

Topic : Food Culture & Globalization

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Chapter 1 Introduction

We, 5C, are thankful to have this chance to go to Cambodia. In order to build our collective memory, we also learnt a lot about Cambodia's cultures.

The reasons of choosing Cambodia is because our class wants to experience and compare the difference between Hong Kong and Southeast country about food cultures and the rapid of globalization. For example, the history of Cambodia, economic development and climate.

Cambodia is a developing country. Although Cambodia is not well developed, it still has its own unique food culture. We really discovered a lot of it when we were enjoying the food, such as *Cambodian Fish Amok Served in Coconut Shell* and *Grilled Chicken Skewer with Lemongrass*.

We all had a great time in Cambodia and learnt their culture beyond classrooms.

Chapter 2 Methodology

2.1 Choice of Method

Quantitative method was adopted for this project which included observation, photograph analysis, interview and literature reviews. Photographs and interviews were taken during visiting Cambodia. Literature review was done by research via Youtube and Wikipedia.

2.2 Classification of the studying target

Hong Kong and Cambodia are totally different when comparing the quickest pace of life and living environment. Since Hong Kong is a cosmopolitan city, there are so many variety of foods. However, Cambodian food was similar to Thailand and Vietnam's as the geographical condition. The taste of food is totally different. The food in Cambodia is spicy and sour but Hong Kong people do not usually eat them.

In this project, we chosen food culture and globalization as the topic and we aim to find out the differences of eating habits and whether globalization affects Cambodia people.

2.3 Target group

The target group of this project was the Cambodian that we met during the 6-day trip such as the tour guide and hotel staff. Also, Hongkonger is one of our target groups since we need to compare the different between Hong Kong and Cambodia.

2.4 Question asked

1. What kind of food do Cambodians usually eat?
2. What ingredients do Cambodians usually put in the dished ?
3. What do our group members usually see in supermarket in Cambodia?
4. Is globalization affecting Cambodian? Why?

2.5 Problem faced and solutions

There are a few limitations in the methodology part. For example our group members cannot conduct questionnaire to gain for more information about Cambodia. Because there is time barrier, all the time is used to visit tourist attractions. Therefore, we have chosen interview instead. Also, we have limited time in visiting Cambodia so we cannot interview too many people. As a result, our project cannot be objective.

Chapter 3

Literature Review

3.1 Food Culture

Cambodian cuisine includes noodles, soups, grills, stir-fried, curries, salads, desserts, lots of vegetables, tropical fruits, and of course rice which is the staple food for Cambodians. Moreover, rice is an important crop in Cambodia, take a menu in Cambodia as an example, a wide range of curries, soups and stir-fried are usually served with rice. Being in a country that produces many rice varieties, tourists can enjoy the best aromatic grains and various types of glutinous rice.

A very well known dish in Cambodia is Amok. Fish amok is a fish mousse with fresh coconut milk and kroeung, The curry sauce (*kroeung*) is steamed until solid, but smooth and moist. Less traditional variations may use chicken or seafood, and be served as a thinner, creamy soup contained in coconut husks. Amok usually becomes the main course in menu and served with rice.



Fig3.1.1 fish amok

What is more, salad or desserts in Cambodia usually make with fruits. As fruit is very common in Southeast Asia countries. A very well-known dessert Chek Chheung Skor as an example, this dessert is made with banana and sugar. Restaurant usually pick some seasonal fruit like banana and Pineapple as a dessert for their customers.



Fig3.1.2 Chek Chheung Skoa

3.2 Environmental Factor

Although Hong Kong and Cambodia are both sitting in Asia, with the differences of the natural resources and climate, both of their food culture have a unique way.

3.3 Natural Resources

The Cambodian hydrological system is dominated by the 5 Mekong River and Tonle Sap Great Lake. From July to the end of October, when the level of the Mekong is high, water flows via the Tonle Sap River, increasing the size of the lake from 2,600 km² to about 10,500 km² (4,054 sq mi) at its maximum extent. The storage capacity of Tonle Sap Great Lake is about 72 km³ (17 cu mi). Moreover, in Hong Kong, since Hong Kong is not an exporting city, about 70 percent of water demand is met by importing water from the Dongjiang River in neighboring Guangdong province.

3.4 Climate

In Cambodia, it can be identified into two 'seasons', the wet season and the dry season. Cambodia's wet season comes courtesy of the southwest monsoon, which blows from May to October, bringing with it some three-quarters of Cambodia's annual rainfall. However, Cambodia's dry season runs from October to April, when the dusty northeast monsoon arrives. Blowing like a hair-dryer set to high, the northeast monsoon dries out the country fast. Moreover, there are four seasons in Hong Kong. Therefore, with the differences of the natural resources and climate, both of their food culture have a unique way.

Chapter 4 Photograph Analysis

4.1 General information of the photographs

Photographs were taken at local Cambodian restaurants, streets and a local old market in Cambodia. The above spots are general dining and shopping places for Cambodians. These spots reflect the Cambodian food cultures.

Food culture

4.2 Details of the photographs



Fig. 4.2.1



Fig. 4.2.2

Fig. 4.2.1 is a photo of Fish Amok, a yellow curry in Cambodian style while Fig. 4.2.2 is a Khmer Red Curry. Seasoned freshwater fish, with meat, vegetables, eggs, and coconut milk was steamed in banana leaves to make the Fish Amok in Fig 4.2.1.

While beef, carrot, and sweet potatoes seasoned with red pepper powder and coconut milk were cooked to make the Khmer Red Curry showed in Fig.4.2.2. Both of the two dishes are common and popular among local people and are often served at restaurants.

Coconut milk is commonly used for cooking and alleviating sunstroke. Like the surrounding countries like Thailand and Vietnam also have the similar dishes. However, comparing to Thai and Vietnamese food, Cambodian food is sweeter and less spicy or sour. Besides, the major cooking methods in Cambodia are deep-frying, stir-frying and salad in dressing.



Fig.4.2.3

Fig.4.2.3 is a photo of fried insects including spider, silkworm, cricket and grasshopper. These kinds of fried insects are local snacks **in** Cambodia. Because of the high protein of insects, Cambodians like to eat them. It is common to find fired insects in the roadside stalls, like the central market of Phnom Penh. The major cooking method of fried insects is deep-frying.

4.3 Globalization



Fig.4.2.4



Fig. 4.2.5

Fig.4.2.4 and Fig.4.2.5 illustrated the product of Hong Kong brands are found in a Cambodia supermarket. In the present, the development of information technology and transportation has led to the fact that human

activities are no longer subject to geographical restrictions. Therefore, goods and services are imported or exported easily. With the increasing volume and varieties cross-border goods and services transactions, international capital flows, and technology are faster and more widely available, and economies are increasingly interdependent.

The increasing mobility of the population, goods and information around the world, create a lot of business opportunities for the backward regions. With the continuous development of science and technology and transportation, the local market exchanges are increasing and gradually evolving and merging into a huge global market. People can start a variety of cross-border exchanges and cooperation anytime, anywhere, so that the societies in different regions affect each other.

Thus, Cambodians can also buy the product of Hong Kong brands in Cambodia supermarkets.

Chapter 5

Findings of the interview

Our group mates had interviewed the tour guide, Mr. Fat in Cambodia.

5.1 Conducting interview with the tour guide

After conducting the interview with Mr, Fat, our group discovered that every male Cambodian should be a Buddhist monk once in their life. However, the length of time can be decided by them. They can be a monk even just for a day. By having this choice, it shows that Cambodia's religion has not affected by globalization yet.

When they are being the Buddhist monks, they should not consume meat and need to wake up at 6am. Also, they cannot get close to the women, otherwise, it would be treated as breaking a rule. Those rules are quite similar with the monks in other countries.

5.2 Differences between Hong Kong and Cambodia -Globalization

In fact, not many tourists may choose Cambodia as their destination. Although the cost to travel there may be lower than Hong Kong, tourists may choose to travel Hong Kong as there are more than fifty million foreigners to travel Hong Kong every year but only 3.4 million travelers every year in Cambodia. It is easy to see individuals in different shopping malls. However, there are a few foreigners in the Central Market only, which is one of the famous attractions in Cambodia. It showed that the number of travelers is fewer than Hong Kong.

Moreover, the level of English is another difference. In Hong Kong, most of the primary school students can use English to communicate with others in a simple way. However, the Cambodian primary schools students are still learning to use vocabularies and cannot use English to communicate with each other. It shows that Hong Kong is more focusing on teaching and learning English, just like foreign countries. As Cambodians are not usual to use English to communicate, Hong Kong is affected by the globalization more seriously.

5.3 Differences between Hong Kong and Cambodia-Eating habit

In Cambodia, there are fishes almost in every meal. As electrolyte is runs off easily in Cambodia, people need to consume food which contains electrolyte. Therefore, most of the meals may at least contain a kind of fish. As running off electrolyte is not common in Hong Kong, citizens do not need to eat the foods contain electrolyte frequently. Therefore, this is one of the differences between Hong Kong and Cambodia.

Using a variety of seasonings is common in Cambodia. Cambodians put a large number of lemons, chili, or even garlic in order to enhance the flavor of the dishes. However, Hong Kong citizens may choose to put a small amount of seasonings in order to be healthy. Therefore, this is another difference between Hong Kong and Cambodia.

Chapter 6

Conclusion

After finishing the project, the globalization of food was discovered. To start with, the food culture of Cambodia is different from the one in Hong Kong. Cambodian tends to use a lot of seasoning in one dish while Hong Kong people prefer only use seasoning like salt, oil and sugar. However, our group mates discovered that supermarkets in Cambodia are selling food from Hong Kong, for example, Vita lemon tea. It shows that how globalization is affecting the food culture in other countries.

For the differences between Hong Kong and Cambodia, it can be concluded into two main criteria, history and economic development. Acting as a financial centre, the economic development in Hong Kong is relatively better than Cambodia. The trading industry in Hong Kong is also relatively competitive, causing the globalization of Hong Kong's food culture to other countries, for example, we can see Hong Kong's snacks in some Cambodia's supermarkets.

For the environment, it can also be concluded into two main factors, climate and natural resources. There are two seasons in Cambodia which are the wet season and dry season. Its special weather causes its special food culture. The location of Cambodia also caused a huge amount of use of fish in its dishes.

It was great experience visiting Cambodia. We, group 2 members, have all learn a lot about the differences between the food cultures of Hong Kong and Cambodia, and also how globalization is affecting the world.

Chapter 7

7.1 Reflection-The First Day (30th March 2017)

Wong Yau, Angela



Phnom Penh International Airport

On the first day, after we arrived at the Phnom Penh International Airport. We saw an unexpected restaurant, Yoshinoya, just outside the airport.

We felt very surprise, because we saw the famous chain restaurants in Cambodia. This showed the power of globalization around the world, there are more and more chain restaurants started their business in the developing countries, the companies exploited globalization and expanded their business to foreign markets to fully utilize the potential that the company had due to globalization.

We went to the hotel directly after left the airport. Our first dinner was one of the most memorable meals during the trip, we enjoyed the exotic meals. The important part of the meals in Cambodia were rice and soup. The main ingredients of the meal was similar to Hong Kong, however, the taste of the dishes were different. The soup and salads were sweet and very sour. Also, the fish curry (Fish Amok) has a rich smell of lemongrass and chili which is different from Hong Kong.

Although we did not have any place to go on the first day. It was the most expectant day, we were look forward to the following days of the trip.

7.2 Reflection-The second day (31st March, 2017)

Wong Yau, Angela



Choeung Ek Killing Fields

On the second day, we visited Choeung Ek Killing Fields where more than millions of people were killed by the Khmer Rouge regime between 1975 and 1979.

After visiting the Choeung Ek Killing Fields, our group members knew more about the history of Cambodia, a sad story in the Cambodian's heart. It was hard to forget the history, also, we should learn from it.

We, the group members, have very little chance to learn about the wars and the war crime and only learn most of the war crimes happened and those informations are only from the textbooks, like Nanking Massacre. However, after the visit, we found that although Khmer Rouge regime period was a sad history of Cambodia, it actually forced Cambodians to become stronger, they learnt from the history, and started to change their life by themselves. Their story inspired our group members a lot, Hong Kong teenagers are living in a prosperous place, our quality of life are high, we never face a real hard time which affects our life, however, we knew the importance of the right we have now and we must protect it after the visiting. We should stay positive when facing difficulties in our lives and never try to escape it.

Then, we went to the National Museum, the Cambodia's largest museum of cultural history and the leading historical museum. There are a lot of artifacts about Mythology and Hinduism. Our group members enjoyed the time in the museum, we have understand the culture of Cambodia.

7.3 Reflection-The third day (1st April, 2017)

Chan Suet Ting, Angela



Angkor Wat, Siem Reap, Cambodia

Today, we, the group members, went to the world famous tourist spot, Angkor Wat.

Angkor Wat is the largest religious monument in the world. We were glad to have this chance to visit this magnificent architecture.

Although we planned to watch the sunrise and woke up at 4a.m., we could not accomplish the goal as the day was cloudy and rainy.

After having the breakfast and a short break, we got back to the Angkor Wat for a more in-depth learning of the history and composition of the architecture. It required much effort to climb up the stairs of the buildings but we tried our best to finish the task. When our class were walking, a heavy rain suddenly came and we all struggled in a difficult situation of avoiding getting wet and kept walking.

The rain finally stopped and we visited the Angkor Wat for a while longer. At last, our wish of watching the sunset fulfilled. The beauty of the sunset really amazed us.

This experience really enlightened our group a lot. Life is not smooth. There will always be some obstacles in everyone's life. However, we should always stay optimistic and think positively, for example, although we could not watch the sunrise, we could still enjoy the beautiful landscape of the Angkor Wat.

7.4 Reflection-the fourth day (20th March 2017)

Kwok Hiu Yee, Jenny

On the fourth day, the class went to the cooking school to learn some traditional Cambodian dishes and also did a home repairing service for a rural household. It was such a memorable and inspiring day for us.

The cooking school is organized by *HUSK*, which is a grassroots NGO that works directly with Cambodian families, especially in those less developed rural area. When we entered the school, the Cambodian tutors were already waiting for us smilingly with patient. The weather was so hot and there were no air-conditions but only fans so we have really admired their perseverance on enduring such a hot weather. Let's think further, unlike Cambodia, Hong Kong is such a blessed place as most schools provide a comfortable place for students to study but indeed are we learning seriously? Obviously, most of our students may answer “no” as there is always a complaint from students, like claiming that there is too much homework. Actually, there are other kids who are not as lucky as us, so should we treasure our opportunity of studying in such a comfortable place? Throughout the visiting of the cooking school, we laughed loudly with the tutors who always wore smiles on their faces and experienced a lot on making some delicious Cambodian dishes which allowed us to raise our knowledge on Cambodian dishes.



The traditional Cambodian dish khmer green curry.

After eating the traditional Cambodian dishes which were made by ourselves, we went to a voluntary work, which aimed in helping a rural family to repair their walls of the house.

The owners of the house were a pair of grandparents. Our mission is to help repairing the walls, which are made by leaves of palm trees. We were divided into four groups and each group had to finish repairing one wall. At the beginning, it was difficult as we were not familiar with the skills of string leaves. What is more, we must be serious as the walls should be available to withstand the strong wind and rain so we were careful in the string each leaf. At last, we finished four walls within three hours and this was totally out of our expectations.

After finishing our missions, I looked at the house, although it had been repaired by us and I also felt the happiness of success, I was feeling a bit of grieve. As when I saw the grandparents are getting old, they could only afford to live in such a primitive house. Comparing with Hong Kong, although there are always sayings about the rent in Hong Kong is too high, unlike Cambodia, at least we as Hongkongers can have a more fully equipped environment and advanced technology which definitely allow us to have a higher living standard.



This day was one of the most memorable and fruitful day to me, it did not only became a meaningful day and raise our knowledge on Cambodian dishes, but also allowed us to know the living standard in



Cambodia which made me feel more blessed and lucky of living in Hong Kong.

7.5 Reflection-the fifth day (21st March 2017)

Kwok Hiu Yee, Jenny

On the fifth day, it was the day for our school visit. The school we visited was a primary school. The weather that day was within my expectation, 38 degree Celsius, the sun was shining and we were sweating. However, to my surprise, the Cambodian students were energetic and feeling excited to meet us, some of them even say “hi” to us when we were still sitting on the tourist couch. When we were sitting at the back of the classroom, students at the front were looking at us with interest and a girl sitting in front of me even introduced herself to me, these actions interested me a lot.

Unlike our school, the Cambodian primary school does not install any fans or air-conditions. However, even though the primary students were sweating, when they were having lessons, none of them talked to their friends, on the contrary, all of them were focusing on the lesson. I started to have self-reflection unintentionally. Although they were just primary



school students, they reminded me what I had forgotten — to maintain an initiative spirit. Some students may think maintaining an initiative spirit is such an easy job. However, when they meet strangers, most of them just kept quiet instead of being active or energetic to know more about the person.

After having lessons with the primary schools students, we delivered some haw flakes, which is the traditional snack in Hong Kong, to them and they seemed to be very delighted. Other than giving presents to those primary students, we also played games with them, such as “hide-and-see”. Nonetheless, the games were simple and actually most of them could not understand our explanation of the game but with our laughs and body languages, we were able to break the ice and play together. In Hong Kong, most of our students usually play online games mostly so the inter-relationship between our social network may be hindered. This morning was really cheerful and made the trip more enjoyable.

In the afternoon, we visited several temples and the a local wet market. The temples we visited were Royal Independence Gardens, Preah Ang Chek Preak Ang Chorm Shrines and Ya Tep. Most of the temples were created by the fusion of Indian culture and Khmerculture.

After going to the temples, we went to a local wet market for shopping and buying souvenirs. There were many kinds of products, from Cambodian snacks to some forged jerseys of different football teams. But the thing that impressed me the most was how the owners sold their products to the tourists, especially they provided a large discounts to them so as to boost sales.

During this day, I learnt a lot, from the Cambodian culture to history of Cambodian religion. Moreover, visiting the school could also allow me to introspect myself too.



This is the Preah Ang Chok Preah Ang Chorm Shrines

Reflection-The sixth day (4th April, 2017)

Chan Suet Ting, Angela

Siem Reap International Airport, Siem Reap, Cambodia



4th April was the last day of our trip. Although there were numerous troubles and unpleasantness during the days, we will miss this gorgeous and amazing country. The experience in Cambodia will definitely become one of our unforgettable memories of our school life.

The most valuable thing that our group bought back from Cambodia was not the souvenirs or the culinary delicacy, but the precious experience. We really learned a lot from the six-day trip in Cambodia.

Cambodia is surely a less-developed country with backward technology and architecture. However, Cambodia is a suitable place for us to learn to be humble and thankful of what we are enjoying in this modern and advanced society like education as most of the children in Cambodia cannot receive basic education due to poverty. When compare to Cambodians, Hongkongers are already living in a proper city with clean environment advanced technology. We should not only focus on the dark side of Hong Kong, but also the bright side. Also, appreciate the effort of people who help us but not take it for granted, for example, we should not blame our parents of not buying what we want to us such as some unnecessary luxuries because they also contributed a lot to us so that we can live in a relatively well environment.

Chapter 8

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