

# Yangpu Ushers in 20 Automatic Groceries Vending Machines

By Xiang Laiting & Wang Xiuyuan

Installed in the communities, automatic grocery vending machines know as "smart markets" enable residents to place order via mobile phones and pick up their groceries instantly. Recently, Yangpu District placed 20 more such machines to facilitate more residents.

According to sources, users could either place orders online or directly at the vending machines, which are automatic and refrigerated, accessible via the website, app and wechat official accounts. Gro-

ceries are delivered in chilled conditions after orders are placed.

Two residents are shopping at one of these machines at the community building center of Pingliang Road Community. Over 40 products, including vegetables, fruits and eggs, all packed and labeled with price, units, along with a QR code.

"I also shopped here every day," said Auntie Xiao, a senior resident living in the neighborhood, "with affordable, well-preserved and clean vegetables, they are ready for cooking after rinsing." Those machines save her over 10-minute walks to

the market. She selected a package of carrot and cabbage at one machine, picked them up after paying with her bank card.

"Compatible with various payment channels such as quick pass, wechat, Alipay and union pay cards, those machines are very popular with residents as they find them convenient," said Lu Zhuping, an employee from the above community building center. Groceries are replenished and replaced to ensure health shelf lives. Moreover, product variety is also adjusted to cater to shoppers' needs.

## Exploring Food and Nutrition Education Through Lunches



By Zhang Bei

An article titled "Understanding how our children lose at the starting line: after a meal Japanese children" went viral among parents. The proper etiquette of Japanese elementary school students when they dine and the professionalism of garbage disposal after meals are impressive. After reading the article, the parents remarked, "This is a valuable lesson for us."

In Yangpu, some primary and secondary schools have begun to explore the "food and nutrition education" by offering buffet for lunch.

"Food and nutrition education" focuses on dining knowledge and good eating habits, telling children what, why and how to eat. It intends to transfer food and nutrition knowledge from the early childhood, and extend such knowledge to character development. Nowadays, when "sufficiency" is no longer a problem, it is now extremely important to help children form a scientific, healthy and regular dining habits. In this sense, Chen Ying, president of the Yangpu Private Primary School, began to think: "Can we turn lunch into a class?"

Developing good eating habits is the basis of "food and nutrition edu-

cation." In this February, Yangpu Private Primary School cooperated with meal suppliers to implement the concept of "food and nutrition education" into the daily diet of students in the form of the buffet. After the pilot for the fifth grade, the school has extended the plan to the whole school.

At 11:40, the bell rings and the children come to the cafeteria under the guidance of the teachers, when newly-made dishes are already in place: fried spare ribs with spices, fried meat with mushroom, soy pork liver, scrambled eggs with tomatoes, and potato chicken; in terms of staple food, it offers white rice, rice cooked with vegetables and corn; for soup, it offers cabbage and fish ball soup. Each dish is placed on an insulated table to keep it warm. The students take their meals and soup in an orderly fashion, emptying their plates in an instant.

How meaningful a buffet is for a small child? In the eyes of Zhou Jun, an ethics and morality teacher at Yangpu Private Primary School, it is a window and miniature for the campus civilization construction and "cultivation" education, which reflects the formation of student behaviors and habits and the improvement of self-management. It is the most vivid embodiment of moral

education in life.

After the "buffet lunch" was implemented throughout the school, the children in the lower grades have also begun to take their own meals. "In the beginning, they could barely take their own rice or soup," Zhou Jun told reporters that after several times, children have been familiar with the self-help style for dishes, meals and soup; they have gradually learned the use of tableware, and have formed the habit of taking meals on demand.

At 12:10, after lunch, everyone starts to clean up the tableware themselves. The table head, rotating daily, is responsible for collecting the plates and cleaning the table. From queuing, taking plates, taking meals, dining, to collecting the dishes, each student follows a series of dining rules from entering the cafeteria, such as remaining quiet, keeping the table tidy, and keeping the tableware in place.

"Childhood is an important period for the formation of a child's eating habits, which can lay a foundation for children in the future." Chen Ying said that the buffet can not only teach children to preserve food by encouraging them to empty their plates, but also implement the rules and regulations in the student's daily life.



## Monologues of Historical Sites

By Wang Xiuyuan

It might be the wildest dream to hear time-observing buildings tell stories. However, the first batch of historical relics and sites, totaling 16, makes such dream come true. You will enjoy their "monologues" after scanning QR codes on them.

Modern Yangpu, former sites of Yangpu Wharf and Yongan Guest House, Yangpu Water Plant and other historical sites are embodiment of the district's glory as a former industrial base and the city's history. Visitors are interested in historical landmarks as they admire riverside scenery. How to pass the history to future generations against the fleeting time?

Teaming up with Fudan University, Yangpu Culture Bureau cherry-picked industrial and historical relics along the riverside, combed through stories and combined graphics with audio, themed on "century-old university, industrial sites and infrastructure". Visitors will be able to scan the QR codes on the walls, listen to the audio clips while reading introductory information to understand the history of related buildings.

According to sources, QR codes, graphics, and descriptions for another 38 cultural relics and 5 historical landmarks will also be ready in November. Visitors will be able to see, read and listen to the history of those century-old landmark buildings.

## Yangpu Has 11 Preschool Education Groups

By Zhang Bei

Recently, five kindergarten education groups, namely Mingyang Village Kindergarten Education Group, Xinyue Bilingual Kindergarten Education Group, Wujiaochang Kindergarten Education Group, Zhongyuan Kindergarten Education Group and Minxing Kindergarten Education Group were established in Yangpu district. The district now has such education groups, covering 84 kindergartens.

Yangpu district has pioneered "1 + 2 + 3" model, i.e., 1 city/district-level model kindergartens, 2 tiered-1 kindergartens and 3 tiered-2 kindergartens, which integrate resources across private and public kindergartens. Such model is applied by the above 11 groups.

In January 2017, the district established the first batch of such groups, namely Benxi Kindergarten Education Group, and Yanji Kindergarten Education Group, covering 16% of kindergartens. In June 2017, Yangpu Kindergarten Education Group was established, covering 24% of kindergartens; from May to June 2018, Jiangjiang Kinder-

garten Education Group, Xiangyin Kindergarten Education Group and China Welfare Association Kindergarten Education Group were established, covering 45% of the kindergartens. The newly-established groups help extend the coverage to 84%. At present, the 11 pre-school education groups will focus on addressing the shortage of young teachers, due course research based on the principle of "example-setting, joint research and sharing" to improve the quality of kindergarten education.

Due to differences, preschool teacher won't be able to apply "talent rotation mechanism", which is currently used in primary schools.

The above groups need to spearhead their own ways in talent rotation. "We will recruit more teachers next year to resolve talent shortage," said Ms Yang Huiping, Chairman of Wujiaochang Kindergarten Education Group, "we plan to establish two workshops for basic teaching materials and teaching skills improvement to improve education quality. Such efforts will be led by backbone teachers in core kindergartens."