

A Leisure Day

Shelly Zhong

Today is Saturday. Today there is snow outside. My husband, my sister, and my sister-in-law don't have to go to work. My son and I are with my niece and nephew. We don't have to go to school.

In the morning, we had bread and milk for breakfast. After breakfast my sister and I cleaned the floor.

My sister and sister-in-law are good cooks. At noon, they were in the kitchen. My sister-in-law cooked noodles, potatoes, lettuce, onions, beef, and eggs for lunch. My sister baked apple pie, cake, and cookies for dessert.

After lunch, we were in the living room. My son, my niece, and my nephew played games. My sister, my sister-in-law, my husband, and I played poker and listened to music.

We ate dinner at 7 pm. Everybody enjoyed my sister's cooking. We had chicken, steak, green salad, fruit, and orange juice.

Everybody is having a good time. It's a happy, good day.

Red Dates

Lihua Bao

I know a kind of dessert you can eat in the morning and in the evening. It makes you stronger and it can relieve facial shading.

First get ten red dates, black fungus, and rock sugar. Boil the red dates for two hours, and boil the black fungus separately for a few minutes. Finally mix them together in a bowl with the rock sugar and steam for one hour. This dessert is very good for women.

Red dates have a lot of benefits. Red dates are a natural beauty food. They can also replenish your spleen, promote circulation, and prevent aging. But the biggest benefit are their high content of vitamins. So red dates are healthy.

Types of Rice

Joyce Wu

In China, rice is an essential staple in our daily healthy diet. It is nutritious. However, not all rice is the same.

My family usually eats three types of rice:

Red rice, also known as red big rice. It is a kind of Southern grain and has high nutritional value. It has a slightly sour taste and flat taste. Its husk is purple; inside it is red. When you eat it, it is good for your health. It is good for your blood, it is anti-aging, it lowers blood pressure and blood fat and has other effects. It is very suitable for children, pregnant women, the sick, and the elderly.

White rice has a comparatively low nutritional value, but the taste is good. White rice is the most common kind of rice.

When we cook lunch or dinner, we often mix the two types of rice and cook them together. Such nutrition and taste can be complementary. Sometimes at home, I cook millet congee for the family to eat. I'll match lean meat, pig bones, and three to four slices of ginger. Finally, I add a little salt. My son and my parents-in-law like to eat it.

The nutritional value of millet, although high, is not suitable for everyone to eat because of people's physical problems.

Sometimes I like to cook sugar congee. Ingredients are black rice, red beans, lotus seeds, and Chinese yams. Put them in a pot and add water and boil for about two hours. At last, add a little brown sugar. Remember: don't make it too sweet! Because eating a lot of sugar is unhealthy.

My Husband Cooks

Songsong Chen

I love my husband's cooking. He likes to cook. He doesn't like to go out to eat. He likes to cook for friends. But he always makes a big mess in the kitchen. He's very good at making sesame chicken and cola chicken wings. His dishes are delicious. Sometimes my husband teaches me how to cook. Something very easy, like scrambled eggs, baked potatoes or fried fish.

I'm happy that my husband is a great cook!

We usually go to the supermarket twice a week. Every time we buy a lot of food. But no canned food. My husband says canned food is junk food. We need to buy healthy food. He always checks the date on food. He is a careful shopper. He buys a lot of fruit. He wants to make salad for our kid.

We always eat congee for breakfast. That is my husband's favorite. I eat a lot. I always say I'm afraid to be fat. But my husband says, "Don't worry about that. This is all healthy food."

My Aunt's Party

Olimpia Morales

I like my aunt, because when I lived in the Dominican Republic, my whole family would gather at my aunt's house for Christmas. We also invited some friends and neighbors.

She used to have a big party. She cooked a lot of delicious dishes. She baked chicken, rice and beans, mofongo, mangu, and green salad, and for beverages she had cocktails, water, and beer. For dessert she made bread pudding and fruit jelly for the children.

She is a good person and friendly. She loves Christmas and enjoys sharing it with her family and friends. When I lived in the Dominican Republic I loved going to her home. During these times I brought her rich rice with pigeon peas and my mom cooked sweet rice and oatmeal cookies. At that time we spent a very happy Christmas. I also enjoyed Christmas there because I shared it with my family and friends and enjoyed delicious food, such as baked pork, lasagna, salad, rice, and dessert with different beverages.

New Year's Eve Dinner

Fen Fen Liang

My favorite holiday is Chinese New Year because I can visit my friends and my family. I can do things different from usual. I can eat a lot of foods different from usual.

For Chinese New Year we usually have a New Year's Eve dinner with our families. My mother usually makes more than six kinds of food for the dinner; for example, plain chicken, roast duck, spicy shrimp, steamed fish, sautéed vegetables, soup, fried meat with sweet and sour sauce, lobster, bean vermicelli, and many kinds of dessert. We can cook what we want to eat. But we need to worship before we start to have New Year's Eve dinner.

In China people go back home to have New Year's Eve dinner. New Year's Eve dinner means reunion, because many people go to work far away from home and they can go back home only once a year. But their families miss them.

New Year's Eve dinner is important for every Chinese person. During the dinner we talk about the last year, the coming year, kids, jobs, everything. My family feels happy because we can be together.



Yangchenghu Crabs

Kelly Liang

Crab is my favorite food. Every winter I eat a lot of crab. Shanghai Restaurant's Yangchenghu crabs are famous in China.

In 2006, Shanghai Restaurant had a sale: 68 RMB per person for Yangchenghu crabs, all you can eat. It was very difficult to get a seat.

I still remember I had a dentist appointment one day, and I got a call from my friend. We were going to have Yangchenghu crabs at a buffet restaurant. I was very happy. I love Yangchenghu crabs very much.

After the dentist appointment, we had eight of us for dinner. The restaurant didn't provide tools to eat crab, so we ate with our hands and teeth. I ate fifteen crabs. It was so delicious. But I broke a tooth. My tooth is missing a piece. It's a joke for me.

Many years from now, to commemorate my broken tooth, I will never eat so many Yangchenghu crabs.

Eating Seafood with Friends and Family

Junying Zhen (Letina)

Many people love to eat, some people love seafood, and some love Chinese food and there are some people who love Japanese food, like sushi. What do all of these people have in common? They love to spend their time going to restaurants. I enjoy eating at Joe's Crab Shack restaurant in Newark because they offer quality services and they have a happy hour.

When their waiters come to us, they always make eye contact and smile at us. Although they are offering many kinds of seafood to choose from, they have a lot of special seafood dishes or other food dishes which use seafood as primary ingredients, and are ready to be served.

I always love to go there with my family because my family and I love seafood. Cooking is fun and it's a good way to relax but eating out is also fun. When I'm with a couple of good friends or family members, I can go to a nice restaurant. I really love seafood and I love to go to Joe's Crab Shack to spend time with my friends and family.

Special Food

Esther (Yanfang Li)

When I married my husband, my mother-in-law invited me to her home for dinner. She cooked many dishes and cooked stew. First, everyone had soup. I saw that it had a hair in it! Well! My God! At this time, my brain said to me, "What do I do?"

Because my mother-in-law was an old person. When she was a young woman, her father was a successful businessman. She was her father's favorite. One day suddenly her father passed away. She cried and cried, day and night. Therefore her eyesight became poor. Although her eyesight was poor, she liked to clean and work for her family. Everybody was very respectful to her.

So, I quickly and quietly put the soup in the garbage. We continued the dinner. But I ate carefully and I ate little. I didn't say anything. I didn't want to hurt her feelings.

After that, I had children. She usually made soup for my son once a week. She loved her grandchildren. But I worried! I knew a household is love with understanding, but when she took soup to my son, I was always careful to check the soup.

Do You Have a Healthy Diet?

Li Tao Yin

As you know, good health is more important than everything. Food gives us energy, so we must have enough food to keep healthy.

We should eat more fruit and vegetables and less meat, and we also must have the right kinds of food or we may become sick.

When I was in middle school, the school was far away from my home, so I lived at school. I went home once a month. The school's food was terrible. Some of the students often went out of school to buy something they liked to eat. I did too.

I remember once I bought a lot of junk food. I ate all of it, and I felt sick. I had a stomachache. I lay in bed that afternoon. I didn't go to class.

My mother's cooking is very delicious. I like to eat all food made by my mom, but I most like to eat her soy sauce meat.

During vacations I went back home, and my mom cooked a lot of delicious food. I ate too much meat; I felt very full. After a while, I had a stomachache. I didn't feel well. I shouldn't eat too much next time.

So we should have a healthy diet. It's good for your health. But now I have a healthy diet: I don't eat junk food and don't eat too much. I eat fruit and vegetables every day.

Spicy Food

Simon Lee

Ah my friend—long time, no see. Last month, we made an appointment for dinner in Flushing. After meeting, we went to the Chong Qing Restaurant. We ordered spicy fish fillets, fuqifeipian, spicy kidney, eggs, vegetable soup, and a large bottle of beer. We chatted for a while, then we started to taste. I thought it was delicious.

But as we ate it got more and more spicy. I felt my lips go numb. After eating, I went home. The next day, I felt stomach pain. I always needed to go to the bathroom. On the third day I felt better. Since then I told myself I can't eat very spicy food again. That was unhealthy.

At present I have a healthy diet. I eat fruits and vegetables every day. I cook food four times a week. I drink a lot of water every day. I go to the supermarket to buy food once a week. So I feel good now.

Grandmother's Bakery

Jennifer Alonzo

This story is about my grandmother. She wanted to open a bakery because she wanted to leave a legacy to her family. Her dream was to bake cakes and cookies and other desserts for events, birthdays, and holidays and sell them to restaurants.

At first it was difficult because she didn't have money. She had to work cleaning houses and offices and babysitting. She worked for ten years to collect the money.

During those ten years, she met my grandfather. She was sixteen years old when her dream began. When she turned twenty, she married my grandfather.

My grandfather was rich because his family had property. He helped my grandmother with her dream and they opened a bakery.

When the bakery opened it was successful and my grandmother was happy. After fifteen years my grandmother decided to begin to teach her daughters and son recipes for the bakery to be continued for years.

The most famous was for fruit cake. Visitors everywhere arrived to try it. My grandmother was happy because her dream was a reality.

When my grandmother was eighty years old, she retired and delegated her children with her bakery.

My grandmother died when she was ninety years old and nobody continued with the bakery because my family worked in their own professions. But when my family meets, they make the famous recipe that reminds us of my grandmother.

Now I want to do what my grandmother achieved. I want to be like her.

Story About Food

Garivia Escobar

One day my daughter and I went to a restaurant. I work in this restaurant.

We read the menu and the waitress came with some appetizers and then brought more food. The waitress brought steak with salad and drinks, and my daughter and I were surprised. Then she brought desserts.

My daughter and I ate all the food she brought. I'll never forget this day. And I didn't pay. All the food was free, but I gave a tip.

This happened in the summer of 2015.

Vegetable Stew

Chi Tuen Hon

Food is very important for people to have a healthy life. Every person and family needs food for breakfast, lunch, and dinner. Eating the right food each day is good for your health. But there is healthy food and junk food. We should have a healthy diet to stay healthy, we should eat more fruits, vegetables, whole grains, like whole wheat bread, brown rice, whole grain cereal, and dairy products like low-fat milk and low-fat yogurt. We also should eat chicken, fish, eggs, beans, and nuts, and we shouldn't eat fried foods and snack foods. Don't eat dessert like ice cream and cake. Don't eat a lot of fat, sodium, and sugar. Don't go to fast food restaurants very often. Eat healthy food at home. It's your life—be healthy!

How to cook and eat in a healthy way? My brother recommended a recipe to me. It's a good recipe for vegetable stew.

1. Put a little butter into a sauce pan.
2. Chop up a few onions and mushrooms.
3. Cut up a few potatoes.
4. Slice a few tomatoes and carrots.
5. Pour in water.
6. Add salt and pepper.
7. Cook for 3 hours.

It's my favorite dish because it's a very healthy food and it's delicious!

So, I have a dream. I'll be a great chef. I can cook food from different countries and I will own an international restaurant. It will be a very special place. Every day I will cook a different kind of food. On Monday I will cook Italian food. On Tuesday I will cook Russian food. On Wednesday I will cook Chinese food. On Thursday I will cook Indian food. On Friday I will cook Japanese food. On Saturday I will cook Mexican food. And on Sunday I will cook American food. It will be wonderful, excellent, and out of this world!

Do You Eat the Right Thing?

Xiu Ying Lin (Lisa)

The year I first came to the United States, one day I went to find a new job. I came out from the subway and walked down a lot of streets. I felt hungry and thirsty. It was time to eat, but I just had a little money. I couldn't go into a restaurant.

I went into a deli. The shelves were filled with a variety of food: water, fruit juices, bread, milk. "I'm thirsty," I thought. "I should buy water to drink. No—at home water is free. Why waste money? Fruit juice—well, this color is a very brilliant color, just like drinking paint. False, very horrifying. Bread—it's very dry and hard to swallow. Milk—I see a picture of a cow in a purple-colored box waving to me. Yes, milk is nutritious and quenches thirst."

I took it to pay, but I couldn't wait. I stayed in the store to drink it. "Wow, American milk is too good—fragrant and thick!"

I saw the cashier open her big mouth and open her big eyes, looking strangely at me. Also, she used her body language, pointing to her mouth and shouting, "No, no, no!"

"Why not? I already paid! I don't care! I enjoy my milk! Goodbye!"

Much later, I knew. My God! I drank milk cream! There is a lot of butter in it. You can only put a few drops in tea.

I am stupid, but someone is stupider than me. They ate dog food for a long time because no one told her and she didn't understand English.

So, do you know the food in English? If you don't know, maybe you'll eat the wrong things. Be careful!