

Grand Tour report

Chapter 1: Introduction

This is a report on the different eating habits between Hong Kong and Shanghai, focusing mainly on integrating the two food cultures to further the graces while rid of the disgraces.

Being renowned financial centres in China, Hong Kong and Shanghai share more similarities than people would think, when it comes to food and eating habits, one has not to be left mentioning: food waste.

With the economy continuously on a thriving prospect and everyone getting a piece of the fruit, Shanghai has developed to be an international city with high living standards. Food now seems to most a delicacy for enjoyment rather than necessity to full the stomach. However, while the rise in living standards is delightful, it results in the tones of food waste going into their ultimate fate. Hong Kong on the other hand is no exception from the hedonism, dishes and cuisines left unattended in diners is far from a rarity in Hong Kong.

While the problem of food waste is on the nose, what truly matters now is the governments' approach in solving such unnerving situation which could probably lead to a disastrous food crisis.

Chapter 2: Methodology

This report based primarily on second-hand sources from various news outlets, online and off-online. The second-hand articles provide a comprehensive knowledge of the eating habit of Shanghai and Hong Kong. By cases reported, it is expected the extent of food waste could be further explored. Moreover, reports on government measures and policies to reduce food waste are referenced, to approach the officials' solution on easing the problem of food waste and hedonism.

Apart from second-hand information, this report relies on the observation made during the course of F.5 Shanghai Grand Tour. By personal experience and observation, the eating habits in Shanghai is witnessed by eye and is recorded in this report as first-hand information.

Chapter 3: Literature Review

On 23 and 24 of March, we have visited Shanghai. We ate different kind of delicacy, especially the local featured food and those were delicious. Apart from this, the local eating habit is also worth to further explore. After the trip, I have read an article on a website which is about Shanghai food culture.

According to the article, Shanghai restaurants use different methods to reduce the food wastage. Shanghai government also enacts a law to supervise the local restaurants for preventing food waste. Before the government enacts the law, Shanghai citizens used to order lots of dishes. They did not care about whether they could finish it or not. They ordered a lot of food by means of attaching the importance to their friends. However, this culture causes a lot of food waste and not environmentally friendly.

Therefore, the Shanghai Government promoted different polices to reduce food waste. The government has promoted the “Half Dishes Scheme”. Customers can order half a portion to prevent food waste since they actually cannot finish the whole portion. This scheme really effectively reduces the problem of food wastage. Compare with Hong Kong, the government just only promotes the message by advertisement. It is not enough for just reminding Hong Kong people.

Besides, Shanghai government also promoted the “Civilized Dining Table Scheme”. The scheme aims at encouraging people to order suitable quantity according to how much they can eat and do not over-order.

These articles not only just introduce those policies enact by the Shanghai Government but also set an example for Hong Kong, that is “Do not over-order”. Hong Kong government can also establish same kinds of policies as Shanghai does to reduce food waste more effectively.

Chapter 4: Report

After doing research, it is found that Hongkongers commonly have the following disappointing eating habits:

1. Extremely unhealthy diet

Hongkongers commonly consume much meat, sugar, salt and oil, but little vegetables.

Citing figures from the American Institute for Cancer Research, no more than 510g of red meat per week should be consumed.

However, in 2011, a report from USDA indicated that, meat consumption per capita in Hong Kong was the highest among the world. Based on the data, Hong Kong people consumed an average of nearly 1 pound (about 450 grams) of meat per day, but adult intake of 0.3 to 0.5 pounds of meat per day is sufficient.

2. Large amount of food waste

Friends of the Earth (HK) conducted a survey in 2010 and found out that food waste from 104 banquet tables is amounted to 400kg, an equivalent of 20 tables of food in weight.

They also found that daily amount of food waste going into Hong Kong landfills is over 3,000 tonnes, which represents 36% of the city's municipal solid waste.

5.1 Hongkongers' excess consumption on meat

In Hong Kong, most restaurants provide dishes of higher proportion of meat and lower proportion of vegetables, if you want an extra dish of vegetables you have to pay more. This makes Hongkongers commonly consume excess meat instead.

Another point is that to most human beings in the world, meat usually tastes better than vegetables. Therefore, Hongkongers prefer meat to vegetables, which can be seen from a survey revealed that Hongkongers' average consumption of red meat during hotpot, barbecue or Korean grill is up to 3.7 times the recommended limit.

5.2 Hongkongers' excess consumption on sugar, salt and oil

Fast and cheap fast food has become a choice for many workers. However, fast food is often "three high", that is, high calorie, high fat, high sodium, but low fiber.

Hong Kong famous dishes, like milk tea, 'red bean ice', pineapple bun, all contain quite high level of sugar. Drinks from fast food shops such as lemon tea and lemon water usually contain extra syrup. In 2015, the Consumer Council, in collaboration with the Food Safety Centre, tested 141 Chinese-style beverages and found that 30% of them contain excessive sugar. Considering the hawthorn drink sample, with the highest sugar content, drinking just one cup is consuming the upper limit of daily intake.

Besides, fast food shops often sell fried food and customers love them because of the crisp texture, and needless to mention, all kinds of fried foods contain extremely high level of oil.

5.3 large amount of food waste in Hong Kong

Restaurants in Hong Kong never promote the idea of prevention of food wastage, no punishment will be given to customers if they do not finish their food. Therefore, many people do not have the sense of being responsible customers, they have not considered of taking away the leftovers and would just simply leave food.

Also, in traditional Chinese feast, there are at least eight courses. Many customers sometimes leave after having the soup, which is the middle of the meal. Therefore, the amount of surplus food is very high.

5.4 Difference between Shanghai and Hong Kong

There are “Green restaurant” in Shanghai which helps reduce the food waste by providing dishes with smaller portion and lower price. Apart from that, some restaurants in Shanghai will fine the customers and the fine depends on the amount of food they waste. These measures help raise the awareness of the customers about food waste and effectively prevent customers from wasting food. On the other hand, though Shanghai citizens would also have meals which consists of more meat than vegetables just like Hongkongers, the proportion of meat to vegetables is usually more balanced than those in Hong Kong. It helps encourage citizens to have a more balanced meal.

Chapter 6: Conclusion

Our stance is having advancement on the diet by fusing the diet of Shanghai citizens and the Hongkongers.

Eat out is very common nowadays, we like ordering many dishes at once without thinking of wastes that we would produce in the meal.

This may lead to food waste. Many people do not have the sense of being responsible customers. They have not considered of the takeaway service and the restaurants never promote the idea of prevention of food wastage.

However, looking at Shanghai, people are different from Hongkongers. There are "Green restaurant" in Shanghai which helps to reduce the food wastage. Some of them may provide dishes with lower cost and smaller portion. Other than that, some restaurants fine the customers if they waste a lot of food. These measures absolutely raise the awareness of customers about the food waste. These is the main difference from people in Hong Kong and Shanghai.

Other than that, a balanced diet is also important. For Hongkongers, they always eat fast food which contains oils or some harmful chemicals. Most of the food they eat do not have any nutrition value. Besides, they eat not enough vegetable. They may not consider of having some food which is benefit to their health. They are usually meat or sometime with little vegetables. However, the Shanghai citizens get a better diet when comparing with Hongkongers'. When we were having meals in Shanghai, we got a more balance diet. We got two dishes of vegetable which are much more than that in Hong Kong. Therefore, the people in Shanghai may be healthier than the Hongkongers.

In a conclusion, If the Hongkongers can having diet like the Shanghai citizens, they may be able to have a healthier life style and reduce food waste.

Chapter 7: Reflection

- I was honored to participate in Grand Tour in F.5. The trip is really memorable. Before the trip, I could not imagine that I would travel and communicate with students in Shanghai. It is a valuable chance for me. In Shanghai, the Bund is the most memorable part. It is very beautiful at night. The view is more attractive than the Victoria Harbor. In Japan, the most memorable part was feeding the deer because this was my first time to feed animals. When I was holding some food on my hand, they rushed towards you. However, I must pay attention to prevent them from biting. It was such a fun experience. Due to their cute appearance, I still miss them until now. I love them so much. In this trip, I learn beyond my textbooks and explore different countries. I hope I will have similar trip in the future. I miss Japan so much.
- After the trip of Shanghai and Japan, I have learnt a lot. It includes not only learning to be independence but also learning more about others culture. In Shanghai, we admired the amazing architecture there. We went to Yu Garden which was built in 1559 during the Ming dynasty. In Japan, we went to the Tennoji which was built in 593.

When comparing these two historical architectures with the buildings in Hong Kong, they are more gorgeous. It broadens my horizons. Although the architectures are old, they are well preserved. I am amazed by these architectural designs as I have never seen before. Therefore, I am so glad that I can have this precious chance to go to these two cities and admire their historical and wonderful architectures.

- Before the tour, I was very worried about the quality of food in Shanghai because I often heard from the news about contaminated food in Mainland China. However, since my first meal in Shanghai, the idea just flew away from my mind---the food I ate was truly delicious! I even remembered that my classmates and even refilled three bowls of rice per person!

After the meal, we went to the Bund for sightseeing. There were many shops and stores with amazing architecture along Nanjing Road, the main commercial road in the city. The night view at the Bund was impressive, I saw the Oriental Pearl Tower, the tallest building in Shanghai, under beautiful spotlights.

Somehow the first day of the tour is quite rush yet it was a great experience for me.

- It is my honor to be invited to our sister school. Students there were, and possibly are and will be, very quiet and polite. I was arranged to attend a Biology lesson and I found that I hardly understood what the teacher was saying, not because of language barrier but because of the extremely hard content. Imagine that is Biology lesson of our school, students would be daydreaming or chatting with each other, but none of these happened in the sister school. We were too excited and were quite noisy at the beginning of the lesson, but luckily, we calmed down later!

Chapter 8: Bibliography

杜絕宴席浪費 節儉用餐成上海城市文明新風尚

Retrieved 12-4-2018, from http://sh.xinhuanet.com/2017-09/07/c_136590474.htm