

2015-2016 5B Grand Tour –Group 1

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Chapter 1~Introduction

We would like to thank you for the school's kind support and for providing the opportunity to broaden our horizons. The tour was really a meaningful and unforgettable experience in our campus life.

Our destination were Penang, Ipoh and Kuala Lumpur in Malaysia. During this 5-day-trip, we took time to communicate with the students in local university and tried local cuisines. Our topic is the eating habit of Malaysia. We aimed at understanding the differences of eating habit between Malaysian and Hong Kong people. Therefore, we have researched and savored the dinner that we had and food we



tried at the local night market.

There were different kinds of food that we can barely find in Hong Kong such as Bak-kut-teh which is widely known as “meat bone tea”. Besides, we asked the students about the famous local dishes and the food culture that they know.

Not only did we

Figure 1 National Monument in Malaysia

explore the food culture in Malaysia, but also built up a closer relationship among classmates. We will never forget the trip as it was a valuable experience for us.

Chapter 2~Methodology

Searching information

i/ Internet

We search information about the food style of Malaysian cuisine on the internet in order to understand the food culture in Malaysia.

ii/ Interviewing the local people

We asked about the weather of Malaysia, the time of sunshine duration and the temperature. We knew more of the cooking style and sanitary techniques of Malaysian cuisine

iii/ Field study

We went to the local restaurants and night market and talked to the shop owners so that we can compare the differences of food style.



Figure 2 Discussion with students from HDU University College

Chapter 3~Food culture of Malaysia

- Malaysians like to add curry and black pepper into their food because eating spicy food lets them feel fresh and cool.
- Many Malaysians do not eat pork because they are Islam.
- Malaysia's plural society makes its food culture plentiful.



There are the Chinese, Indian, Western and Malaysia local food. *Figure 3 Satay*

Some famous Malaysia foods

Satay (沙爹) : Satay is the most famous food in Malaysia. Malaysians cut lamb, beef, chicken, into pieces mixed with spices and then halogen on bamboo strung with a fine, get baked over charcoal.

NasiKandar (扁擔飯) : Its name came from a decade ago, a Penang hawker hung the rice and curry at both ends of the stick. Its main dish ingredients are pork, chicken, fish and vegetables.

Rojak (馬來辣沙拉) : It is a mixture of pineapple, cucumber, tofu, chopped-up shrimp and cooked eggs and peanut butter.

Char KwayTeow (炒粿條) : After stirring a plate of rice strips and chopped garlic together, fresh prawns, bean sprouts, eggs and silk are added, then seasoned with soy sauce and chili sauce together.



Figure 4 Char Kway Teow

Curry Laksa (咖喱叻沙) : it is made by dousing curry sauce on pasta and adding in chicken pieces, bean sprouts and tofu.

Bakkutteh (肉骨茶) :It is a meat dish cooked in broth popularly served in Malaysia and Singapore, where there is a predominant Hoklo and Teochew community, and also in neighbouring areas like the Sumatra, Indonesia and Southern Thailand.

Apambalik : A pancake-style snack wedded with the compact package of an omelet, apambalik is stuffed with more than a sufficient amount of sugar, peanuts and the occasional sprinkle of corn—it is a dish that constantly being reinvented.

Meegorengmamak: The Indian Muslim dishes area set. There are yellow noodles, beef or chicken, shrimp soy sauce, veggies and eggs. A bit of chili can be tossed in for an irresistible jolt.

Chapter 4~Analysis of Food Types



In this trip to Malaysia, our group learnt about the eating habit of Malaysian.

In those days, we had roast pork, Peking duck, mapo tofu, sweet and sour fish, stir-fried water convolvulus with garlic, skewered meat which includes beef, pork and mutton. The list is endless.

For dinner, we mostly had Chinese style dishes.

Moreover, we discovered that the dishes were really tasted strong instead of the light one.

Furthermore, the dishes were in colourful tone.

Last but not least, there were fresh fruit platter, because Malaysia abounds with different kinds of fruits, especially the tropical one.

For the previous observations, there are few ways to interpret them.

Malaysia is a multinational country. It has a population of 28,334,135,

91.8% of its citizens are locals and 8.2% are foreigners. Among its citizens, there are 54.6% of



Melayu, 24.6% of Chinese, 7.3% of Indian and 0.7% of others ethnic.

According to population distribution and Basic demographic characteristic report 2010, from department of statistics of Malaysia, official portal, I think this is the explanation of why we are having Chinese dishes for those days.



Other than that, Malaysia is hot. The average temperature in 2015 is higher than 30, so the taste of those dishes is heavier than ours. Furthermore, high temperature makes people have a poor appetite. In order to attract people to eat, the dishes are in a colourful tone.

To sum up, these are the features of food that we discovered during the trip.



Chapter 5~Interview

On the second day, we visited the EKD University which is a 6-star local university. Five international students joined us and we showed them the differences between Penang and Hong Kong. Since most of them are not local student but from different countries such as Indonesia, Thailand and Korea, they found that cultural differences were interesting.

We then shared our own culture and introduced ourselves in our own language. The most important part was interviewing the only local students, asking him about the traditional food and the characteristic of Malaysia cuisine in order to understand the local food culture.

Daniel is the only local student among them but Edgar, who is a year 2 student from Korea, knows even more about it.



We drew the conclusion that fried cubic noodle (炒粿角) is one of the original cuisines. It is similar to Char Kway Teow (炒粿條) but with cubed noodle. However, there is not much original food which can be found in Malaysia since Chinese used to have the largest population. It turns



out that almost every dish is based on Chinese cuisine.

Chapter 6~Field Trip Observation

In the 5-day trip, we discovered that there were a little bit difference in food culture between Malaysia and Hong Kong. There are many restaurants which provide Chinese cuisine so most dishes taste like Hong Kong's.

In Malaysia, there are some special and original food which Malaysians love very much. They enjoy every meal they have though the dishes are mostly the same. Malaysians like food of strong flavour.

Most of the dishes are cooked with many spices. If there are dishes cooked without sauces, the restaurants will then provide different sauces for diners to choose from. The food preparation method is not the same as Hong Kong's because dishes in Hong Kong are usually cooked without any sauces.



Malaysians also like to gather with friends at home while dining and they will not mind sharing food with friends. Therefore they always order many dishes to share among friends. There are differences between Hong Kong people and Malaysians because Hong Kong people rather prefer dining out.

Despite the hot weather of Malaysia, we found that the Malaysians liked hot food. We also discovered that they always had refreshing drinks to go with the food. Some Malaysians will have desserts as their dinner which is rare for locals in Hong Kong.

All in all, the eating habits of Malaysians are shaped by globalization and there are differences from that of Hong Kong.

Chapter 7~Conclusion

Time flies, the trip of five days and four nights ended. This means that our school life in King Ling College was nearing the end. After this trip, we did broaden our horizons and know more about Malaysia culture. Our group has discovered more about the eating habits of Malaysian. Malaysians like to add curry and hot pepper into their food because eating spicy hot food allow them to feel fresh and cool. Compared with Hong Kong, Malaysian dishes taste heavier. Also, we found that a quarter of people are Chinese and it is why we could find a Chinese restaurant in Malaysia easily.

We really feel thankful that our school arranged this trip for us. It was not only a trip for us to enjoy and relax, but also learning how to take care of ourselves without our parents. Furthermore, we know more about the classmates and more friends outside the classroom. To conclude, it is one of the most unforgettable tours in our life. All memories we had together in the trip is the biggest present which we get from our school.



Chapter 8~Reflection

Karen Yip

The grand tour was a precious and memorial experience with classmates and teachers, Miss Keung and Mr Yu, for me. The most treasurable part of the tour would definitely be meeting new friends from all over the world. Building up our interpersonal relationship is much more important than just focusing on our academic pursuits. I, therefore, tried to grab every opportunity to chat with students we met at EKD University though I can barely speak on that day. People from Malaysia are very nice and they are willing to keep contact with us. It seems that it is easy to meet new friends from a place where people live simple lives.



Although the weather in Malaysia can be quite hot and stuffy, we needed to get used to it and it became more comfortable on the last two days of the tour. It was really a meaningful tour which allowed students learn actively and experience culture first-hand.

Not only did I explore a new country that I did not know well, but also created unforgettable memories with classmates which we usually take for granted. I hope that we can have another chance to travel together.

Peggy Lau

Before going to Malaysia, I felt curious about this place. I don't know anything about Malaysia. It makes me feel strange and nervous because I had never left Hong Kong for more than 4 days. When I arrived at Malaysia, I was already sweating from the sweltering weather.

During those 5 days, I broadened my horizons by looking at the mural. Murals are the characteristic art form in Penang. It is a meaningful idea to mix culture with art.

Besides, from the visit to KDU University, we came to know that students in Penang are very nice because they were entertaining in conversations and kept smiling at us though we were speaking different languages.

The most unforgettable part of this trip was the visit to Lostworld OF Tambun. We saw different kinds of animals in the park. They were cute and interesting. The amusement park was also interesting.

I have decided to visit Malaysia again.



Karen Fong

When we arrived at the airport in Penang, we were astonished at the hot weather. Nonetheless, it did not affect our good mood. It is because it would be a new experiment to us.

There is a great deal of cultural integration in Malaysia. The first scenic spots were Kek Lok Si Temple, Leong San Tong Khoo Kongsi. The temples were full of wooden articles and drawings in the past, and these articles only could be found in Malaysia because this kind of

the articles had been destroyed in the Cultural Revolution. Fortunately, the Chinese culture could be retained and inherited in Malaysia. As a result, we were able to admire gorgeous art piece.

Secondly, due to globalization, people come from different nations could learn the same culture. There was also many graffiti and painting on the walls and buildings. Old and new culture could exist at the same place thanks to the government's policy. If Hong Kong government can protect more historical sites, I believe that it can be the new way to attract more tourists. It can also protect our local culture. Hong Kong government can use as reference to protect culture relics for our generation. Otherwise, our heritage will be gone forever.

Jerry Yu

On 17th March to 21st March, we, class 5B visited Penang, Ipoh city and Kuala Lumpur in Malaysia. I had an unforgettable experience within these five days.

I love Malaysia a lot because of its multicultural and cultural integration which makes it an interesting country. One of the amazing things is



lots of Malaysian are able to speak different languages. For instance, our tour guide Miss Xiong can speak more than four languages including Cantonese, Putonghua, English and Hokkien without receiving proper schooling on those languages. She showed us that language is for communicating with others instead of tests and exams. Even though they speak with accents, it is enough for daily use. What one needs to do is to speak up. One will not succeed if he never tried.

I love Penang the most among those three cities, not because we stayed there the longest time but I think it is an interesting place. Penang is just like Hong Kong in the old days and it allows us to see things that are used to be in Hong Kong like the outdoor market. The Hong Kong government should learn from the Malaysian government to strike a balance between development and preservation of cultures and heritage.

Melody Wong

I am glad that I had the chance to go for a trip to Malaysia with my classmates. It is a great experience that I have never had before. Those five days in Malaysia would be one of my unforgettable memories in my secondary school life.



Moreover, this trip united our class. We have visited different places, had dinner in Gurney Drive, shopped in the Petronas Towers. Although similar activities can be done in Hong Kong, it would be different.

Furthermore, gather around to practising for the singing performance was also memorable, because we seldom worked together for a common goal.

Last but not least, it was a rare opportunity to chat with your dear friends before sleep.

I am glee to have the grand tour before we graduate.

Snowie Siu

Thank you King Ling for providing the opportunity for us to go to Malaysia. The spot that impresses me the most was Colonial Penang Museum. I saw many antique there, for example, table, chair, a turnable record player and plates. When I saw the record player, I remembered that my mum had told me that when she was young, she also had one at home. However, the tour guide told us that it even older than that. I think it was very amazing because they can keep the record player very well. Therefore, we could still see it in the museum. After that day, I think that the ancients were very creative. Maybe we need to learn from them.

Also, we went to Ipoh Old Town to see the graffiti that people draw on the wall, for example, cat, the boy who riding a bike with his father, Bruce Lee. The graffiti is very beautiful and the it always contains some meanings behind that. In the pictures, I see their creativity.



Having a chance to go to Malaysia is a valuable experience for us. It is certainly worth another visit!

Eric Lin

After this five-day trip, I noticed that Grand Tour was not as funny as everyone thought. Most of the time was spent on visiting different buildings, nearly every day was no different than the others. However, I would never forget some moment of this trip, which gave an extremely amazing memory with my wonderful classmates. Although the tourist spots of this tour was not as attractive as I expected, I did not feel bored in these five days. Maybe our class was quite divided before the tour, I can tell everyone that our class is the most united now. Apart from the memories with my dearest classmates, I did learn something in this tour. On the first day, we went to the Kek Lok Si. This was the first time I admired the buildings and scenery seriously. In Hong Kong, I never thought of a place that beautiful or special, nothing could attract me. In Kek Lok Si, I spent some time to walk alone. During that period, I could calm down and appreciate the plants and buildings around me. And I noticed that sometimes being alone allows one to learn and discover something new. This trip may not be the best in terms of a journey, but I really enjoy it, with my classmates, from a brand new perspective.



Chapter 9~Reference

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