

FOOD
INNOVATION
NOTEBOOK

仙

修煉手冊

丹



A PERSONALIZED
HEALTHY DIET GUIDEBOOK,
JUST FOR YOU

仙 丹 自 造
PANACEA FOOD LAB

使用說明

Introduction

This is an exploration journey into the healthy and sustainable diets in fooducation lab. From ingredients to cooking, learn, and discover your own panacea diet.

繪 Sketch

10 minutes quick sketch on the food perception map and share your impressive eating experiences with others.

識 Learn

Learn exciting food stories from different knowledge providers (chefs, nutritionists, food designers, etc.) in food lecture.

記 Note

Create personalized food innovation notebooks by visualized noting what you have learned.

厨 Cook

It's time to create your own food. Based on what you learned at the workshop and use themed ingredients to practice with the help of knowledge providers.

Step 1.



Step 2.



ji/note



chú/cook



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lì xià
立夏
Summer begins.

The first solar term in summer, signifying the beginning of the hot summer.



Traditional food

Tender broad beans, Lixia eggs (Each year at Lixia, people would have boiled chicken eggs or salted duck eggs.)



Farming Activities

Farmers need to harvest the ripe crops as soon as possible while there are still sunny days.



Health Tips

Keep your mind in peace and nourish the heart.





飲食類型| Dietary type

食研計劃| Plan

主題食材| Ingredients

日期| Date

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Nutrients: Sea kelp is a natural source of vitamins A, B1, B2, C, D and E, as well as minerals including zinc, iodine, magnesium, iron, potassium, copper and calcium.



海帶 Kelp



洋葱&胡萝卜
Onion & carrot



鱼干 Dried fish



鸡肉 Chicken

In fact it contains the highest natural concentration of calcium of any food - 10 times more than milk.



白菜/大葱
Chinese cabbage
/green onion





Pumpkin



Cabbage



Carrot



Nori



Chinese cabbage



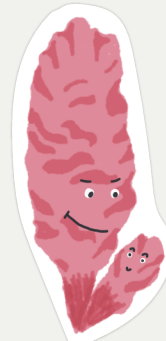
Pears



Broccoli



Cucumber



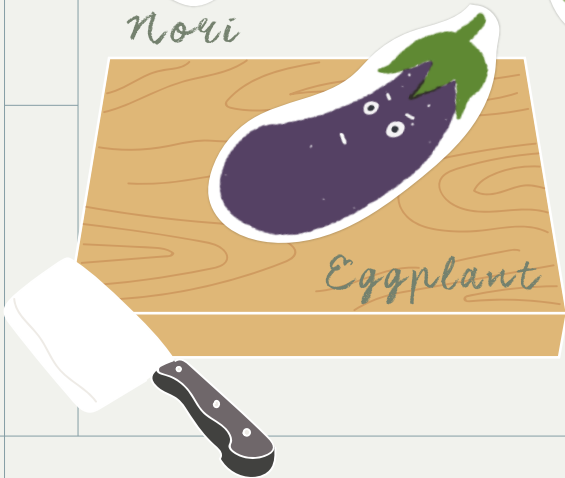
Red algae



wakame



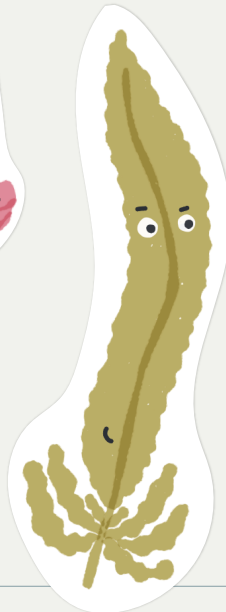
Green pepper



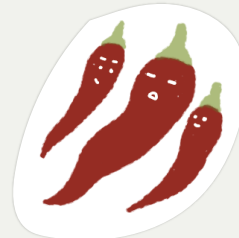
Eggplant



Persimmon



kelp



Chilli



Mushroom

Reflection

食研思考

Tasting Note

品味記錄

xiǎo mǎn

小满

Grain buds.

The seeds of summer crops begin to become plump,
but are not yet ripe.



Traditional food

Bitter herbs



Farming Activities

Debugging and defense preparation against storms



Health Tips

Avoid raw or cold food.



Shopping Bag

你的葫蘆

panacea food lab



飲食類型| Dietary type

食研計劃| Plan

主題食材| Ingredients

日期| Date

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NO.

Lecture Note

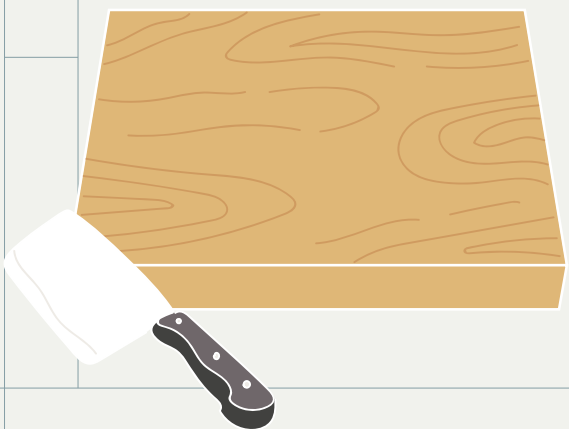
知識記錄



Recipe Note

食研食譜

仙丹自造



máng zhòng

芒種

Grain in ear.

The wheat becomes ripe; and the summer planting starts (in southern China).



Traditional food

Green plum.



Farming Activities

Planting crops.



Health Tips

Have a mild diet and keep your mind in peace.



Shopping Bag

你的葫蘆

panacea food lab

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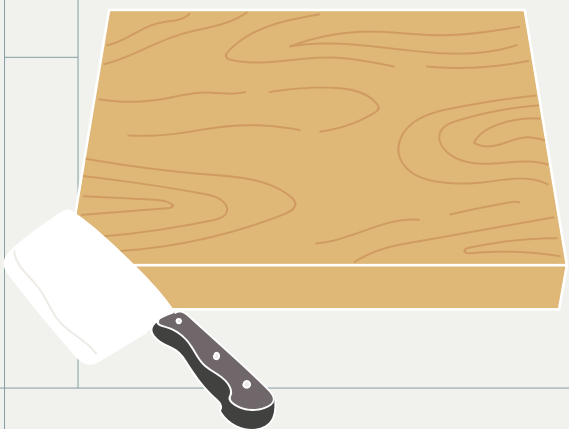
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xià zhì
夏至

Summer solstice.

The daytime is the longest and the nighttime is the shortest of the year.



Traditional food

Noodles and lychee



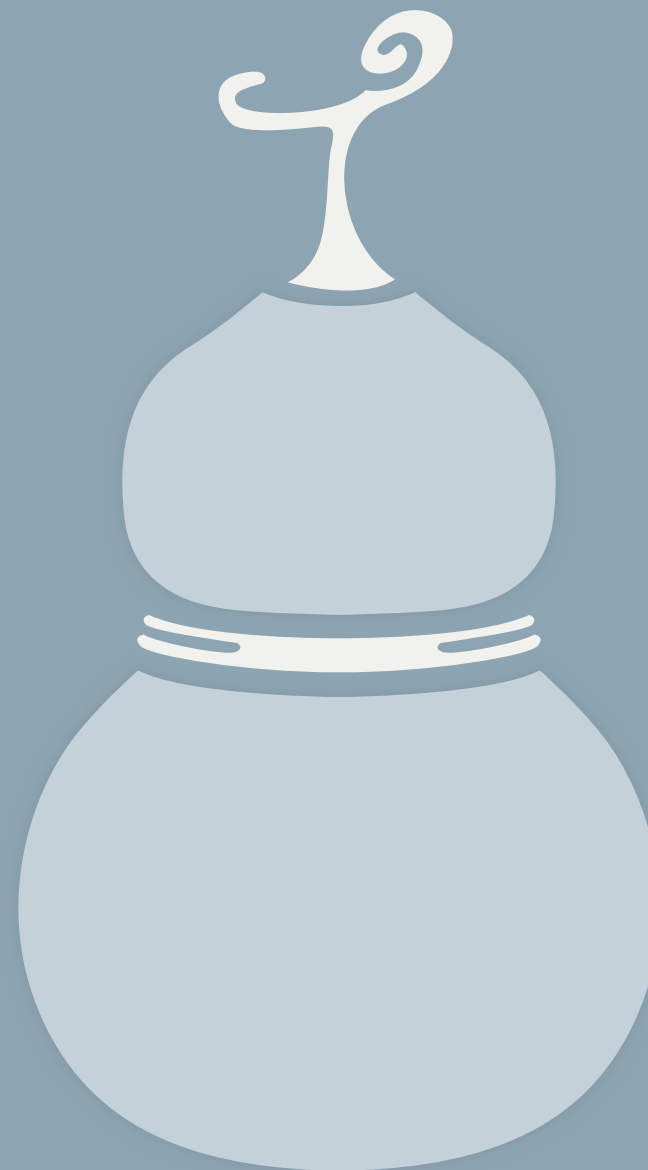
Farming Activities

Water storage before dog days



Health Tips

Have more foods with a bitter taste. Keep your mind in peace.



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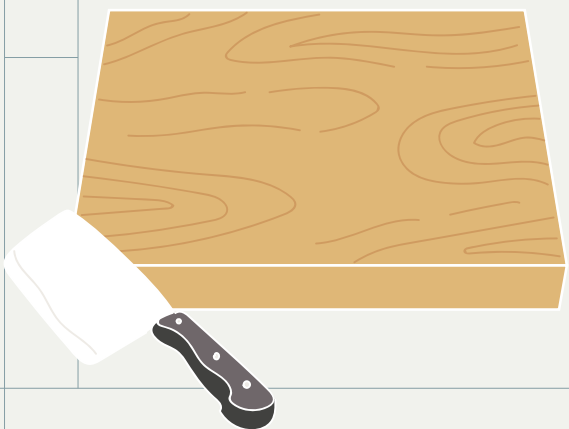
日期| Date

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xiǎo shǔ

小暑

Slight heat.

The beginning of the hottest period.



Traditional food

Dumplings and mung bean sprouts



Farming Activities

Farmers take measures to defend against drought and flood.



Health Tips

Keep the balance between work and leisure.



Shopping Bag

你的葫蘆

panacea food lab

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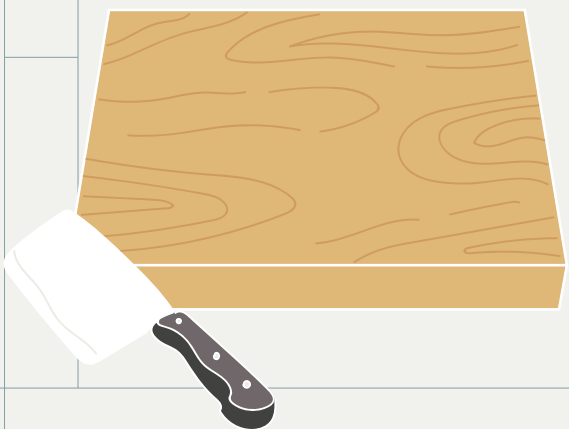
Recipe Note



panacea food lab

食研食譜

仙丹自造



dà shǔ
大暑
Great heat.

This is the hottest and most scorching period, with large amount of rainfall.



Traditional food

Tea, mung bean congee, and lychees.



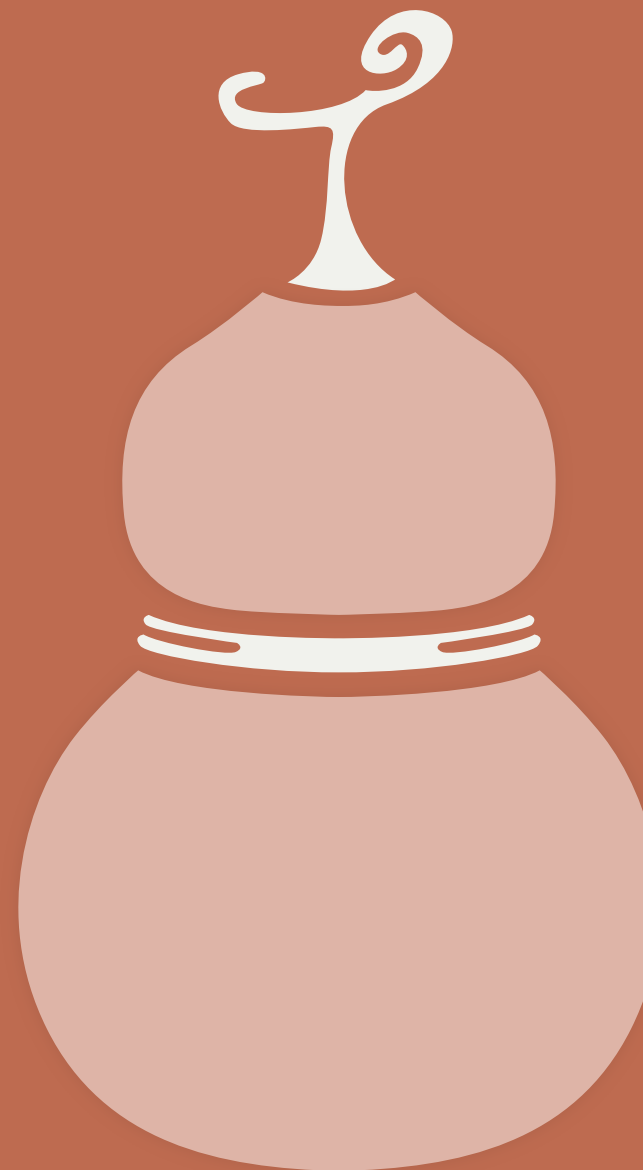
Farming Activities

Drought prevention and water dredging.



Health Tips

Nourish the spleen and stomach.



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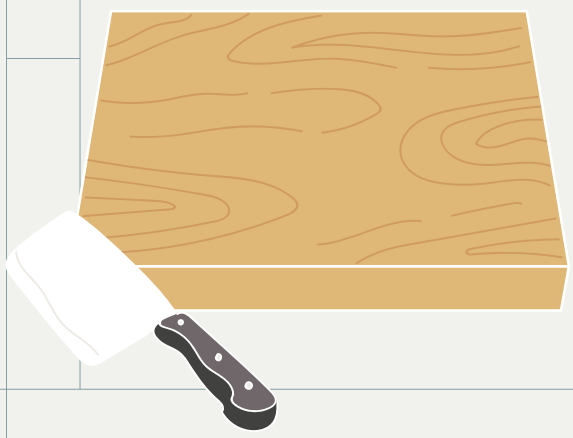
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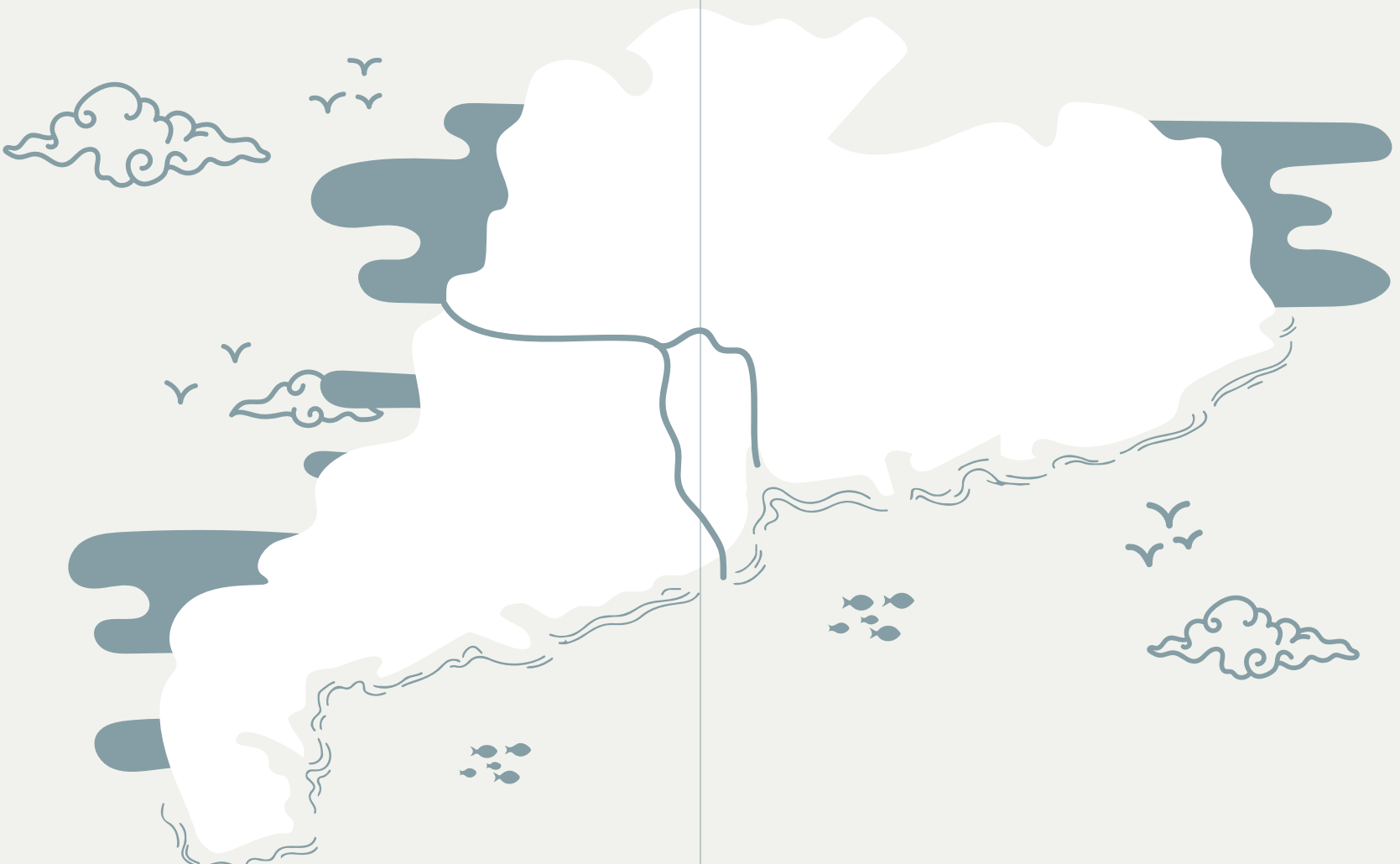
食研食譜

仙丹自造



Cantonese

粵一廣東



Ingredients Map

食材地圖

仙丹自造

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