's international community is so wide and varied that there's bound to be a multitude of culture-specific opinions, food limitations, and other accommodations to be made. Do the schools monitor what is served our children, and how often is this menu reviewed? Are parents involved in deciding what their children are fed?

Healthy Eating is a Habit

Both BSB Shunyi and HoK agree that healthy eating is a habit. Andy Puttock, Principal at BSB Shunyi, explains that with a large student population in an international city such as Beijing, there will be families with "different views about what they want a school restaurant to provide". Regardless, BSB Shunyi believes that children should eat healthily at school because "studies have consistently shown that students learn much better in school if they have a healthy diet; it feeds the brain as well as the body, and enables students to be alert and effective in their studies".

Tara Gillan, Director of Marketing at HoK, responds in agreement: "healthy eating habits have been shown to stabilize energy, sharpen the mind, and improve moods, allowing us to maximize our student performance."

Finally, both schools would agree that it is their responsibility to teach healthy eating habits as part of a holistic education program. Where BSB sees "the way students behave, interact, socialize, play, and undertake routine [...] as an important part of learning," including the way they eat. Gillan states that "healthy eating starts at home



and in school,” reminding us that “children watch and imitate adults; they look to them to learn from them and the environment around them.” Hence why “teachers at HoK sit and eat with students at meals and snack times, acting as role models, exhibiting positive attitudes towards healthy food”. Puttock emphasizes that “if [students] acquire good healthy eating habits in school, it is likely they will take these into their home and their future.”

Criteria for Healthy Food

What constitutes as a healthy, balanced, nutritional diet is up for debate even among nutritionists, dieticians, and physicians — so how do schools decide on what to serve? For many, the responsibility of decision is too heavy for one governing body, and is thus divided into tiers of decision makers.

At BSB Shunyi, for example, the catering partner provides menu suggestions based on the recommendations of their in-house nutritionist. The school then has a Food Committee, consisting of parents, students, and staff members, who meet once a month to discuss whether the menu is healthy, balanced, and appropriate for the students’ developmental needs (especially for the youngest). Comments and criticism from committee meetings are then brought up regularly at the top level management meetings as well as in meetings with caterers.

Other schools might choose their own criteria, deciding for themselves what they define as a nutritionally balanced diet. The school’s opinion on healthy eating is then incorporated into their menus, their classrooms, as well as parent education.

HoK observes the World Health Organization (WHO) healthy diet recommendations, defining a balanced nutrition based on a diet with the five key food groups. The school only serves water (no sugary drinks), and has set water breaks when teachers monitor the children’s

water intake. The menu is then fully reviewed once a year at both campuses with all the teachers, the principal, and the kitchen manager. The bulk of the feedback is from teachers, who dine with the children on a daily basis, and as such are privy to which meals are well-received and which ones hardly get tasted. By dropping unpopular meals, the school can add variety and keep their menu fresh and exciting for the students.

Application of Healthy Food

In addition to balancing the amount of energy and nutrients for the growth and development of their young students, HoK is also careful about their ingredients. With in-house catering, HoK has full control of everything from the menu to the ingredients chosen. They promote themselves as leaving out “unnecessary ingredients such as extra salt, extra oil,” and brand themselves a MSG-free school.

As food safety is a key concern in China, HoK carefully chooses its ingredient sources, opting for certified organic farms when possible, and green label options when in the wrong season. The school kitchen also uses organic rice and flours, Wonder Milk and Wonder Milk sugar-free yogurt, breads fresh from a German bakery, and meats from a licensed butcher.

When schools outsource catering, as BSB Shunyi does, it is up to the caterer to source fresh, safe, and healthy ingredients. The catering company BSB Shunyi is partnered with is the same one used by Keystone Academy. Their daily menu includes at least one Western dish and one Asian special, in addition to their salad bar, bread baskets, and sandwich station. The displayed variety is enough for older students to make healthy choices, according to Andy Puttock, though the school’s management team does routinely keep an eye out on what is being eaten. However, with primary school children, the classroom teachers eat with them to ensure that children are eating well, and to be able



to communicate with parents when children are not.

Giving the Menu a Global Kick

Due to Beijing's international mixture of residents, most international schools will encourage global awareness by incorporating as many international dishes into their menus as possible. BSB Shunyi provides foods such as Indonesian nasi goreng chicken with prawn crackers, Japanese udon noodles, Korean bibimbap, Spanish seafood paella, Mexican chicken tortillas, and British roast pork with jacket potatoes.

HoK also believes that "food and culture are inextricably linked." As such, their kitchen prepares a variety of dishes from around the world, including German schnitzels, Japanese curry, Mexican fajita wraps, and Italian pasta carbonara, in addition to Chinese food. "Encouraging kids to try new foods from other cultures is one way to foster acceptance of diversity and differences around the world and in the classroom," expands Tara Gillan. "Although the students' initial reactions to a dish from another country may be: 'Ew! What IS that?' We always encourage the students to try new things, not only for their health, but also for social education reasons."

Food Accommodations

Whether your child has food allergies or dietary restrictions for other reasons, schools must accommodate them when providing foods to your children. Schools with catering, such as BSB Shunyi, will always offer specific dishes to accommodate religious or other dietary restrictions, such as a vegetarian dish, gluten-free foods, and halal-certified beef, lamb, and chicken. However, all schools, especially those with their own kitchen, have a running list of the allergies and dietary needs of their staff and student body.

As with most schools, the admissions process will require parents to disclose all allergies and dietary restrictions. Oftentimes, this becomes

a private discussion with parents, where the schools will take the time to sit down and properly discuss dietary options, the severity of the allergies, how to treat reactions, and so forth. Parents of children with peanut allergies will be relieved to find that both BSB and HoK are "nut free" schools due to the rise in peanut allergies in children.

Finally Feedback

A part of encouraging healthy eating habits in schools is having food that is appealing to students. If students were to refuse to eat in school, then they risk becoming undernourished, snacking on unhealthy alternatives, or even going hungry. As such, creating nutritionally balanced healthy dishes that the majority of the student body finds tasty could just be the biggest challenge of every school. Whether a school welcomes feedback from students and implements changes in a timely fashion is crucial to student well-being.

At BSB Shunyi, the menu is formally reviewed every month based on feedback from the Food Committee, which consists of parents, staff, and older students. Younger students are given simple feedback forms that are reviewed by school management and caterers. However, it is notable that the menu can be changed spontaneously based on customer demand in informal reviews with the caterer.

The feedback and review process is similar at HoK, where, due to the younger student population, the duty of food critiquing falls on the shoulders of their teachers. Feedback forms allow teachers to rate the meals based on taste, healthiness, presentation, food preparation, among others. Feedback is generally collected for the annual review, but some comments can be taken directly to the cook as they are received.

Although parents and schools can agree or disagree on which party is responsible for foundational eating habits, schools developing these processes ensure healthy, well-rounded diets for every child.

Media Pressure

DCB students weigh the media's responsibility in causing eating disorders

Text by Jessica Suotmaa, Photo by Dave's Studio



Does the Media Cause Eating Disorders?

Teenagers are most media savvy, and also most affected by eating disorders. Seemingly every year the number of children suffering from eating disorders increases, while the average patient age decreases. However, whether the media is responsible for their body image issues and low self-esteem has yet to be proven. Students from Dulwich College Beijing weigh the responsibility of the media, chasing the cause of eating disorders.

Rebecca, Denmark, 17 years old, has been in Beijing for six months

Anorexia nervosa, bulimia nervosa, and binge eating followed by purging have been known to be fatal. So why has the number of patients suffering from eating disorders increased every year since 1999?

Even with the intensified amount of research and increased awareness – many are continuously reaching out to these disorders as solutions. But what are they solutions to? Researchers who have investigated the causes of these disorders have found that they are more likely to occur in perfectionists who exhibit poor self-esteem.

Media is embedded everywhere; 95 percent of the world's population owns a TV set, 1 out of 7 minutes online is spent on Facebook, and 4.2 billion people access social media via mobile devices. These numbers demonstrate not only the ease but also the extent to which media has infiltrated our lives.

The constant overexposure to hyper-sexualized images of both

genders, representing society's "ideal body size" as portrayed through the media, is taking a toll on the way young adolescents see themselves. Photoshop models and filter-layered selfies litter the Internet, filling young minds with unrealistic expectations of "beauty". Young men and women either slave away trying to mirror the lies of the media, or collapse under the pressure of wanting to achieve while placing their bodies in serious physiological harm.

Kelly Brownell PhD, leading psychologist and expert in health psychology, argues that the media creates a "toxic environment in which eating disorders are more likely to occur." With every click and swipe of a finger while on the Internet, celebrity style icons are constantly promoted. Their almost sickly thin physiques, further emphasized by photo editors, have not only become goals, but obsessions for millions of girls across the globe who create blogs, apps and Instagram accounts dedicated to them. Their webpages are titled "How to look like Kendall" and "Thinspiration" filled with content that promotes nothing but unhealthy ideals and diet plans.

Then, we wonder why we are seeing such an escalated number of eating disorders within the "techno-generation."

Miles, France, 17 years old, has been in Beijing for six months

Eating disorders – particularly anorexia and bulimia -- have not been studied extensively. They are serious psychological disorders, a realm of illness that often cannot be pinned to a definitive, singular cause. One popular theory is to blame the media for a rise in the number of teens with eating disorders. Truth by majority opinion is a dangerous path.

The National Eating Disorders Association cites several studies that identify familial support and self-esteem deficits as an underlying cause. The American Psychological Association states that people with eating disorders suffer from "low-self-esteem, feelings of helplessness". The importance of pinpointing the underlying cause of an illness is essential to developing an effective treatment. The essence of the problem in eating disorders appears to lie in an individual's self-esteem, as well as their social circle.

People are far more isolated in today's modern environment—a more likely cause. Shankar Vedantam in the Washington Post discusses the decline of social ties and support systems that carry a host of psychological benefits, stating how "intimate social ties... are shrinking or nonexistent. In bad times, far more people appear to suffer alone." He further reveals that "three-quarters of people in 1985 reported they had a friend in whom they could confide; only half in 2004 said they could count on such support." Additionally, the U.S census bureau determined in 2012 that 27 percent of households were single-person households, as opposed to 17 percent in 1970.

It seems pertinent to be concerned by the parallel trends between the increase in social isolation and eating disorders. Even more so now that there is a verifiable link: self-esteem and social support. Who is more likely to be affected by the media? A person with a warm supportive family and a large group of friends, or a person isolated from the world, with few people to speak to? Logical deduction should lead us to conclude that it is not the rise of mass media that is the cause of the eating disorders, but rather the decline of social support. This becomes even more evident when noting the tendency of people with



eating disorders to seek further isolation... leading to a recursive cycle. The Center of Eating Disorders for the leading mental health institution of Sheppard Pratt states "individuals with eating disorders often find themselves stuck in a pattern," later elaborating that "social-isolation" is embedded in this cycle.

The combined effort of a community to purge the media of thin-bodies seems wasted when an answer lies within reach. If we truly want to prevent eating disorders, what we really need are researched facts. We need to study the causation – not the correlation. From the research at hand, the media is not a viable issue to tackle. We need social reform. A rise in eating disorders may only be a symptom of a greater disease, an invisible tumor that lies in the heart of our society, buried in fractured homes, and isolated people. Spurious correlation doesn't explain this one away. It is time for us to move away from the media, and address the issue at its core.

Students from the Canadian International School of Beijing fill August's Blank Canvas



REX REN (China)



Yuna Choi (Korea)



Jinju Pack (Korea)



ROY ZHANG (Canada)



Misaki Matsubara (Japan)



Benjamin Hong (Canada)



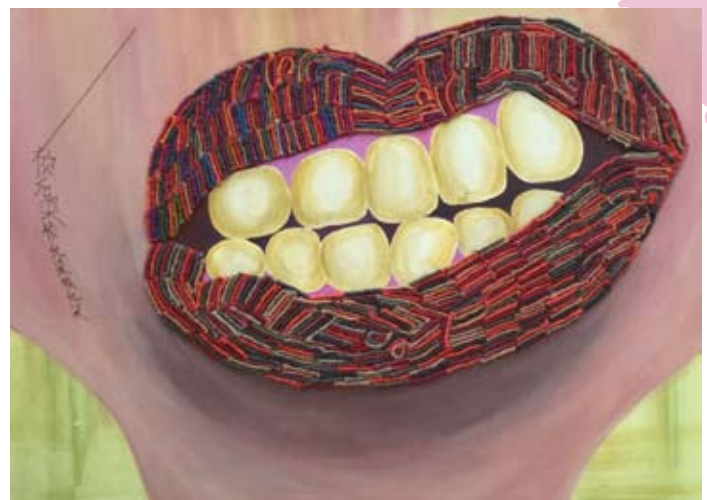
Amy Zhang (Canada)



Harry Xu (Canada)



Zoltan Lee (Malaysia)

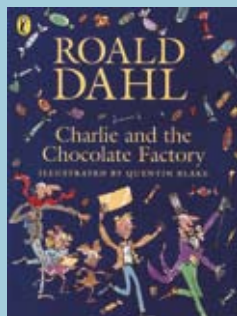


Soo Jin Kim (Korea)

Tasteful Reads

Educators from International Montessori School of Beijing and Beanstalk International Bilingual School serve up their best childhood reminders

By Jessica Suotmaa



Jason Wallien

There's more than chocolate in this classic fantasy fiction for ages 7 and up!

Brit Jason Wallien, Library Manager at International Montessori School of Beijing, shares his favorite childhood book, which he happily rereads with his students regularly.

"*Charlie and the Chocolate Factory* is a time-tested masterpiece from a true storytelling master, Roald Dahl. It is undisputed that Dahl had a knack for writing books for children seven and up, with the ability to instantly capture a child's imagination. Just as children are left mouthwatering for the tasty treats described in the book, they will also want more of Dahl's whizz-pop writing.

"Readers can relate to the protagonist, Charlie, in his love for chocolate, and dream of visiting the magical chocolate factory that has been closed off and shrouded in mystery for the past 15 years. When Willy Wonka, the factory owner, announces a competition where finders of his five golden tickets will be allowed a visit to his factory, the world literally goes crazy for his chocolate bars. Charlie finds one out of pure luck and joins four other children in the exciting tour of the factory.

"The tale has a very firm sense of right and wrong, of justice and injustice, where Charlie is clearly put in an unfair situation despite his kind and caring character just because he's poor. The story follows a strong, positive role model into a world full of unjust and wickedly wacky characters, but who ultimately, through perseverance and strength of character, comes out on top. Dahl's vivid characters exist in a well-governed world of cause and effect that children can understand and believe, allowing his message to be clearly delivered to children despite his classic flare for description.

"Characters and descriptions in this book have stuck with me since I read it as a child. When I read it aloud to my students now, I can see a captive audience devouring those descriptions and rooting as whole-heartedly for Charlie as I did. I loved, love, and will love reading this book and sharing that feels good."



Rebecca Taylor

A magical Australian culinary adventure for the younger crowd

Australian Rebecca Taylor, Elementary School Librarian at Beanstalk International Bilingual School, shares an award-winning picture book about Australian culture and foods, which connects her to her childhood whenever she reads it.

"*Possum Magic* by Mem Fox, illustrated by Julie Vivas, is a book suitable for younger readers, aged 3 to 7 years, as its lyrical prose lends well to read-a-louds. The evocative illustrations combined with a magical storyline make a natural page-turner that sucks children in immediately. The book unlocks a child's curiosity and opens a door for families to discuss the unusual animals and foods from Australia, serving as the perfect springboard for talks about different cultures!

"The story begins with Grandma Poss, a cuddly, magical possum, who desperately wants to protect Hush, her baby possum, from the dangers of the Australian bush. So, Grandma Poss uses bush magic to make Hush invisible. Being unseen is fun for a while, but then Hush realizes she wants to know what she looks like. Unfortunately, Grandma Poss can't find the magic that would make Hush seen! She knows the cure has something to do with people food, and so they start an epic culinary journey around Australia to find a cure for Hush's invisibility. Grandma Poss and Hush sample iconic Australian comfort foods ranging from savory (Vegemite sandwiches and tuna mornay) to sweet (pavlova and laminations)—which food will make Hush visible again?

Possum Magic gently delves into many concepts of interest to today's internationally minded families, such as safety, security, perfection, culinary variety, and culture. The subtle pacing of the book invites readers to come together in anticipation of finding out which foods will help make Hush visible. Taylor always surprises her students with Vegemite sandwiches after a first read through.

Past Pacman

Beijing No. 55 High School, International Students Section's
shares two healthy eating apps

By Nimo Wanjau

McJoseph Besong, physical and health education teacher at Beijing No.55 High School, International Students Section, emphasizes that eating well is key to performing well in sports and other athletic activities. Besong says that using a variety of online apps, kids can learn about food groups, nutrition facts, the digestive system, and cooking skills, so they can make healthy decisions about what they eat. Apps are an ideal platform for nutritional learning because kids are excited to use them, and healthy eating habits built early will last a lifetime.

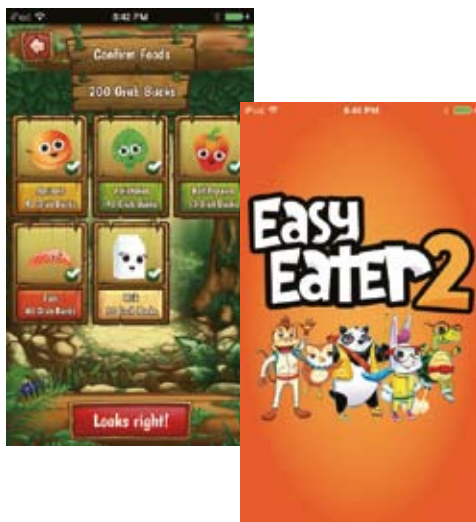
As children come back from the highs of summer and get into more indoor activities, it's a great opportunity for kids to learn how to make the right choices about eating healthier food and learning to get a better grasp of different food groups through educational games. Besong recommends:

Easy Eater 2

Easy Eater teaches your kids to eat healthier by eating more fruits and veggies. In **Easy Eater**, kids are responsible for naming and keeping a pet healthy and happy by feeding it the same foods they eat. Set in a magical forest, **Easy Eater** boasts a motley cast of characters that teach food groups and encourage food recognition. Kids learn foundational food facts like that shrimp, tofu, and nuts are proteins and that avocados are fruits. Healthy choices earn "grub bucks" to buy app accessories and real world prizes.

Platform: iOS

Price: USD 0.99



Healthy Heroes 1 & 2

As the **Healthy Heroes 1** in this game, kids are charged with saving the city of Yogopolis from Hungry Monsters. Through 36 levels of game play, kids fend off the Hungry Monsters with healthy foods like fruits and vegetables. Junk foods anger the monsters and prevent advancement. Kids learn to recognize healthy foods and eating habits throughout the game. Getting the right nutrition is an important part of a child's growth and development. Kids who eat healthfully perform better at school than those who have poor eating habits. Teaching your children how to make the right food choices will help give their brains and bodies the energy they need to grow into healthy adults.

Healthy Heroes 2 is about "Queen Ignorantia", who has meddled in the Yogome world once more by sending her robotic henchmen to steal away the good stuff, leaving the healthy monsters feeling sick and out of sorts. Players journey through a prehistoric landscape to find the five food groups and restore nutritional balance.

While we all learn about the five basic food groups in grade school, public education does little to really reinforce that learning. School lunches are rarely as healthy as they should be, while junk food is available just about everywhere.

Healthy Heroes 2 seeks to teach kids the basics of holistic eating by combining a compulsively playable "matching game" puzzle mechanic with a story that seamlessly ties together the five food groups (i.e., fruits, vegetables, cereals, proteins, and dairy) and rewards learning. There are plenty of different morsels to find for each food group in the pyramid – over 30 healthy foods in all!

More so, **Healthy Heroes 2** teaches kids about balanced meals and as they play the game, parents are encouraged to participate in the process by offering healthier eating options at home. If our kids are our future, then nutrition should be a concern higher up on everyone's list. Help the healthy monsters feel happy again by taking nutrition out of the classroom and into the living room with **Healthy Heroes 2**.

Platform: iOS

Price: USD 2.99

MIKA DRONYK

Beijing World Youth Academy department head
instills healthy win and lose attitudes

by Jessica Suotmaa



While good food is one aspect of a healthy body, British-Canadian Mika Dronyk focuses on the other side of health as the Head of Primary School Athletics at Beijing World Youth Academy.

What brought you to Beijing? How did you end up at your current school?

I've been interested in living in Asia ever since I took a year out to travel after university. My wife and I looked at jobs in different countries in the area and found this one in Beijing. We're glad we chose Beijing. Although, we had planned to only stay for a year or two, it's now been four years, and we have no plans to leave yet!

What did you want to be when you were a kid? What other career options did you explore before teaching?

I wanted to be a football player. I worked very hard to do so, and came pretty close. But when I realized that that dream was over, I knew I still wanted to have a career in sports. I've always been involved in coaching and I enjoy working with primary school aged children, so in the end, teaching physical education made sense to me.

How would you (or your students) describe your teaching style?

I don't like to label my teaching style too much, as I think it's all about having the right balance. I would never want my students to fear me, but I need them to respect me. I want my students to thoroughly enjoy PE and sports clubs at school, but it is also important to nurture a coachable student going forward. For that they need to respect their teacher and try to take on board what is being taught.

What are some of the topics you cover?

For the lower primary grades, I cover topics such as "Cooperation games", "Striking and Fielding", "Target Games" and many others. At

this point, I'm trying to build a skill set, both physically and psychologically, before they take part in sports specific units. As the students get to the upper primary, the units start to be more sports specific. It's important I make sure they learn a variety of sports and games.

What topic was the most challenging to cover with children? Why?

Our "Cooperation Games" unit is primarily about teamwork and working together. It also includes acting as both leaders and followers while accepting the different abilities of their peers. As young children, especially children who don't have siblings, these can often be concepts that are initially difficult. When they start to understand the advantages for everyone and display good teamwork, it is very rewarding for both the students and me.

What topic was the most interesting to your students? Why?

For our upper primary students, the most popular units are sports such as football and basketball. My challenge is teaching the basics of the game before the students start trying incredibly difficult skills that they've seen on TV. Especially with male students in basketball, they want to try to dribble the ball between their legs and pass behind their backs before they can dribble with control and execute a satisfactory chest pass. Having said that, I do encourage creativity, just not before they've learned the basics.

How do you encourage your students to be passionate about physical education?

Encouraging healthy competitiveness is often a challenge. Being competitive in sports and physical activities is often a natural attribute. I try to encourage a thirst to win in competitive situations, but learning how to lose well is also very important. I want my students to try their best, but to accept both winning and losing in the right way.



Meet Ashleigh N.

Pop quiz with a Year 12 student
at Harrow International School Beijing.

by Jessica Suotmaa

How do you relax?

I relax by playing rugby with my team, The Devils, outside of school.

What is your most treasured possession?

My most treasured possession is my cat.

What sound or noise do you hate?

The screeching sound when you scratch your nails against things.

What would your super power be?

Time travel.

Which book changed your life?

The Kite Runner by Khaled Hosseini and *My Side of the Mountain* by Jean Craighead George.

Which living person do you most admire, and why?

I most admire Shauna Coxsey because of her amazing climbing ability, determination, and positive attitude.

Which living person do you most dislike, and why?

Donald Trump because he is sexist and racist.

Who would play you in the film of your life?

Amy Poehler.

Who would you invite to your dream dinner party?

The cast of [British topical comedy show] *Mock the Week*.

If you could bring one extinct species back to life, what would you choose?

The Dodo bird.

What do you owe your parents?

Pretty much everything. They have taught me everything from being able to catch a ball to my manners to my self-reliance.

What do you owe your school?

A good education and the many experiences I've had living in China.

What advice would you give other students at your school?

Take every opportunity you get, otherwise you'll regret it later.

What is your earliest memory?

Giving my younger sister one of my toys when she was born.

What is the most important lesson life has taught you so far?

Smiling actually makes everything a little bit better.

What single thing would improve the quality of your life?

Teleportation would allow me an extra hour of sleep in the mornings.

When were you happiest?

I'm happy whenever I'm with friends and just having carefree fun.

What makes you unhappy?

Animal cruelty.

Where would you most like to be right now?

I'd most want to be on top of a mountain with a nice view.

What tops your bucket list?

Skydiving.

What trait do you most dislike in others?

Apathy.

What trait do you most dislike in yourself?

My sarcastic nature.

What is your favorite word?

Plasmodesmata.

What is your least favorite word?

Meniscus.

What is your greatest achievement?

I recently received the Head Girl and the Senior Sportswoman of the Year titles.

What is your greatest fear?

Forgetting people.

When did you last cry, and why?

I cried last week while suffering from a cold.

For the Love of Food and Family

In our new regular feature, we discuss parenting issues with families from Western and Asian backgrounds. This month, the focus is healthy eating

by Andrew Killeen



Rebecca Archer

has lived in Beijing for two years with her husband Caleb and children Neria (age 4), Levi (3), and Malachi (1). Caleb works in education and Rebecca is a stay-at-home mom.

What sort of meals do you and your family generally eat?

We are from New Zealand where we don't have one typical type of food. We cook and eat various dishes from around the world. One night we might eat tostados or enchiladas, Indian or Malaysian another night, pizza or lasagne another night, or a traditional 'meat and three veg' meal.

How do you decide on a healthy diet for your children?

I follow the latest mainstream research, so as much as possible, I try to purchase and cook whole foods with little to no sugar, and we limit our meat intake. However, as my baby has become a toddler, I can't seem to bake as often as I'd like, and so I rely more on pre-packaged snack food for the kids. I do still try and keep those snacks as sugar and additive free as possible.

How do you encourage your children to eat healthy food (e.g. vegetables)?

We usually have some raw vegetables which I let the children snack on while I am cooking, and I often have bowls of cooked peas and

sweet corn which even my fussiest eater will eat. Other times I will grate vegetables and cook them into things like sauces so they are hidden. Unfortunately, my eldest has cottoned on to that and refuses to eat it now. I serve cut up salad ingredients for them to put in their own rice and bean dishes, which always works.

In my home, if the vegetables are served alongside a meat portion, they need to eat the vegetables first before eating their meat. This applies to my eldest daughter who is the picky eater, otherwise she will eat her chicken or sausage and then announce "I'm full," and my toddler who will happily eat vegetables if he cannot see meat on the table, otherwise he will just be a carnivore the entire meal. I also don't allow snacking before dinner apart from the vegetables, otherwise my daughter will not eat dinner if it looks remotely healthy.

What do you do if your child refuses to eat something?

Nothing. I serve the food, they can choose if they want to eat it or not, and they can choose how much they want to eat. If they genuinely don't like something (like a failed cooking experiment, or maybe too much curry paste), sometimes I will whip up something they do like, like scrambled eggs. But if it is a dinner that I know is easy on the palate, but she doesn't want to eat it, then she chooses to go to bed hungry. I won't prepare anything else. I definitely do not make a big deal out of it. I stay calm, encourage a taste, but don't push it. I have the opinion that a child won't let himself starve.

At home, do you generally eat with your children, or separately?

My husband is usually not here for meals, but I eat every meal with the children, and on the weekends we always eat every meal as a family. I believe that eating meals together really strengthens a family's bond so it's something I've always done with my kids as soon as they were old enough to eat.

Do you let your children eat fast food?

Maybe twice a month we might order pizza or Chinese take-out (considered a fast food in NZ), and they have had McDonalds two or three times (they didn't like the burgers or nuggets), but usually when we get fast food it is something like Avocado Tree or Indian food, or french fries, which they love!

Do you let your children eat sweets?

We have a treat day on Saturday, and that is when we go and buy ice cream or eat chocolate together, or if we go on a mummy or daddy date they might get a donut or ice cream. They are allowed to eat sweets on special occasions like birthday parties, if we have visitors for dinner. On a day-to-day basis they do not eat things like this – most playgroups I attend keep the snacks healthy. If someone happens to bring something sweet, I will never stop my kids having some. Same

goes for juice. They can drink it at other people's houses if it is offered, or on a special occasion, but I don't keep it in the house, so it is not a temptation for us on a daily basis.

Do you eat out with your children? If so, how do you manage their behavior?

Yes, we eat out on average once a week. We prefer places with a playground so the children can run around. On the occasion where we

have eaten out at places where the children need to remain seated, generally pens and paper work well for entertainment, but we usually have to get out and walk our 18 month old around, so we try to avoid those types of restaurants. We used to do it when we had two young kids, but with three young kids under the age of 5, you spend more time trying to contain and prevent every conceivable situation than actually enjoying the meal. We also try and practice table manners at home so they are better behaved when they are out.



Marx Wu, originally from Heilongjiang, has lived in Beijing for 17 years. He owns and runs the Montford Children's Place, a private Montessori kindergarten in Tongzhou. He is married to Esther Dong, and they have a two-year-old daughter called Emma.

sun, eat some food, and have a nap. When I ask her how she did today, she says, "I slept, I ate, I drank water."

What do you do if your child refuses to eat something?

At our school, parents will say to us, "our kids don't eat meat" or "our kids don't like veggies", but at school it all just vanishes. We give them limited choices. We tell them, "You have your set amount, the necessary nutrition that you have to take in. You have to finish that first, and after that, it's your choice." We are friendly but insistent.

When kids have their preferences, it's not being naughty. It's because the parents make the choices, and buy stuff they like. Kids don't have that choice.

At home, do you generally eat with your child, or separately?

This is something we're not really satisfied about. She started to dine with us, in a baby chair, and I can feel the desire from her to be like everyone else. But her grandparents still think of her as a little baby, who needs to eat separately. And they feed her! Grandparents think it's more convenient to feed a kid, because when they start to feed themselves there'll be food everywhere. Young moms are more relaxed, giving kids opportunities. If you give them a month they'll get the hang of it.

Do you let your children eat fast food?

Not yet! We know it's something we can't avoid, but we want to wait until she's old enough to make her own choice, when we can tell her what it is and what it does.

Do you let your children eat sweets/ cakes/ ice cream?

A couple of days ago she had her first lollipop – someone else gave it to her, we can't say no! We're trying to hold it back. It's tasty, but it does harm to health and teeth. We'll let her have one treat per day, and make her own choice when to have it.

Do you eat out with your children? If so, how do you manage their behavior?

Once a week, or once every other week, when I have the opportunity. I'll just talk to her like a friend, and say, "Shall we go eat in a restaurant?" She says "OK." I say, "Would you like some fish? Anything else?" And she might ask for rice. She's really patient and quiet at the table. Every time I take her, they'll be amazed, because other kids have difficulties staying at the table. And if she says "I'm full," I'll stop asking. It's typical for Chinese families to say "Eat more! One more spoonful!"

What sort of meals do you and your family generally eat?

Our parents take care of the kids during the day and prepare the food, so we come home to a banquet! My mother-in-law often cooks seven or eight dishes: fish, pork, beef, and vegetables. They have the idea that we only have one meal at home, so it has to be formal and serious. But when we get home, it's generally around seven o'clock, and we've already had a big lunch during the day, so when it gets to dinner we're not really hungry. But you can't really say no to Chinese food.

How do you decide on a healthy diet for your children?

We don't use monosodium glutamate, and try to make our food less salty and oily. Chinese food can be really oily. We're from the northeast where people eat really salty food. But all this has really changed in the last ten years. There are more TV programs with experts telling people how to cook and eat healthily. We've dropped a large amount of salt in the last ten years, probably cut it by 50 percent. We eat more veggies, and for food safety, we buy a lot from overseas.

How do you encourage your children to eat healthy food (eg vegetables)?

This really becomes a parenting issue. For me I don't have any difficulties telling Emma what to eat, because it's very natural for us to communicate. She's getting the idea that she needs to grow up, so I tell her that she has to get up in the morning, get some exercise in the

The Price of Organic Popsicles

by Ember Swift

My son and daughter are each refusing to eat their vegetables in turn. It's pushing me over the edge of the patience volcano into bubbling lava of irritation. I've just stood up from the table, struck with helplessness about wasting the plates full of organic (and decidedly overpriced) vegetables. Why won't my babies eat these?

I leave the table.

As I let my shoulders relax in the little galley kitchen of our very Chinese-style apartment, I'm wondering if I'll have to quietly put these remaining veggies into a smoothie yet again, disguised with fruits and yogurt, and then freeze them as popsicles for my two stubborn kids. Maybe that is every parent's only option when dealing with a preschooler-with-attitude and a toddler obsessed with copying his sister? Maybe that's called nutrition management for frustrated parents? Maybe that's success, not failure.

My friend Laura, who used to own and run the restaurant The Veggie Table, personally visited all the organic farms before ordering their products for her restaurant. I admired this. When she and I met, I was pregnant with my daughter and rubbed my belly while deciding that I should do the same for my children. I had no reason to suspect

I'd have no time for such luxurious fact-finding missions.

Five years sped by, and in an era of obsession for market shares in growing industries, particularly the fresh organic produce industry in Beijing, many companies have popped up that offer free delivery services of organic vegetables. It's hard to know which is the most reliable. Are they all using clean soils, clean water, and adhering to non-pesticide use? And while most don't offer the official stamp of organic certification (apparently very difficult to obtain in China), how then are their farming practices regulated? What are the standards to which their produce is being upheld? Who does the monitoring?

Surely some of this spending will be smart

As a conscious consumer, I am skeptical, but certainly have no time to visit farms as a working mother of two. So, what should I do? Without an answer forthcoming, I've moved forward: I've done orders from four different farms and purchased organic at my local fruit shop. I've even travelled slightly farther on my bike to the organic imports shop and then plunged into my pocket for twenty yuan in exchange for six tomatoes.

Surely some of this spending will be smart, I rationalize. Surely someone is following ethical organic farming rules, even if there is no official stamp. Surely the taste (those expensive tomatoes were truly divine) is evidence of superior quality!

Standing in the kitchen on this day, I take a deep breath while glancing at my blender. I envision the smoothie I will make this evening and shrug it off. I have some of these exact same popsicles still in the fridge from last week, dyed blue with food coloring. The kids love them.

My volcano stops bubbling. I edge back down into the foothills of patience and return to the table, ready to tackle stage two of the dinner consumption persuasion hour. I smile. I decide to model behavior rather than disciplining and start devouring the vegetables, happily, telling them how delicious they are.


"You can't have any," I say, winking. "These are all for mommy! Look, yum!" Chew, chew. "Too bad you can't have any!"

My daughter is intrigued. "Why can't we have any?" she asks, brow furrowed.

"Because they're too delicious," I say, between chews.

"But mommy," she says, still confused, adding another sentence that astonishes her so-called "mastermind" of a mommy:

"I like them better in popsicles."





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About the Writer

Ember Swift is a Canadian musician and writer who has been living in Beijing since late 2008. She and her husband Guo Jian (国团), who is also a musician, have a daughter called Echo (国如一) and a son called Topaz or "Paz" (国世龙).

Vegheads

by Jennifer Ambrose

I enjoy telling the story of how my husband, Randy, became a vegetarian. It is funnier, and less vague, than my own. For him, his path to meat-free living started with a 50 dollar bet when we were merely acquaintances. I believed it impossible for him to live without meat for even a week.

"Make it 100 dollars," he said, "and I'll go two."

That was twenty years ago, and he is still a vegetarian.

I wish I could say my conversion from omnivore was about health concerns or the environmental impact of a meat-centered diet. I always struggle with coming up with a satisfactory answer to Chinese friends' inquiries, particularly when they learn that I have been vegetarian for more than two decades. My devout Buddhist friends are curious about religious reasons for this abstinence. Others, based on their own experiences in China, wonder if perhaps I had a bad experience with expired or fake meat.

My honest answer, though, would only make sense to fellow members of America's so-called Generation X. The explanation of my becoming vegetarian is the same as my explanation for having a tattoo and my preference for Doc Martens: I went to college in the 1990s. Certainly at the time, I was somewhat persuaded by something serious. However, vegetarianism remains with me like the tattoo and my boots, signifiers of my era.

After Randy and I were married and had children, we decided that the kids would be raised with meat in their regular diet. In the US, it wasn't difficult. I could buy small amounts of prepared meat in the better grocery stores.

...vegetarianism remains with me
like the tattoo and my boots,
signifiers of my era.

In China, though, our approach has been different. Meat departments in Chinese groceries are truly foreign territory for me. I never learned the vocabulary of meat in my Chinese classes, short of important phrases like 我不吃肉 *wǒ bù chī ròu* (I don't eat meat) and 不放肉 *bù fàng ròu* (Don't add meat).

These simple words provide polite excuses when even the kids have refused dog meat in Shenzhen, or sketchy 串 *chuàn* on the streets of Changping. Randy himself happily volunteered "我不吃肉" when, at a lunch meeting in Shandong baked cicadas were served. The lone

foreigner there, he wasn't perceived as rude when he declined as a vegetarian. His Beijinger co-workers, however, did not have this convenient apology for not sampling the local specialty.

Myles and Brigid have mostly followed my lead in China with a primarily plant-based diet. For them it has been a series of low-risk food explorations in a country that has as many words for cabbage as Arctic cultures are rumored to have for snow. In Changping we also have a Buddhist restaurant, where I don't have to say, "不放肉."

When my kids want meat, though, they usually have an appetite for non-Chinese foods, which are not in abundant supply in Changping. Luckily, we often have one day a week when we are around Dongzhimen. Even with unlimited access to cuisine of all kinds, Myles definitely still has his regular requests. Burgers from Frost and anything tagine from Caravan are his rewards for the two hours on the subway.

Brigid has one particular favorite that she treats herself to when we are at a hotel holiday brunch. If the roots of my vegetarianism were at all noble, I would probably prevent her from eating it. Somehow, though, she has developed a taste for foie gras. When her parents' commitment to meat-free living stems from grunge music and a bar bet, this is, I guess, what happens.

About the Writer

Jennifer Ambrose hails from Western Pennsylvania and misses it terribly. She still maintains an intense devotion to the Pittsburgh Steelers. She has lived in China since 2006 and is currently an at-home mother. With her husband Randy and children Myles and Brigid, she resides outside Sixth Ring Road in Changping. Her blog can be found at jenambrose.blogspot.com.



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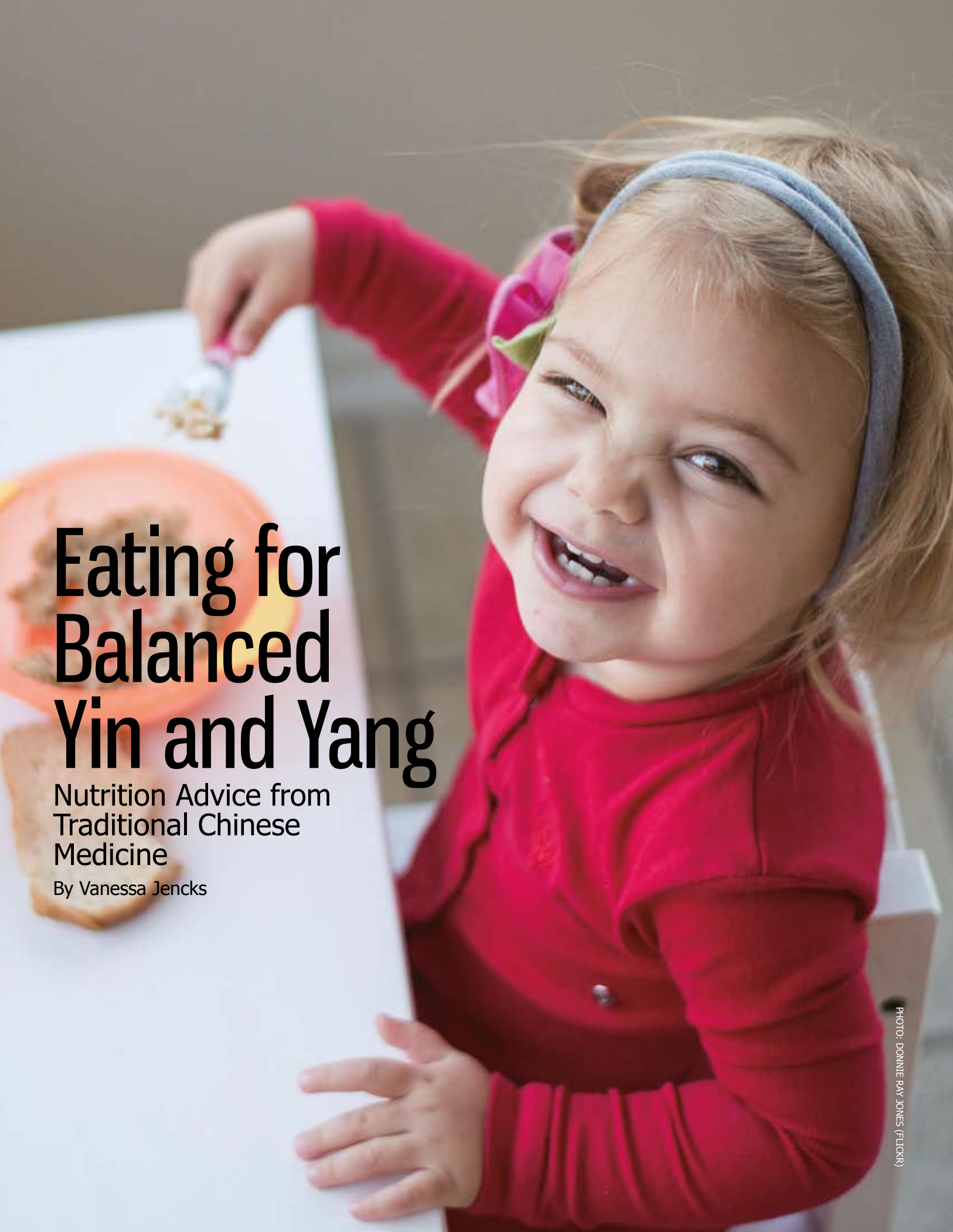


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Eating for Balanced Yin and Yang

Nutrition Advice from
Traditional Chinese
Medicine

By Vanessa Jencks

“In Traditional Chinese Medicine, we look at the whole fish bowl, we check the water; we check the filter. We look at the whole tank rather than just the fish.”

Newcomers to Beijing will soon hear a common encouragement, in response to any ailment or complaint: “Drink warm water!” They might also hear that cold foods make stomachs sick. Or they might feel awkward the first time someone insists guests wear slippers for the sake of their health. All of these cultural exchanges can be traced to beliefs founded in Traditional Chinese Medicine (TCM).

For some expats, it might come as a surprise that traditional medicine is still practiced alongside Western scientific approaches, but to understand the rich history of Chinese culture, TCM is an important topic to examine.

The main difference between the two schools of thought can be illustrated by an analogy used by Dai Jie, a TCM practitioner who currently offers a new kind of TCM using painless electronic pulses. She makes house visits and plans to open several clinics throughout the city. Dai lives in Sanlitun with her French husband, Frederic, and son Roland, age 6.

“With Western medicine, doctors look at the fish for answers of what’s wrong with the fish, and prescribe medicine for the symptoms,” Dai contrasts this with Eastern medicine: “In Traditional Chinese Medicine, we look at the whole fish bowl, we check the water; we check the filter. We look at the whole tank rather than just the fish.” When considering the needs of a patient, Dai explains, TCM considers every single aspect in a patient’s environment, from the weather to their spiritual state.

An Individualized and Balanced Diet

Dr. Marry Ma, a TCM practitioner at OASIS International Hospital who graduated from Nanjing University, says TCM has a long history with “basic theory, diagnostics, medicine, acupuncture, massage, and health rehabilitation.” Although TCM is dynamic and holistic in approach, a major aspect of it is nutrition.

Dr. Ma specializes in treating issues such as infertility and female menstruation disorders, where her approach to nutrition is for each diet to have every nutritious element for individualized needs. “I make sure the food properties and the body constitution reach an equilibrium state.” She also uses food to correct imbalance or stop the body from escalating to a more severe imbalanced situation. (In TCM, a balance in each person’s yin and yang, in their blood and their vital energy or *qi*, are important for maintaining body harmony.)

Food Properties

While the western diet focuses solely on nutrients and caloric intake, TCM considers the four main properties of food, (cold, hot, warm, and cool), in relation to each individual’s body constitution. Roughly, “warm” nature foods take longer to grow while “cold” nature foods require less time to grow.

“In thinking of foods, consider energy. Potatoes have been declared by the media as having too much starch and calories, therefore they’re bad. But the whole potato has synthesized nutrients and energy from the sun and soil,” Dai explains. In comparison, “the energy in animal meat is indirect.”

In Western medicine, dietary guidelines are given across the board (caloric needs are based loosely on weight, height, and age), but TCM considers constitution along with weather conditions, location, and season.

“In winter, people can eat more lamb which has a warm property, while in summer they can prefer watermelon, in the cold property. And those who tend to have poor circulation leading to cold hands and feet are encouraged to eat foods with a warm classification, like ginger.”

“Don’t consume what you don’t need, and don’t just listen to what the media recommends you eat,” Dai states. She emphasizes that information is key and so is listening to one’s body. “If you feel depleted of energy after eating rice, because it has a lot of yin, you should eat rice with water or limit it.” Dai gives her husband as an example: “He feels great after eating rice and drinking green tea, while I feel zapped.”

Food is For the Stomach and Spleen, Qi and Blood

At all times, make sure nutrition is sufficient, and then reinforce the spleen-stomach system. “The spleen-stomach is a very important pair in the system.” The reason is that *qi* and blood are basic elements, and in children, these elements are what support their growth, carrying nutrition to every part of their body. “The spleen can transform nutritious elements for nourishing the other organs.”

Qi and blood are also vitally important to a woman’s health cycle as they are used to support the fetus in pregnancy, and lost during menstruation and labor.



Better Breastmilk Production

Dr. Ma's Crucian Carp Fish and Tofu Soup

Ingredients:

1 Crucian Carp Fish	250g Tofu
Shallot	Ginger
Mulled Rice Wine	Salt (to taste)

Instructions:

1. Clean the scales and the inside of the fish (use the mulled red wine to clean)
2. Heat 1-2 tablespoons of oil in a wok: add ginger and then fish. Cook until the fish becomes golden on both sides (careful to not burn).
3. Add water to cover the fish, increase heat until boiling. Add tofu and simmer for 30 minutes.
4. Turn off heat and add salt to taste. Sprinkle spring onions or chives over each serving.

Dr. Ma's Dietary Tips

Dr. Ma's general tips for supporting *qi* and blood should be considered with an individualized nutrition plan.

For Newborns:

Sufficient breastfeeding is heavily affected by the health and diet of the mom.

For Children:

Chinese yam and lotus seeds

For Pregnant Women:

Chinese date, longan, sesame, and walnut

For Post-partum Women during Yuezi:

(A yuezi is a 30 day period of rest following birth.) Getting plenty of liquid is important, as during the birthing process women sweat and lose a large amount of body fluids. Milk production also requires a great deal of liquid. Therefore, consume soups. "Low fat, high protein soups are best."

For Women:

"Since women fall more in yin compared to men, women can tone *qi* and blood with foods like longan and Chinese dates, and nourish yin with herbs called birds' nest, lily bulb, and tremella. Avoid cold foods, like too much ice tea, ice cream, watermelon, soda, and carbs. Or cook cold food with warm property foods, like crab with ginger or yellow wine, to balance the cold foods."

For Men:

Eat more goji berry and sea cucumber, which can help tone the liver and kidney. "The liver and kidney are good for bone, tendons, and the reproductive system. Avoid alcohol, caffeine, and garlic, which are not good for semen production."

Special Considerations During Pregnancy

Dr. Yun Song of Sanfine International Hospital comments on the importance of health during pregnancy, and says that there are many options for the mom-to-be to "nurture herself and feel replenished." Throughout the whole pregnancy, a balanced diet is incredibly important. For the first trimester "avoid raw foods and opt for well-cooked foods with milder flavor," Dr. Song said, who has practiced in the healthcare field for over thirty years in China and abroad after graduating from Beijing University of Chinese Medicine in 1983. Check the recipe boxes for his morning sickness remedies.

More diverse food groups are allowed in both the second and third trimester, but Dr. Song cautions, "never eat until you are too full, and remember to consume enough fresh fruits and vegetables to avoid constipation issues."

Although during the third trimester most women experience an increase in appetite, "to ensure that you are getting a sufficient amount of proteins, minerals and vitamins, you may consume milk, eggs, liver, fish, bean products, fresh vegetables and fruits," Dr. Song says. He adds that these foods prevent complications such as anemia during pregnancy and delivery. "Avoid salty foods and drink plenty of water to keep problems such as hypertension at bay. Additionally, avoid high-calorie foods as they increase the risk of obesity."



Treating Mastitis by Dr. Ma

Drink and Apply: Dandelion Tea (蒲公英) *púgōngyīng*

Boil 30g of dry dandelion twice in two 150ml water portions. Filter out dandelion and drink the tea. Drink in the morning and the night. Fresh dandelion can be mashed and applied to swollen areas.

Apply: Glauber's Salt (芒硝) *mángxiāo*

Using a bit of water, make a paste with 500g of fine Glauber's salt (mirabilite). Place the paste in a gauze wrap or bag and apply to the swollen areas. Apply it repeatedly and continue to make the paste until the salt melts down.



Controversy and Myths

Long time Beijing expat and mother of one Sharee Hebert (US) isn't comfortable with TCM. Her reasons include a lack of scientific evidence, and too many people practicing TCM without official qualifications. "There was just a case in Shanghai where a man continued to have the fire cups on his back despite massive infections, which a trained doctor would have recognized and treated," she states. She goes on to explain her own personal experience with TCM: "When I had my C-section, they were reluctant to give me pain medicine yet left my epidural line in my back for days so I could have TCM. They told me it was pain medicine but it did little to alleviate it."

On the other hand, some who were skeptical have warmed up. Elizabeth F., from the US and mother of a one year old boy, has lived in Beijing for a year, "I started to drink warm water during my period and my cramps have gotten lighter. I also used to have leg pain during my cycle, but now the pain is gone."

TCM believes women have too much yin during the menstruation cycle, leading to cramps, cold hands and feet, and shivering. "During this period, if women eat a great deal of ice cream, it can aggravate the symptoms. Additional cold property foods may shrink the vessels and make the blood flow slower and possibly cause blood clotting before being expelled," Dr. Ma explains.

Additionally, not everything that is said to be TCM actually qualifies. We propose a situation to Dai: if a Chinese friend or roommate insists on keeping the windows open on a polluted day because fresh air is good for the body, is this considered TCM? "No that's just ignorant," Dai responds firmly. "There are several times where I've heard others say some sort of practice is TCM, when in fact, it's not."

Dr. Song's Morning Sickness Remedies

1. 10ml of ginger juice added to 120ml of sugar cane juice
2. 10ml of lemon juice plus 1 tsp. honey plus 100ml of water
3. 100g portion of sweet pomelo

Dr. Song's Second Trimester Recipes

1. Cook 100g of black beans and 10 red dates into a rib soup. This will help nourish the blood and enrich yin.
2. Drink a herbal tea that's made using 30g of dangshen (root of the hairy Asia Bell), 10g of Longan Rou (Arillus Longanae), 10 red dates and water. This will help nourish the qi-blood (气血).
3. Add 10g of Xi Yangshen (American ginseng) and 20g of black fungus to 250g of braised lean meat. This will help with replenishing qi, yin, and to increase energy.

Dr. Song's Third Trimester Recipes

Consuming the following soups and stews can be beneficial:

1. Stew water with 30g of white fungus, 20g of Longan Rou (Arillus longanae) and 200g of shan yao (Chinese yam).
2. Stew 10 Red dates with birds nest soup and add a drizzle of honey.

Secret Ingredients

The truth about China's "fake food"

By Andrew Killeen

Healthy eating is key to helping our children grow, learn, and thrive, and mealtimes are central rituals which strengthen families: a chance to talk, share, and laugh together. Many parents therefore put time and effort into planning and preparing family meals.

But what if the food you buy is not what it appears to be?

"Fake food" is a term often associated with China, but it's used to describe a range of different issues: from low quality products packaged as famous brands, to foodstuffs which are adulterated or altered, and even completely artificial commodities like the legendary man-made eggs. How widespread is the problem really? And how much truth is there in the more outlandish stories? We decided to find out.

A Taste of Honey?

Of the numerous food scandals which have dogged China in recent years, the most notorious, and best documented, concerns honey. In 2013 an investigation by Jinan Times revealed widespread malpractice in the Shandong honey industry. Song Xinfang, Chairman of the Shandong Apiculture Association, told the newspaper: "Presently up to 60 or 70% of honey on the market is fake." Tests on four brands of honey purchased from a Jinan supermarket found that two of them had been diluted, one with beetroot syrup, one with rice syrup.

Sugar syrup is cheap, and the resulting mixture is difficult to distinguish from the real thing. Meanwhile honey has become more difficult and expensive to produce. Bees in China, as in the rest of the world, have suffered a catastrophic collapse in their numbers, due to pesticide use and land clearance. Climate change has also led to a surge in the population of Asian Giant Hornets, which prey on honeybees. The problem has become so bad that in some areas farmers have taken to pollinating apple and pear trees by hand.

The poor reputation of Chinese honey has spread worldwide. It's banned in Europe, and exports to the USA are often "laundered" by being repackaged in Malaysia, Indonesia, India, and Taiwan, according to the American Honey Producers Association. Yet the authorities struggle to get a grip on the situation: testing is expensive, and because honey can be sold as a medicine or agricultural by-product, it can evade food regulations.



PHOTO: PUBLIC DOMAIN

...what if the food you buy is not what it appears to be?



Rat and Peas

It's easy to understand how honey became the faker's favorite. It's a high value foodstuff, and to the unwary the adulterated product looks more "pure" than the real thing, since the natural product often contains crystals, specks of pollen, and so on. However it may be less obvious why anyone would want to produce fake peas.

Nonetheless this is a recurring problem in Hunan and Guangdong. Dried snow peas and soybeans are soaked in water, food coloring, and sodium metabisulfite (an antioxidant and preservative). The results of this process are sold as fresh green peas, although they don't soften properly when boiled, instead turning the water an alarming chemical green; and the coloring used is a dangerous carcinogen.

Meat is of course a lucrative area for faking, and there have been numerous cases of cheap pork being "turned into" more expensive beef, by treatment with anything from beef extract to paraffin wax. In 2013 police in Xi'an seized more than 20 tons of "fake beef" from six workshops. The meat is often sold for use in rousong (meat floss), where the tampering is less obvious. Even more disturbingly, in the same year a gang was arrested in Wuxi for selling rat, fox, and mink meat as mutton, for use in chuanr.

Going Nuts

Sometimes the tampering is so brazen that it's hard not to feel a sneaking admiration for the chutzpah of those responsible. In 2012, a Zhangzhou resident bought a bag of walnuts from a street vendor. When the unfortunate man got the walnuts home, he found that they had been carefully opened, the kernels removed, and replaced by lumps of concrete. The shells were stuffed with paper to prevent the concrete rattling, and then glued back together.

The police helpfully released pictures showing the thin white line of glue visible in the tampered walnuts, but it's hard to imagine this scam being replicated. The effort involved must have been considerable, the reward limited, and the possibility of repeat customers nonexistent.



Cardboard Pork and Plastic Rice

Whatever the truth behind man-made eggs, there's one fake food tale we can safely dismiss as fiction. In 2007 a Beijing journalist invented a story about a restaurant owner who replaced the pork in his baozi with cardboard soaked in fat and flavoring. The authorities began an investigation, but soon revealed it to be a hoax. Many Beijingers however refused to believe them, and claimed it was all a government cover-up. The meat in street baozi, they said, tastes so much like cardboard that it must be true.

And therein lies the difficulty of assessing the extent of China's fake food problem. There have been so many scandals that it is easy to become cynical and trust nobody. In this environment rumor thrives, and the internet is a fertile breeding ground. The latest story concerns "rice" made from potato and plastic, being exported around the region. It's been widely reported all over the world, but I was unable to find a single substantiated case of fake rice being identified. However, "plastic rice" is a term used in the plastics industry to describe resin pellets ready to be melted down and shaped. Perhaps this is the origin of the rumor.



Rotten Eggs

Strangest of all perhaps are the tales of man-made eggs. These stories continue to resurface every few years, but when followed back to their source lead only to a twilight zone of rumor and deceit.

The eggs themselves are supposedly made from industrial chemicals. The shell, like natural shells, mainly consists of calcium carbonate, while the white and yolk are formed from alginic acid (a substance derived from seaweed often used as an additive in food), gelatin, potassium alum (a naturally-occurring mineral used in traditional Chinese medicine), calcium chloride (another food additive), and food colorings. The ingredients are mostly harmless, but of course have little to no nutritional value.

The internet is full of helpful hints on how to identify fake eggs: apparently, the shells are shinier, the white is less sticky, and they give off a faint chemical smell when cracked open. Some people claim to have bought them, although from the description it's not always clear they haven't simply got a bad egg.

Others though are more skeptical, and insist the whole story is fake. The website hoax-slayer.com lists it as "Unsubstantiated," and comments "until more evidence is forthcoming, I'd be consuming this particular egg tale with a grain of salt."

The claim that it's possible to make RMB 400 a day attracts particular scorn. On chengduliving.com biotechnologist August Pamplona calculated the costs, and concluded that it may be possible to earn RMB 25 a day by this method. While not exactly a road to riches, that's just about a viable income in rural China. Even so, if one has the capital to buy industrial chemicals and the equipment needed to process them, surely a better profit margin would be found getting some chickens and feeding them scraps.

However, there may be one sure way to get rich from the fake egg business. A Shandong journalist tracked down an anonymous figure who called himself "the Father of Man-Made Eggs." This man demonstrated his process, apparently producing a very convincing shell, then injecting it with a white and yolk which were essentially identical except for food coloring.

Of course the Father of Man-Made Eggs does not make a living from producing them himself; he teaches others how to do it, at RMB 800 a time. Ever helpful, he will also sell you manuals and equipment. "Chickens will be made redundant!" claims one advertisement. "Regular consumption can prevent cancer, diabetes, obesity, reduce blood pressure, and enhance the immune system... Our secret technology is not to be copied without permission."

"In a word, our new technique will help you to get rich quick!" So the advertisements promise. However, the only people getting rich quick and eating well with the profits are the ones selling the dream of easy money.



Staying Safe

What do you do if you've eaten something that isn't what it should be? We asked Dr. Gao Peng, Chief General Practitioner at Hong Kong International Medical Clinic, Beijing. Dr. Gao has nearly twenty years of clinical experience, including nine years in the emergency department of one of Beijing's top public hospitals, where she dealt with many cases of food poisoning.

"Vomiting and diarrhea are the most common symptoms if you eat contaminated food. At moderate levels (fewer than 5 times within 24 hours) vomiting or diarrhea without fever can be acceptable. Don't worry too much. Your body has treated itself correctly by expelling the bad food. You can even try to induce vomiting by stimulating your throat with cleaned fingers. Strong antiemetic or antidiarrheal medicine should not be taken too quickly after ingesting bad food. Sometimes you can go through the discomfort smoothly by yourself. But if you have frequent vomiting, diarrhea, a combination of both, serious abdominal cramps, or fever, seeing a doctor will be necessary. You also need to see a doctor if you become thirsty, fatigued, or dizzy, which all indicate the possibility of dehydration."

"For people who have certain chronic diseases (e.g. diabetes, heart disease, hypertension or kidney disease) and for children, diarrhea or vomiting can be very dangerous. Higher blood glucose and acidosis, heart attack, unstable blood pressure, and electrolyte disorder can be induced suddenly. It's much easier for children to develop dehydration, which may be even life-threatening, especially for a baby. In those cases, please do not delay before seeing a doctor."

School News



BCIS Graduating Class of 2016

Beijing City International School graduating Class of 2016 held their Graduation Ceremony at the Great Hall of the People in Tian'anmen Square.



Harrow Beijing Set To Compete in Electric Car Challenge

Harrow Beijing in association with Greenpower are honored to be the first International School in China to receive a Formula 24 (F24) electric car kit. The challenge will require students be guided by their teachers and an industry mentor to design, build and then race an electric car. Harrow plans to display their car at the British Motorsport Festival in October 2016 and to compete against other schools in and around Beijing. To find out more about Greenpower, please visit their website: <http://www.greenpower.co.uk>.



BSB Shunyi's IB Students Buy Wheelchair for Child Living With Disability

The British School of Beijing (BSB) Shunyi's IB Creativity, Activity, Service (CAT) students raised funds to buy an electric wheelchair after volunteering at an orphanage for children living with disabilities and saw the needs of Zhi Xiong, who was born with a muscle and joint congenital disorder called arthrogryposis.



Keystone Academy Welcomes Senior Faculty Members

Diana Martelly joins Keystone as the Head of High School, while Kelli Sanchez comes on board as the Dean of Students. Dr. Martelly is a passionate educator with more than 30 years of experience. She has spent the last 16 years in international schools in Venezuela, Thailand, India, Nigeria, and most recently in the Dominican Republic. Kelli Sanchez comes to us from The Hun School in Princeton, New Jersey, USA, where she served as the Resident Life Director.



BIBA Director Yau Appointed Visiting Professor at Educator College of Beijing Normal University

Beijing International Bilingual Academy's Director Paul Yau has been invited to join the Educator College of Beijing Normal University as a visiting professor. At the inauguration ceremony, Director Yau received the certificate of appointment from Mr. Gus Mingyuan, senior professor of Beijing Normal University, head of the Educator College and honorary president of Chinese Society of Education.



HoK's Announces Introduction of New Curriculum

House of Knowledge International and Kindergarten schools introduces the International Primary Year's Curriculum (IPC) in the 2016-2017 academic year from Kindergarten to Elementary. The IPC is a comprehensive thematic curriculum with emphasis placed on meeting students at their academic and developmental level and strives to develop children into 21st Century Learners.



New Dual-Language Program at ISB

The International School of Beijing Dual Language Program begins in the 2016-2017 academic year. Students in the program will be taught in English and Chinese based on an immersion model that promotes 50-50 instruction. The program will be rolled out in full to Pre-Kindergarten 3 students and optional for Pre-Kindergarten 4 students.



YCIS Beijing's Students Visit Huangshan

In April, Yew Chung International School Beijing's Year 9 students went to Huangshan (黄山) as part of the annual Experiencing China program. The program has secondary students travel with their teachers and classmates to culturally significant destinations within China.



WAB Graduation

The Western Academy of Beijing community honored its Grade 12 graduates in a commencement ceremony at the Confucius Temple. WAB Director Dr. Courtney Lowe urged students to develop as individuals and create a unique path to their success.



DCB Appoints New Head of Early Years

Dulwich College Beijing welcomes David Mumford to the DCB family as the new Head of Early Years. Mumford has been in education for nearly 30 years, 21 of those years in the international sector. Mumford graduated from Leicester University with a BA degree in Politics and Economics and then gained a Post Graduate Certificate in Education several years later. He then completed his National Professional Qualification for Head Teacher (NPQH) in 2005. He comes from an international school in Malaysia.



MSB Student Art Auction Raises Over RMB 50,000 for Charity

The International Montessori School of Beijing's (MSB) annual charity art auction raised over RMB 53,000. MSB parents and friends bid on collaborative art pieces created by children in every class. RMB 48,000 was donated to Roundabout while RMB 5,000 was donated to the Migrant Children Foundation.

The Circuit is a chance to check out what's happening on the Beijing family scene. Want to see your event on these pages?



ISB Celebrates 23rd Graduating Class

On May 28, the International School of Beijing celebrated the graduation of 146 seniors in their 23rd graduating class.



No. 55 Holds Graduation for Grades 9 and 12

On June 8, Beijing No.55 High School International Section held Grades 9 and 12 graduation ceremonies in front of proud staff and parents.



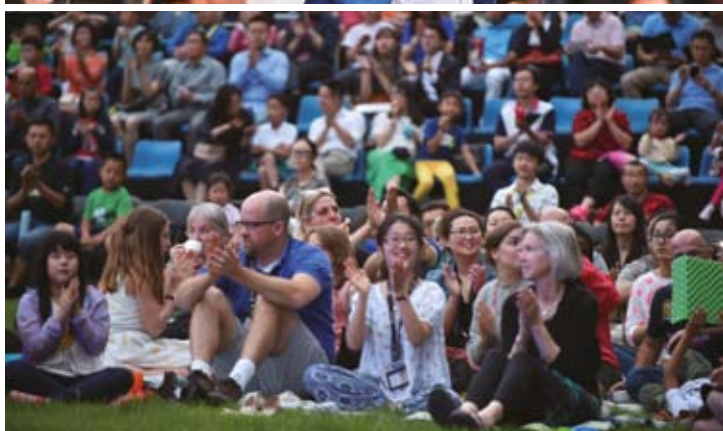
PHOTOS: COURTESY OF ISB AND NO.55

Send an email with the date of your event, a brief description, and high-resolution photos (at least 1MB each) to webeditor@beijing-kids.com by **August 12**.



Keystone Academy Organizes Its First Open Air Concert

On May 22, Keystone Academy brought together three Chinese artists, Li Yundi, Chai Liang, and Warren Mok, who performed in front of over 1,500 people. The China National Broadcasting and Film Symphony Orchestra backed renowned pianist, Li, famous operatic tenor, Mok, and violin virtuoso and conductor, Chai.



YCIS Beijing Marks 8th Annual Global Community Day

On May 14, the Yew Chung International School Beijing held its 8th annual Global Community Day to raise funds for worthwhile causes. The event featured performances, food, products from local vendors, and games for kids.





BWYA May Fair Raises Funds for Charitable Causes

Beijing World Youth Academy's May Fair took a walk on the wild side to help raise money for various charitable causes including covering the cost of surgery and medical expenses for two Chunhui Boai (春晖博爱) orphans.



Art Show at MSB

The International Montessori School of Beijing's (MSB) annual Art Show took place on May 31. The evening featured colorful and expressive, individual and collaborative pieces by students in a wide range of media across Nursery to Grade 6.



PHOTOS: COURTESY OF BWYA AND MSB



CISB Marks International Children's Day

On June 1, the Canadian International School Beijing celebrated International Children's Day by having their students enjoy the outdoors with activities like blowing bubbles, drawing with chalk, playing with water, running, climbing, and eating popsicles.



HoK's Annual Charity Yard Sale Raises Funds for Charity

On May 21, House of Knowledge International School held the annual charity yard sale at both campuses. All tables attending contributed baked goods to the cake table that raised a total of RMB 3,452 for Roundabout.





2016 Fencing Tournament at DCB

Aspiring fencers from several international schools in Beijing gathered at Dulwich College Beijing on June 4 for the school's inaugural Fencing Tournament. Chinese Olympic gold medalist Zhong Man, who competed at the 2008 Summer Olympics, served as a special guest judge at the event. Zhong was at the school on June 3 to talk about fencing to Junior and Senior school students.



BIBA Family Fair 2016

Nearly 5,000 people attended Beijing International Bilingual Academy's 2016 Family Fair on May 21. This year's theme was "One Family, One Fair" and featured art displays, music, games, a fashion catwalk show, refreshments, and water activities for all ages. BIBA students raised funds for various charities around town. The event's biggest sponsor was Uniqlo.



PHOTOS: COURTESY OF DCB AND BIBA



Massive Turnout at BCIS's Spring in the City 2016

On May 14, Beijing City International School welcomed more than 2,500 people for their annual Spring in the City community fair, which hosted numerous kid activities, and showcased student bands and local vendors.



AnRic LMR Visits Provence, France

Students from AnRic Little Montessori Room went to visit Provence, France from June 3 – 10. The children attended a French Montessori School and explored French culture, lifestyle, and food with their parents, relatives, and teachers.



Favorite Family Restaurant

Grill 79 on the 79th floor of the China World Summit Hotel – they have a high quality breakfast buffet plus you can order one dish from the menu. Lauren is a fussy eater but she loves breakfast and she also wakes up very early. The bonus is that kids under 6-years-old eat for free.

Favorite Dessert

Salted caramel brownie from **Awfully Chocolate**, Indigo Mall.

Weekend Activities

The kids have Chinese lessons, Joanne attends **Fight Fusion's** mixed martial arts inspired classes, Alan likes to go for **long runs** outdoors, and we all go **swimming at Fitness Club**.

Family Rituals

Buy hot fresh bread and lemon juice on Saturday and Sunday mornings from **L'Atelier**, Central Park.

New Discoveries

Tribe, an organic restaurant in Lido with fresh, healthy food, and a small play area for kids.

Best Place to Play Outdoors
Ritan or **Si'de Park**.

Favorite Place To Shop for Yourself
Shanghai Tang for accessories such as bags, wallets, phone covers, or gifts for people. **Marks & Spencer** and **H&M** for clothes.

Place Kids Beg You to go
Symphony bakery at Central Park for waffle cone ice creams.

Best Place to Play Indoors
Adventure Zone at the Kerry Centre, **E-Kids** at The Place, or **little oasis** at Parkview Green.

Favorite Neighborhood in Beijing

Around **Nanluoguxiang** – we love taking visitors around there. We always find new treasures each time we go.

Favorite Seasonal Activity

Being from Australia, we are fascinated with **snow**, so we just love to go out and attempt to build a snowman or have a snowball fight. Any day it snows is as much a novelty for us adults as it is for the kids!

Day Trips

Visit friends in **Shunyi**, either for a day trip or staycation.

Parents' Date Night

Pudao Wines, for pre-dinner wine (they have enomatic machines where you can choose and pour your own wines), followed by **Opera Bombana** for dinner.

Best Place to Shop for Kids
Marks & Spencer and **Zara**

Best Place to Celebrate a Special Occasion
Temple Restaurant Beijing (TRB).

The O'Connor Family

by Nimo Wanjau

Australians Alan, Joanne, Caitlin (age 5), and Lauren O'Connor (3) came to the city five years ago when Alan was posted here after living in Hong Kong for ten years. Alan works as a director for auditing firm KPMG, and Joanne is a stay-at-home-mom. The girls both attend 3e International School. The O'Connor family tells us some of the spots they frequent around Beijing.

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