

Chapter 1: Introduction

In this grand tour, we travelled to Shanghai, China and Osaka, Japan. Among all of the travelling places that we have been to, the visiting in the Momofuku Ando Instant Ramen Museum in Japan is one of the most unforgettable memories in this grand tour. Talking of Japan, many Hong Kong citizens will immediately think of Japan food. Actually, there are a myriad of Japan food elements in Hong Kong. Not only there are a number of Japan restaurants in Hong Kong, but also the traditional cuisine of Japan. For example, instant noodles is one of the most well-known and common food from Japan. As we went to visit the Momofuku Ando Instant Ramen Museum, we had a better understanding of the instant noodles development in Japan. This aroused our interest toward the food culture in Japan. As a result, we are going to write a report about food culture which mainly focusing on eating habits.

The objectives of this project are as follows:

1. To find out the differences between the eating habit of Hongkongers and Japanese.
2. To find out the reasons behind the differences.
3. To find out how those differences affect the development in food industry of the city or country.

Chapter 2: Methodology

1. Choice of method

There are a total of three means we adopt to collect data: research on the Internet, taking photos, and conducting interviews.

2. Classification of the studying target

We would like to investigate mainly on Japanese food culture and its evolution. The project aims at enhancing our understanding towards the features of Japanese food culture, and the inter-relations between food culture in Japan and in Hong Kong will be specialized.

3. Target group

The target group would be the local Japanese because they should be the ones possessed of the deepest understanding of their own culture.

4. Questions asked in the interview

- a. What kind of food can best represent the local food culture?
- b. What is the main difference between local food in the past and food nowadays?
- c. Do you prefer local food culture to the ones in other countries? Why?
- d. What might lead to such a difference that you mentioned in (b)?

5. Problems faced and solution

Problem 1: The Japanese may not understand the English through verbal communication.

Solution: Prepare a Japanese version of the questions in advance.

Problem 2: Interviewees may not be able to figure out answers immediately.

Solution: Provide multiple choices to the questions.

Problem 3: Data collected may vary immensely.

Solution: Search a number of websites for common ground.

Chapter 3: Literature Review

Japanese cuisine is one of the excitements about a trip to Japan. Though Japan is principally famous for dishes like sushi, rice, noodles, Kobe beef & teriyaki chicken - there are a plethora of other superb dishes out there to try.

Another example out of the above is tempura. Seafood or vegetables dipped in batter and deep-fried tempura is served with a dipping sauce and daikon. Praised for being crisp, tempura has become the must-eat cuisine of many visitors to Japan.

There are manners when eating Japanese cuisine. They were originally etiquette on the part of the guest to express gratitude for the host's providing an opportunity to enjoy a meal, efforts, and consideration for the guest. In other words, the Japanese dining experience is complete once the understandings of both the side providing the service and the side receiving the service come together as one.

Most restaurants today do not require an understanding of all of these fundamental principles, but because the primary concept is a part of the lifestyles of the Japanese people, a deeper understanding would be learnt by experiencing Japanese culture.

The Japanese say "itadakimasu" at the beginning of their meals. People live off of the lives of animals and plants. "Itadakimasu" is said to express gratitude for "receiving (itadaku)" the life of another entity. "Gochisosama" is used at the end of meals. It is paired with "itadakimasu" and said to express gratitude for preparing the dish. It was originally a Buddhist term, but used by everyone regardless of their religious beliefs. It is even more proper if one places their hands together and slightly bow when saying either "itadakimasu" or "gochisosama".

Chapter 4: Report of data

The Japanese food culture have a big difference with Hong Kong food culture. Most of the food is small in size and have at least three to four kinds of foods in a lunch set. Besides, most of the food including rice, noodles, tempura and vegetable, they will serve with a bowl of soup. Most of the diners that we dined in showed the special food culture in Japan. For example, set menu, eating beef and deep fried food.

The table manner in Japan is very important. Japanese people care about the manner of customers. For example, no one should make any noise. When you are talking with others, the sound should not be loud because this affects other customers in the restaurant. This is a very important culture in Japan. Most of the restaurants do not require the customers to know about the manner because it is the primary manner of Japanese people no matter children or adults.

Chapter 5: Analysis of data

When use the data of the Japanese food culture to compare with Hong Kong food culture, a big difference was shown.

Most of the lunch sets and dinners in Hong Kong only provide one to two kinds of food in the sets. However, Japanese people respect their job, food, and customers. They always provide their best customers. They usually provide many much food to customers to show their hospitality.

In Hong Kong, table manner is not so important. Hongkongers think that they should eat fast and finish their work as soon as possible. Therefore they do not care about manners. Besides, most of the Japanese put their dishes back to the place and let the waiters to receive it. However, in Hong Kong, most of the people just simply leave after their meals.

Chapter 6: Conclusion

In conclusion, we can see that there are big differences in food culture between Japan and Hong Kong. The reason behind this is the different in pace of life. Hongkongers prefer a fast pace of life so they do not care about table manner and they always eat fast food. Therefore, there are a lot of fast food shops in Hong Kong. However, Japanese prefer a slower pace of life so they mind their manner and the Japanese food focus on the appearance of food but not the taste so there are a lot of restaurants in Japan. That is why there are big difference of food culture between Hong Kong and Japan.

Chapter 7: Reflection

Day 1:

Today is the first day of the grand tour, when landing on the plane to Shanghai, I was very excited. Not only because it was the most remarkable period of all King Ling students for sure, but also it was my first time to travel around the world. I have never travelled on planes, so this grand tour is also a memorable experience in my whole life. After my first experience of plane, we went to have dinner at a restaurant. The food in Shanghai is quite different from Hong Kong, but I do not like those food. After the dinner, we grasped some time to have our first visit, which was the Shanghai Tan. I totally got attracted by the glamorous lights in all of the tall buildings in the Shanghai Tan. I like those lights very much and I took a lot of photos there, which becomes my unforgettable memory in the trip.

Day 2:

On the second day of the trip, we travelled to Nanjing Road Walkway and Yuyuan Garden. But before that, we visited the Shanghai Shi Bei School. We attended a

lesson in the school with the students in that school. I was amazed by their behavior in the lesson. Unlike our school, they could bring mobile phones to school but none of them was playing with it. They were very well-behaved and they even used the mobile phones to take a photo of the powerpoint that helped them revise later. I learn that actually mobile devices can help our learning a lot but we have to behave so that the devices will not interfere with our study.

Day 3:

On day 3, we were pleasant to squeeze a little time, out of the packed schedule, to go shopping in the well-known Shinsaibashi. Originally we were planned to visit a museum, but luckily we were well-behaved enough to beg for the opportunity. Although we did not acquire much time, we still bought quite a lot. For example, we bought famous snacks and some useful medicine that were widely recommended. This was certainly the most surprising day which we all enjoyed the taste of shopping.

Day 4:

It is the second day of being here in Japan. We went to the Genji Museum, we watched a movie about the history and the background of this museum. After it, we participated in a social service in Japan. At first, I thought Japan would not have much rubbish so we could be relax when collecting the rubbish. However, the truth is there was more rubbish than I estimated. We worked hard in order to collect all the rubbish. But when compared to Hong Kong, Japan is absolutely having less rubbish than Hong Kong. So we should really consider why we are having tons of rubbish and how we should improve the situation in Hong Kong.

Day 5:

It is the last day of our tour. I like the visit of the Momofuku Ando Instant Ramen Museum. As I am very interested about the invention of instant noodles, I read very carefully on the description about the development of instant noodles. I learnt many types of instant noodles and also why instant noodles were invented in that period of time in Japan. I was surprised about the cleverness of Japanese that they had created a product to eat and full our stomach in such short period of time. It has also been widely used in many countries, that proves it is a great invention.