Food Culture (prepared by Sidney C.H. Cheung)

1. Food Heritage
   ● Family role: eating in and eating out
     Individual
     Family
     Society
   ● Feast and banquet
     Tribal groups
     Lineage-oriented village
     Religious foods (e.g. fasting, ritual and ceremonial foods)
   ● Food as gift
     Personal communication
     Alliance formation
     National ceremony
   ● Festive food (e.g. Chinese New Year, Mid-autumn Festival, Christmas, Easter)
     Symbolic meanings
     Signature dishes
     Specialties

Video screening: Gourmet China: A Living Legacy [video recording]. Discovery Network Asia, aired in Discovery Channel (2005)

Materials:
1. Food and Drink Since 1800 (Article)
2. 飲食人類學 (Article)

2. Factors contributing to the development of a food culture in local and global contexts
   ● History of Food globalization
     With some examples from our vegetables consumed in daily life:
     Tomato: believed to be native to the Andes of Peru and probably also Chile, Ecuador, and Bolivia, also in Argentina, Brazil and Columbia.
     Potato: originated in the Andes mountain of Peru and Bolivia and have been cultivated for at least 2400 years; it was introduced into Europe in the 16th century after the conquest of Peru by the Spanish.
     Pepper: domesticated in Mexico. As early as 6000 years ago, red peppers were used in tropical South America as a spice to disguise the taste of bland or unpalatable food. An antioxidant, chili is also useful in preserving food. Chili peppers are called ‘chile’ in
Mexico and Central America and ‘aji’ in South America and the West Indies. Columbus took peppers back to Europe where they rapidly became popular.  

**Cucumber**: originated in India where they have been cultivated for 3000 years. The cucumber is a member of the gourd family as are melons, squash and pumpkins. Cucumbers grown for pickling and those grown for fresh market are the same species.  

**Okra**: In the cotton family, okra originated in West Africa and was brought to the Americas with the slave trade.  

**Black pepper**: native to Malabar, a region in the Western Coast of South India; today, this region belongs to the union state Kerala. Pepper reached South East Asia more than two thousand years ago and is grown in Malaysia and Indonesia since about that time. In the last decades of the 20th century, pepper production increased dramatically as new plantations were founded in Thailand, Vietnam, China and Sri Lanka. In the New World, Brazil is the only important producer; pepper plantations there go back to the 1930s. In South East Asia, the most reputed proveniences for black pepper are Sarawak in insular Malaysia and Lampong from Sumatra/Indonesia.  

**Eggplant**: belongs to the family Solanaceae, which also includes tomatoes, peppers, and potatoes. Originating in India, eggplants were brought to Spain over 1300 years ago by the Moors.  

**Sweet corn**: traces its lineage to ancient types such as pod corn, which was grown in Mexico in prehistoric times. Many colorful and flavorful types of corn are still grown in the southwestern United States and in Central and South America.  

**Others:**  

**Coffee**: originated in Ethiopia although it was always thought they originated from the Republic of Yemen. It is easy to get confused about the origin since many of the old legends that talk about the farming of coffee plants and drinking of coffee take place in the Arab countries. In the 16th century, Jesuit missionaries first brought arabica coffee beans to the country of Colombia. The volcanic soil of the Andes Mountains, along with the mild temperatures and abundant rainfall of the Colombian topography, provided ideal growing conditions, enabling the coffee plants to flourish.  

**Soybean** (milk): The first written record of soybean was found in Chinese books that included plants of China described by Emperor Cheng-Nung in 2838 B.C.; but the exact origin and early history before this date is unknown. The Chinese referred to a group of five sacred grains including soybean, rice, wheat, barley, and millet, which were considered essential for the existence of Chinese civilization. The soybean was first domesticated in the eastern half of north China in 1100 B.C. and was introduced into Korea from North China and into Japan between 200 B.C. and 300 A.D.  

**Chicken**: domestication of the Malaysian jungle fowl was a distinct event separate from the domestication of migratory birds (ducks, geese). Breeding in the later half of the 20th century has also involved the development of pullets, capons, and incubators.
Alongside these developments, we have seen the intensification and transformation of the chicken into the creation and elaboration of registered standard breeds selected for survival in large confinement operations with rapid growth and with efficiency in producing desirable meat and eggs.

- Localization of McDonalds in Asia
  - Hong Kong
  - Taiwan
  - Japan
  - South Korea

- Invented traditional food
  - Restaurant food
  - Street food
  - Puhn choi
  - Chocolate

- Fair trade
  - Coffee farmers
  - Co-operatives in Japan
  - Civic movement in Hong Kong


**Materials:**
1. Powerpoint - Globalization of Chinese Foodways
2. Consuming Low Cuisine in HK (Article)

3. **Relation of food culture and health**
   - Food taboo
     - Definitions of poison
     - Ceremony and ritual
     - Rites of passages
   - Food and medicine
     - Ethnobotany is the study of the relationships between plants and people, and ranges from archaeological investigations of ancient civilizations to the bioengineering of the new crops.
     - Plants that heal: the discovery of modern medicine through studying the local practices
     - Digitalin: from foxglove which was used to heal dropsy (recorded by the West in 1597)
- Quinine: flavoring agent (making tonic water) as well as medicine; against malaria; discovered in Peru by the West in the late 16th century and early 17th century.
- Aspirin: boiling with wine for pain killing (recorded by the West in 1597)
- Saponins in tree barks: using used for cooking among Masai and Batemi in Kenya and Tanzania
- High rate of diabetes because of the changing diets among Native American tribes in Arizona
- Malnutrition as a result of the decrease in consumption of animal sources, especially in communities depending on hunting and gathering.

- Organic food
  - Labeling system
  - Food safety
- Genetic Modified food


**Materials:**
1. Outline (3 pages)
2. Food Restrictions in Pregnancy among Hong Kong Mothers (Article)
3. 香港客家菜 (Article)

**4. Implications of future market trend**
- Slow food Vs. Fast food
  - Slow food movement originated in Italy
  - Local food campaign in England
- Comfort food and nostalgic food
  - Migrants’ food
  - Country-style cooking
  - Private kitchen
- Food in media
  - Cooking programmes
  - Food magazines
- Food for tourists
  - Hospitality
  - Cultural diversity
  - Marketing strategies

Materials:
1. Powerpoint - Freshwater Fish Farming in Hong Kong
2. Fish in the marsh (Article)
3. Gastronomy and Tourism (Article)
4. The Adventure of Grey Mullet (Short essay, Bilingual)
5. Catching Grey Mullet Fry (Short essay, Bilingual)