

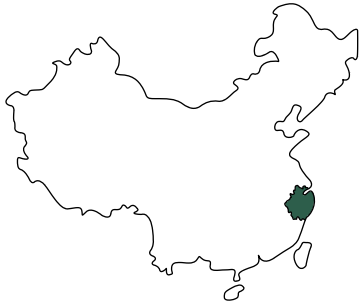
Systemic Design to Promote Sustainable Healthy Eating for School-Age Children:  
An Example Based on Urban Areas in Wuxing District, Huzhou, Zhejiang | Benyu Hu

**China**  
(The State Council, The People's Republic of China, the end of 2023)

9 600 000 km<sup>2</sup>

1 409 670 000 ppl

147 ppl/km<sup>2</sup>



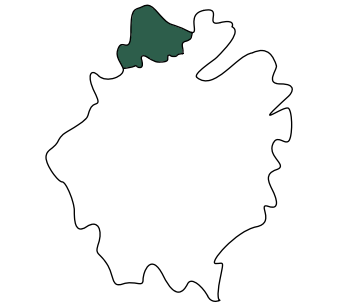
## Zhejiang Province

(Zhejiang Provincial Bureau of Statistics, the end of 2023)

105 500 km<sup>2</sup>

66 270 000 ppl

628 ppl/km<sup>2</sup>



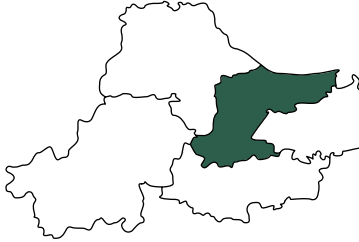
## Huzhou City

(Huzhou Municipal Bureau of Statistics, the end of 2023)

5 820 km<sup>2</sup>

3 439 000 ppl

591 ppl/km<sup>2</sup>



## Wuxing District

(Wuxing District Statistics Bureau, the end of 2023)

871.9 km<sup>2</sup>

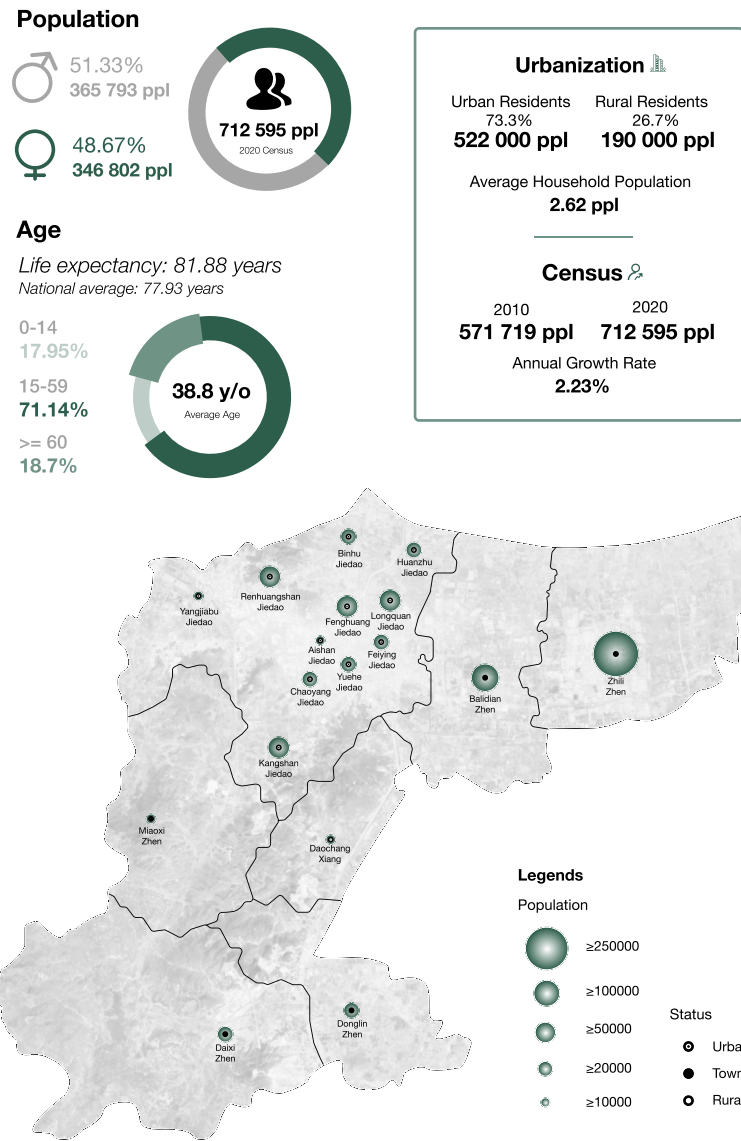
735 000 ppl

843 ppl/km<sup>2</sup>



## Demography

Census Data of Wuxing District



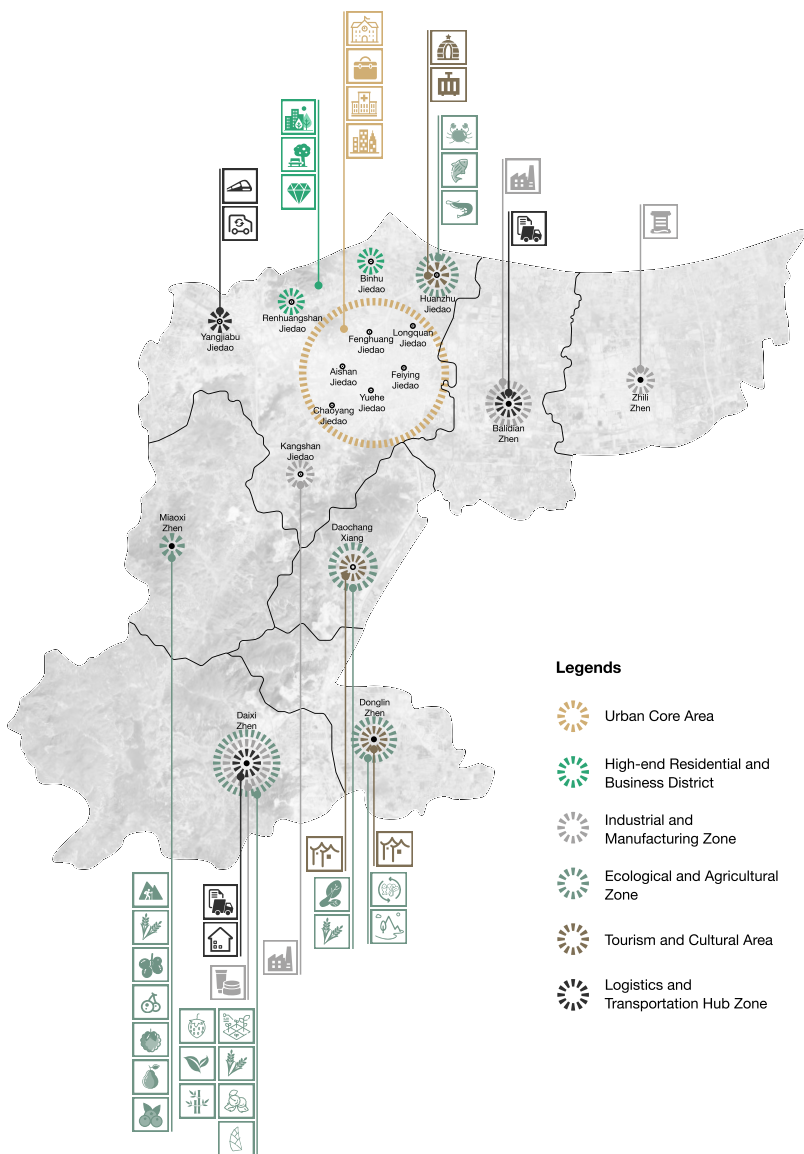
## Holistic Diagnosis

# Wú Xīng District

## 吴兴区

## Function of Areas

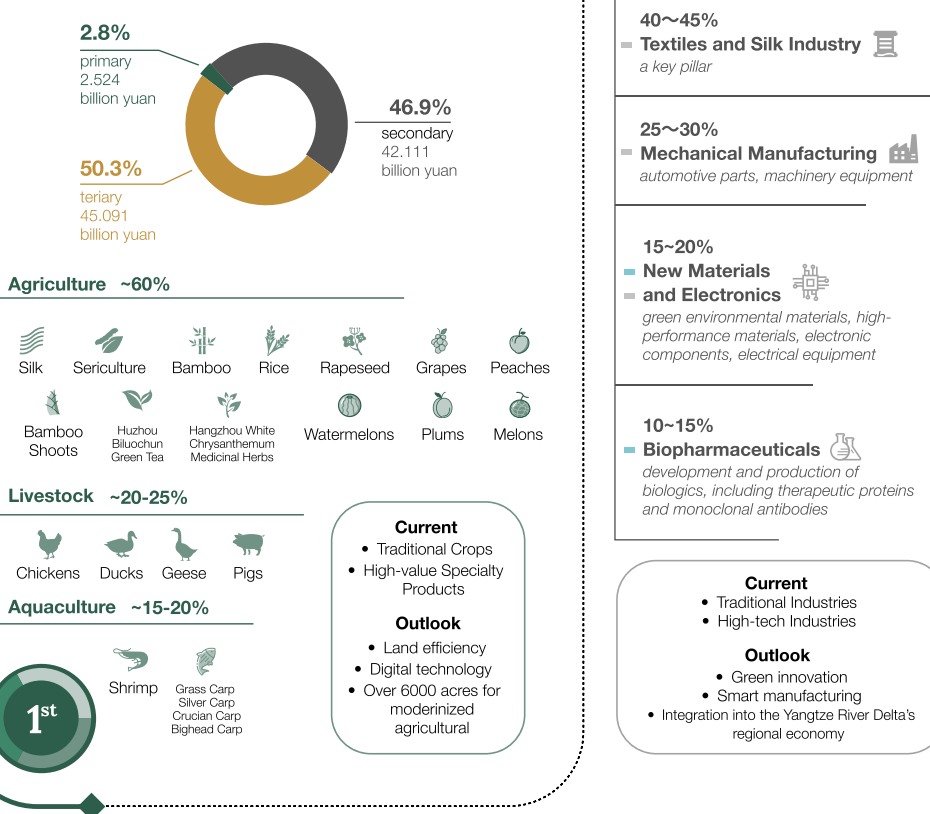
Drawn according to local characteristics and government development planning documents.



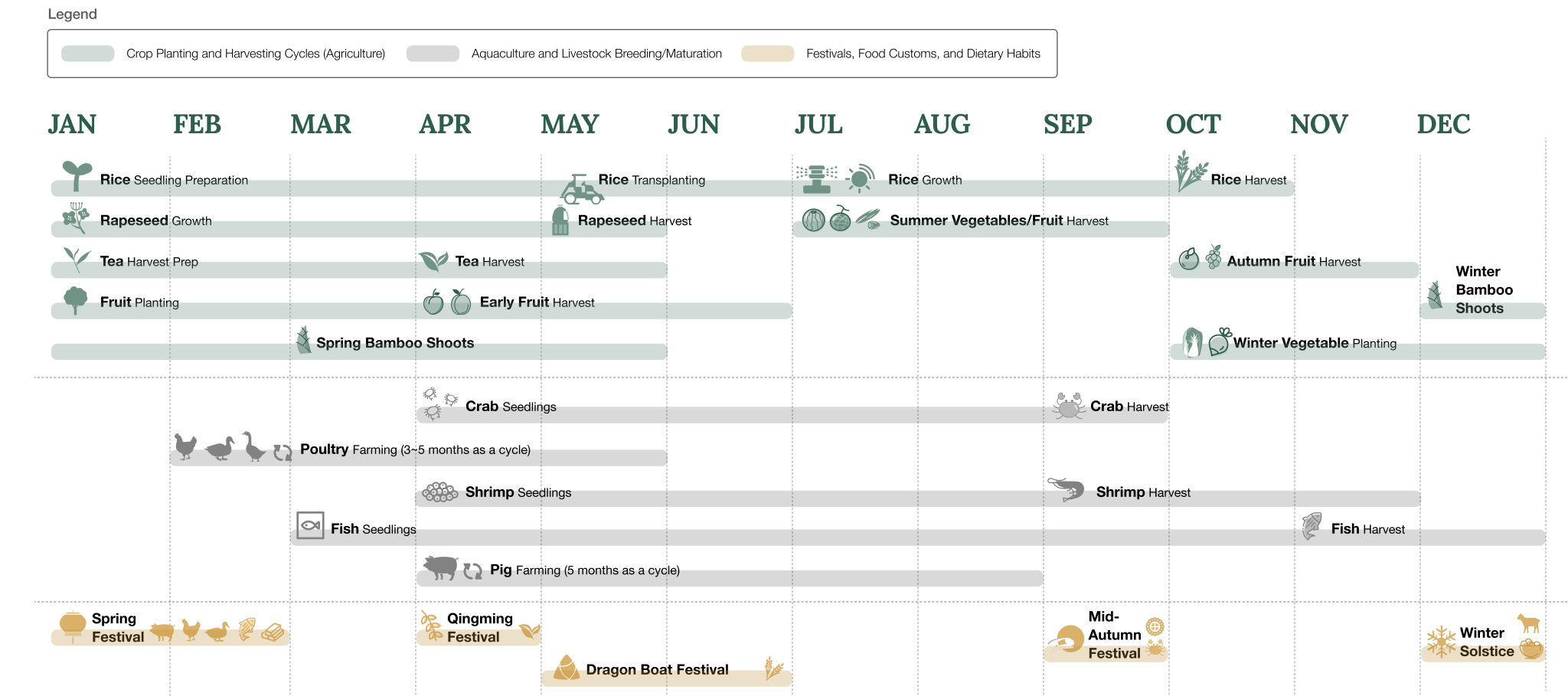
## Economy

Overview of the three sectors

Value Added of GDP(2022)

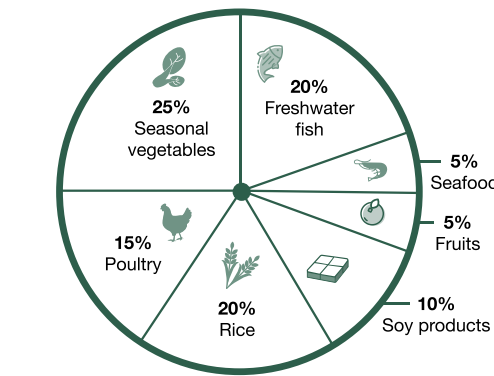


## A Yearly Timeline

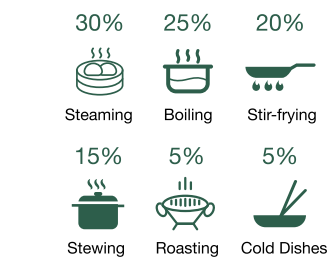


## Traditional Dietary Practices

Composition of the Traditional Diet

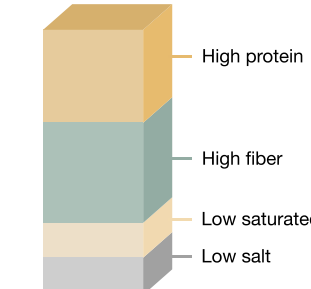


Cooking Method

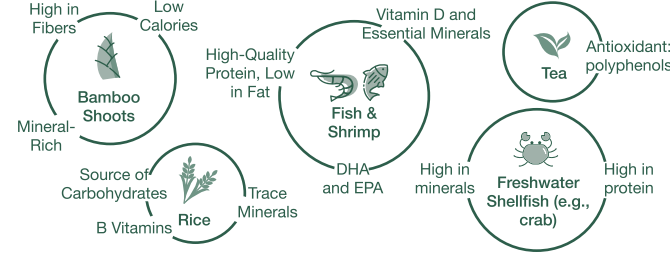


Nutritional Characteristics

The nutritional qualities of Wuxing District's cuisine are attributed to its rich supply of fish, shrimp, fresh vegetables, and cooking methods that use minimal oil.



Nutritional Values of Characteristic Foods



Food and Beverage Industry

The data is sourced from the Dingping website

Approx. 750 food and beverage operators including a diverse range of restaurants, cafes, fast food outlets, and specialty dining establishments

Approx. 116 operators involved in agritourism and farm-to-table experiences including family farms, rural restaurants specializing in local picking, and businesses offering fruit picking and other agricultural activities

CLASSIFICATION

Local Cuisine	Authentic Jiangzhe Cuisine(本帮江浙菜), Farm-to-Table Cuisine(农家菜), Home-style Dishes(家常菜)
Regional Chinese Cuisine	Sichuan Cuisine(川菜), Cantonese Cuisine(粤菜), Hunan Cuisine(湘菜), Beijing Cuisine(北京菜), Northeast Cuisine(东北菜), Xinjiang Cuisine(新疆菜)
International Cuisine	Western Cuisine(西餐), Japanese Cuisine(日本菜), Korean Cuisine(韩国料理), Southeast Asian Cuisine(东南亚菜)
Casual and Thematic Dining	Buffets(自助餐), Hot Pot(火锅), Barbecue(烧烤), Snacks & Fast Food(小吃快餐), Noodle Shops(面馆), Grilled Meat(烤肉), Crawfish(小龙虾), Rice Noodles(螺蛳粉), Vegetarian(素食), Dim Sum(早茶), Health Supplements & Food(食品滋补)
Specialty and Creative Cuisine	Specialty Dishes(特色菜), Private Kitchen Dishes(私房菜), Creative Cuisine(创意菜)
Seafood & Fresh Produce	Fresh Fruits(水果生鲜), Fresh Fish(海鲜)
Beverages and Snacks	Bakery & Drinks(面包/饮品), Cafés(咖啡厅), Bars(酒吧), Beverage Shops(饮品店), Tea Houses(茶馆)

## History



Early History

248 BCE Chu Kingdom Period 菰城县 Establishment of Gucheng County: Lord Chunshen, Huang Xie, was enfeoffed in Wu and established Gucheng County within Wuxing District.

221 BCE Qin Dynasty 乌程县 Renaming to Wucheng County: After Qin's unification, Gucheng County was renamed Wucheng County.

266 CE Wu Kingdom, Sun Hao 吴兴郡 Establishment of Wuxing Commandery: Wu Emperor Sun Hao renamed Wucheng to Wuxing, establishing Wuxing Commandery, which governed modern-day Huzhou, Hangzhou, and parts of Yixing.

317-420 CE Eastern Jin Xizhi WANG 王羲之 Calligraphy Master Known as the "Sage of Calligraphy," Wang lived in Wuxing and produced the famous "Lanting Xu," shaping the future of Chinese calligraphy.

Tang Dynasty

680 CE Tang Dynasty 吴兴县 Wuxing County Established Again: A part of Wucheng was split to form Wuxing County, marking the first use of "Wuxing" as a county name.

709-785 CE Tang Dynasty Zhenqing YAN 颜真卿 Calligrapher A famous calligrapher known for his bold and vigorous style, influencing later generations.

733-804 CE Tang Dynasty Yu Lu 陆羽 Tea Culture Pioneer Wrote "The Classic of Tea" in Wuxing, founding China's tea culture.

Song Dynasty

1037-1101 CE Northern Song Dongpo SU 苏东坡 Scholar-Painter A prominent scholar and painter who left a cultural mark in Wuxing through his writings and artworks.

Yuan Dynasty

1254-1322 CE Yuan Dynasty Mengfu ZHAO 赵孟頫 Calligrapher A master painter and calligrapher, Zhao, from Wuxing, influenced Yuan Dynasty art with his innovative style.

Modern Transition and Development (1912 - 2021)

1912 CE Republic of China 吴兴县 Wuxing County Reestablished: After reforms, Wuxing County was reinstated.

1981 CE Contemporary 吴兴县 Incorporation into Huzhou: Wuxing County was abolished and incorporated into Huzhou city.

2003 CE Contemporary 吴兴区 Establishment of Wuxing District: Wuxing District was formed, continuing the historical legacy of Wuxing.

2015 CE World Silk Origin 世界丝绸之源 The discovery of 4,000-year-old silk textiles confirmed Wuxing as the birthplace of silk culture.

2016 CE Irrigation Heritage 溇港文化遗产 Inclusion of Taihu Lougong in UNESCO World Irrigation Heritage: Taihu Lougong in Wuxing was recognized as a World Irrigation Heritage site.

2021 CE Smart City Development 智慧城市百佳县市 High-Quality Development: Wuxing was selected as a demonstration zone for high-quality development and included in China's top 100 Smart Cities list.

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FRESHNESS  
BALANCE  
SEASONALITY