

THE FOX

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Inside this issue of The Fox



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Clean
sweep
for Fox at
webbies

By Rory Locks

Last night Wembley stadium hosted the world famous 'Webbies', where the famous Internet...
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Comp!!

Win a holiday in Ibiza! Just answer the question on page 2!

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Free pair of gardening gloves and a trowel worth £12.99 each! Get gardening with this issue of The Fox! Next issue pick yourself up a bag of manure to set you planting in spring! See page 22 for details.



THE FOX EXCLUSIVE

DIM SUM? SOME DIM FOOD!



By Tony Clocks

What is Chinese food really? Spicy foods, noodles, or even prawn crackers? I wanted to investigate China's

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Chinese Food Scandal

We sent out our reporters to find out if Chinese food is actually what it looks like

By Tony Clocks

What is Chinese food really? Spicy foods, noodles, or even prawn crackers? I wanted to investigate China's links in the food market further. I wanted to know what food is like in an ordinary Chinese home, and how the stereotypical images of curry's and chow mein's vary throughout the world. How much does China influence other countries and what are the links?

China is a massively populated country, the most in the world, and is also what some would say as the production capital of the world. This developing country exports around \$300 trillion a year, which is an awful lot, and is easily winning competition with Mexico. China also imports from many countries including the US, Japan and in fact Britain.

Amazingly, the UK exports nearly £750 million worth of goods to China alone!¹ This figure is up by 40% according to a BBC study. An interesting thing with that report, according to the BBC, is that it found that the UK exports more to Ireland than it does to China, Brazil, Russia and India put together. But even though the proportion of total exports is tiny, China is still the biggest export market for UK goods outside the US and the EU.² That is something astonishing! Chinese food is also one of the major things to come out of China, as Chinese style foods can be found globally! These foods are extremely popular with other countries, but each one variation of their dishes is tweaked to suit local tastes and styles.

Chinese food is typically 'Dim Sum' which is a Cantonese style of food which is usually a small snack. Each item of food is traditionally bite-size and it would be eaten with chop sticks. Chinese food is, or at least was, based on opposites like the Yin Yang and it was said to bring the best tastes out of food. A common example here is the 'Sweet and Sour Sauce' or a spicy meal with a cleansing dip.

A standard staple food for many Chinese people is rice. Rice is so common in China that a lot of the farmland is used for rice paddy's. Where rice is usually boiled, and eaten in the southern and eastern areas of China, wheat is preferred in the north. North China is famous for its many wheat farms and residents of those areas rely heavily on bread and other flour based products.

TODAY ON TV

3:00 - **sky 1 HD** Toby Fox: "How I got here"

4:15- **BBC TWO** Battle of the newspapers- The Fox VS Barnsley Chronicle

7:30- **CNN NEWS**: Squad help bite victim and man denies he committed suicide

In the middle kingdom (another name for China) drinking is very popular, with beer and wine both being made with rice. Tea is drunk widely as well, with a variety of teas including 'green tea', 'herbal tea' and 'kuding tea', but this is to be expected as China did invent the drink. Dinner in China is usually followed up by 'Yum cha' which literally translates as drink tea and consists of just that!

In other countries, people view Chinese 'Dim Sum' as fortune cookies and eating cats and dogs as well as a whole line of other stereotypes. Eating a cat in China is something of a delicacy, as a truffle is, and even chocolate! Also, when I set my team of experts going, they found out that the 'Chinese' fortune cookie was in fact invented in 1918 by a David Jung who lived in Los Angeles.³ Not everything you know is true!



Just down the road near that library with the broken window. We sell all of your favourite* cakes and drinks and we now even sell furniture! Pay us your money!

* We cannot guarantee this

EMOZ~ The new gothic superstore opening

3/3/11 at 9:15
be there or die!

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What did the grand old duke of York march up the hill?

A. 10,000 men

B. 100 men

C. Crayons

*Text your answer to 6667 or enter on our web site. Entrants must be 18 or over. Please ask the bill payers permission.

Chinese Food Scandal

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In the modern day, China's citizens eat wealthy food which consists of much more meats, fats and sugars than that of a century ago. Shockingly, forty years ago there were over 385 million undernourished inhabitants, and thankfully this number has more than halved. In 2003, only 150 million of the 385 are still there. This is a big decrease, but unfortunately, still 12% of the Peoples Republic of China's population is undernourished.⁴ This rise in quality of food is because of the industrial revolution and the forming of the Peoples Republic and has helped save many lives.

In the modern world, things need to be quick, a takeaway is often an easy option for dinner. Chinese? Indian? Pizza? All of these options are from different cultures and backgrounds are now available in most developed countries. Ideas and food spread quickly, but during the process, things change.

Chinese takeaway foods are becoming more popular as the technology age races on, but is Chinese food from your local takeaway authentic? What are the differences and links to *real* Chinese food? I sent a team of research experts to find out.

In China the majority of people eat boiled rice, noodles and dumplings, but what the consumers don't know is that oriental meals in many countries are completely dissimilar to those of China. For example, a bag of noodles from China would be well cooked with minimal oil and fats, and contain many different spices. If you ordered the same portion of noodles at a Chinese buffet or takeaway, it would have been cooked very quickly in lots of oils and loaded with salt. In American takeaways, and British too, fried and frozen vegetables are often used because of ease, and the lack of cooking skills needed. This method of cooking is extremely unhealthy. According to a study that surveyed 10,000

British adults, a whopping 11% of us have a takeaway five times a week and that each Chinese meal contains the same amount of lard that would fill a 'small wine glass'.⁵

This gives everyone the idea that Chinese people are unhealthy because of all the oil they eat on food, but this is a false assumption. Chinese people are not fat, but are often the opposite! This is because of the real Chinese dim sum, and their food portions along with the time of day that they eat.⁶ I think that this belief is a bad idea of Chinese culture, and the evidence is there against it. This is one negative effect of Chinese food's globalisation.

A positive outcome of this, however, is that Chinese food is wide spread and everyone can eat it. Also China gets more publicity, and a higher income because of tourists. China is recognised all over the globe because of its food, and everyone has tried, or at least heard, about it. This increases people's knowledge of the country and are more likely to visit and spend money that will go straight to the Communist government. I agree that this is a massive positive to the idea of unhealthy junk food and it really does earn a lot of money by doing this. However, as the amount of foreign food increases, peoples health will, and actually is decreasing. Because this type of food is steadily increasing in our food chain, more and more people are becoming overweight. In my opinion, this is not good on our bodies, and the food companies should lower the amount of fat in their dishes.

However good or bad this may be with other countries, it is destroying China's original culture, and the special lifestyle held by Chinese

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Chinese Food Scandal

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(CONTINUED from page 3) folk is now being faked all across the world. This is one of the saddest things about the topic. Chinese new year is now not just celebrated in China, but the recent celebration (now the year of the rabbit) is held in many homes across the oceans. It is quite funny how something as specific as Chinese new year is now celebrated by the non Chinese!

Overall, I think that Chinese food is not as authentic as it claims to be honest, pizza, kebab and naan breads are not the same either. What consumers of this food need to do is imagine that it is a brand new food and it is not trying to replicate a traditional dish. Also, when a Chinese restaurant claims to be 'real' or 'genuine' you will have to take it with a pinch of salt (no pun intended).

The food bring good things to China and the rest of the world but also develops a lot of negative features such as the extermination of much of China's culture. A way for China to grow positively in the food market would be for China to publicise the fact that the so-called 'authentic' food from Chinese takeaways is fake, but advertise the fact that there are however many real restaurants out there that serve good food.

Another point here, is that Chinese cuisine can be cooked at home by using a wok or other utensil. The ingredients used in specialist dishes could be bought from loyal Chinese wholesalers who crop up in every town or city. This are generally unknown of, and sell good quality products like noodles, rice and vegetables as you would get in original oriental style. If these wholesalers (such as Hoo Hing) were exploited more, there would be more healthy Chinese meals available to eat, and it would give the most pleasurable eating experiences, but more importantly, China's economic growth should still continue to grow. I think that people knowing the truth behind Chinese food will increase the love of China's culture, and also create a new culture of its own.

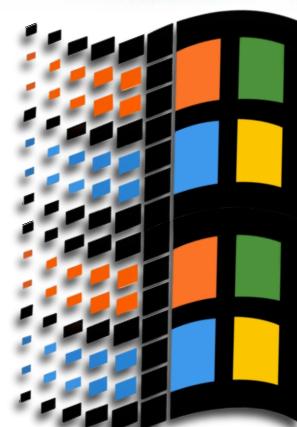
China having a unique oriental theme is special, and is not being destroyed by these commercial and cultural consequences of globalisation. However, more of the world is becoming Chinese⁷ themed, is this good or bad? Peoples opinions will all differ, but I personally would say that this is negative because of the thousands of precious years building up China to be unique, but the rest of the world is now similar.

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Old Mother Hubbard starves dog!

Last Wednesday morning Mrs Hubbard, AKA Old Mother Hubbard, was trailed for killing her dog. The post mortem results have come out this morning and apparently she starved him! Our eye-witness reporter was quoted saying that her 'cupboards were bare!'. The RSPCA are now

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AutoFridge repair,
AutoFridge replace!



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opinions will all differ, but I personally would say that this is negative because of the thousands of precious years building up China to be unique, but the rest of the world is now similar. The rest of the world should be able to hold their cultures, and not steal someone else's.

Nevertheless, it would be somewhat special to take part in the festive oriental events originating from China actually being in originate in the land of the sleeping dragon.

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Clean sweep for Fox at webbies

By Rory Locks

Last night Wembley stadium hosted the world famous 'Webbies', where famous Internet sites compete to win awards in different categories. Tobyfox.co.uk fans will be glad to hear that at the ceremony, it won every single award!! It was challenged when it came to the 'most viewed site' category, where it beat Google.com by less than ten votes, and FaceBook by a dozen! Toby Fox, the owner of tobyfox.co.uk, said at the ceremony that he would like to "thank all of my loving and giving fans which without them, my VIP and Classified areas wouldn't have been made. Also I would like to give a mention to Steve at 'My Burger Brunch' for the tasty pie that I consumed before this ceremony. It must've been the lucky charm I needed!" The reason why tobyfox.co.uk won so many (76 to be exact) awards is yet to be discovered, but a government enquiry into the matter has been planned due to a leak posted on wikileaks. Apparently Toby Fox bribed the head of these awards with a mention in one of his podcasts. All will be revealed shortly.



Just before the awards last night