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Chapter 1 Introduction

We are honored to be students in King Ling College because we got the chance to join the Grand Tour with our class from 22 March to 27 March. In these 6 days, we travelled to Shanghai and Osaka. We stayed at Shanghai for 2 days and visited Shi Bei Senior High school. Then we went to Osaka and stayed there for 4 days.

Shanghai is located in the Yangtze River Delta, it sits on the south edge of the estuary of the Yangtze in the middle portion of the East China coast. It is a global financial center and transport hub.¹

Osaka is a designated city in the Kansai region of Japan. It is a major economic hub for the country.²

In this project, we will focus on the difference of food culture and eating etiquette between Shanghai and Osaka.

¹ https://en.wikipedia.org/wiki/Shanghai#cite_note-15

² <https://en.wikipedia.org/wiki/Osaka>

Chapter 2 Methodology

Choice of method

To discover the food culture of Shanghai and Osaka, we collected both first hand and second hand information. For first hand information, we had field study and photographs taking. We took photo when we were having lunch and dinner..We also tried some delicacy when we were visiting the Old City God's Temple. For the second hand information, we did some research online. We read some articles about the food culture and eating etiquette f Shanghai and Osaka.

Classification of studying target

As the project is mainly focused on food culture, we tried to find out the reasons behind the differences of the food culture and eating etiquettes.

Target group

People in Shanghai and Osaka

Focus questions

1. What is the difference of the eating habit between Shanghai and Osaka?
2. Why do they have such a difference?
3. What is the eating etiquette in Shanghai and Osaka?

Chapter 3 Literature review

Eating habit in Shanghai and Osaka

In most dining in Shanghai, dishes are shared communally on a round table. Round tables are preferred for large groups, particularly in restaurants. Also, Lazy Susan is usually placed at the center of the round table so that people can rotate it to make it easier to share food. A large bowl of rice and main dishes are provided on the round table. A soup is served as one of the main dishes. Sometimes, fruits such as watermelon are provided after the main dishes are finished. For the beverages, tea or water is supply in the small teacup provided on the table.³

Unlike Shanghai, dining in Osaka is usually not on the round table and share communally. Dining in Osaka is usually on the small rectangular table with ones own dishes such as bento and a set meal(Teishoku).

Teishoku is a type of Japanese set meal, where all of the dishes in the course are served together as a set. Teishoku dining is traditional meals offered at Zen temples, which included a main, soup, rice, and pickles. The concept eventually spread throughout Japan and transformed into the convenient meal sets found at restaurants and cafeterias today. Teishoku dining can be seen as the Japanese equivalent of getting a quick home-style meal away from home. It's a healthy, convenient, and affordable meal option for people of all demographics, from families with small children to office workers. Common types of teishoku include tonkatsu (pork cutlet), yakizakana (grilled fish), and tempura (deep-fried battered fish and vegetables). These main dishes are served on a tray along with a bowl of rice, a bowl of miso soup, and various side dishes known as souzai, such as salads and Japanese pickles.⁴

Similar to the set meal, bento also contains rice or noodles. However the rice or noodles is not in a bowl. It is packed in a box with fish or meat and pickled and cooked vegetables. In Japan, bento is usually prepared by mothers at home for their children to take to school. So all the food in bento is packed in a box to make it easier to carry.⁵

Eating etiquette in shanghai and Osaka

Meals in Japan traditionally begin with the word *itadakimasu* (いただきます, literally, "I humbly receive"). It expresses gratitude for all who played a role in providing the food and acknowledges that living organisms have given their life to human beings as Dāna. Upon finishing a meal, the Japanese use the polite phrase *gochisōsama-deshita* (ごちそうさまでした, lit. "that was (the condition of) an (honorable) feast"). In response, the preparer often says *osomatsusama-deshita* (おそまつさまでした, lit. "I think that meal is not feast").

Finishing meal completely, especially the rice, indicates that you are satisfied and therefore do not wish to be served any more. It is impolite to pick out certain

³ https://en.wikipedia.org/wiki/Customs_and_etiquette_in_Chinese_dining#cite_ref-1

⁴ https://gurunavi.com/en/japanfoodie/2016/06/teishoku.html?__ngt__=TT0e2fe4377001ac1e4aed45VKDg2fA-D0f0KQhQVxPn4j

⁵ https://en.wikipedia.org/wiki/Bento#cite_note-Chop-2

⁶ https://en.wikipedia.org/wiki/Etiquette_in_Japan

ingredients and leave the rest. One should chew with the mouth closed.⁷

When eating rice, we should hold the rice bowl in one hand and the chopsticks in the other. Lift the bowl toward our mouth while eating. Do not pour soy sauce over white, cooked rice.

When drinking miso soup, we should drink the soup out of the bowl as if it were a cup, and fish out the solid food pieces with your chopsticks.

When eating noodles, we can produce some sound because slurping noodles is considered evidence of enjoying the meal and enhances the flavor.⁸

In China, the Chinese dining etiquette has developed for a long history since the Zhou Dynasty. Even some of the eating etiquettes in Japan is affected by China.

When dining in Shanghai, we should always offer someone else food or tea before we serve ourself.

When laying our chopsticks down, we should not lay our chopsticks parallel on the top of the bowl or leave them sticking in the bowl. It is considered rude and a sign of bad luck. Instead we should leave our chopsticks on the chopstick holder or leave it resting diagonally on the plate. We should not drop our chopsticks as it is considered bad luck. We should not stick our chopsticks straight up in our rice bowl because it is rude to do so, since they will resemble the joss sticks used in religious ceremonies.⁹

⁷ <http://www.kwintessential.co.uk/resources/guides/guide-to-japan-etiquette-customs-culture-business/>

⁸ <https://www.japan-guide.com/e/e2005.html>

⁹ <http://www.advancedetiquette.com/2012/01/10-tips-on-chinese-table-manners/>



Chapter 4 Photograph Analysis



**Day1-Dinner in Shanghai
Day2-Lunch in Shanghai Shi Bei Secondary School(P1)**

Day2-Lunch in Shanghai Shi Bei Secondary School(P2)



Day2-Dinner in Shanghai

Shengjian mantou is the traditional breakfast for Shanghai people. Shengjian mantou is made of semi-leavened dough, wrapped around pork and gelatin fillings. During the cooking process, the chef would add some chopped green onions and sesame on the buns.



Day5-Takoyaki

Takoyaki is one of the must try food in Japan, especially in Osaka. It is made by basically flour and octopus grain. This traditional food has lasted since World War II. As Japan was being attacked by different, countries and Osaka is one of the places being attacked. Without any food supply, food produced by flour has been popular as flour are easy to get. This became the start of flour-produced food including Takoyaki. Many countries are interested in this traditional food of Japan, and tried to make Takoyaki in their own way. Take Taiwan as an example, Taiwan's Takoyaki are crispy on the outside and creamy in the inside. However, Japan's one is soft and a little bit salty. By comparison, although Japan is the one who developed Takoyaki, the foreigner's way are more popular than the Japanese ones.¹⁰

¹⁰ <https://oops.udn.com/oops/story/6703/2119884>



Chapter 5 Conclusion

After the project, we have discovered that there are some differences between the eating habit of Shanghai and Osaka. For example, dining in Shanghai is usually on the round table with dishes share communally because they like to share food together. While dining in Osaka prefer each person has their own dishes such as bento and set meal.

Other than that we have discovered that both Shanghai and Osaka have some eating and dining etiquettes. These etiquettes have been developed for a long time as it is affected by the traditional thinking of them.

Moreover, we have learnt that history can affect the eating habit of a place. For example, Takoyaki is developed during the Second World War when the food supply is not enough. Eating habit of a place can also affect another place as it can spread to other place.

All in all, we are honor to join the grand tour as we not only play with each other during the trip and gain collective memory but also learn something that can be learnt from books during lessons.

Chapter 6 Reflection

Day 1

22 March

Short description

After having 3 lessons at school, we went to Hong Kong International Airport. We arrived at Shanghai at around 6 p.m. After the dinner, we walked through the Nanjing Road Walkway to the Bund.

Reflection

This was the first day of the tour. We were very excited. We arrived at Shanghai a bit later than we expected. It was a pity that we just took a few picture in front of the Bund when the light were on. However, we still found that the Bund was very beautiful at night when the lights were on. It was like Victoria Harbour in Hong Kong.

After the first day, we understood that time management is very important because not everything can happen in the way we expected. So we hoped that we manage our time well in the coming 5 days so that we can enjoy the best tour.

Day 2

23 March

Short description

In the morning, we had our breakfast in the fastest speed, then we rushed to our sister school, Shi Bei Senior High School, to learn more about it. We had PE lessons together, and then dispersed for different lessons including Geography and Chinese history. Then, we went to Yuyuan, City God Temple of Shanghai and Shanghai Railway Museum.

Reflection

It is a rich day for us. We saw how students in China learn in their daily routine. They learn differently comparing to us. Their learning pressure is much higher than us. They learn in a very harsh way, without any time for students to understand the content. By comparison, it is not hard to find that Hong Kong students, at least us, are under a better condition. We should be glad that we have such a good learning quality. We also see a lot of special architecture in China in Yuyuan. In the Book The Story of Stone, it describes a lot of architecture like those I have seen in the Yuyuan.

Day 3

24 March

After having two days in Shanghai, it was time to leave Shanghai and went to Osaka. We missed Shanghai a lot because it is a very beautiful and fantastic city, there are lots of tasty food and wonderful views. After having the last meal in Shanghai, we went to the airport and we arrived at Osaka at around 3. The whole class was very tired as we woke up early, we all slept in the bus. The first spot we went in Osaka is The Osaka museum of housing and living, it was amazing because we could know how the Japanese live in the past and now, we could see the difference clearly, so we have learnt a lot. We had dinner at around 5, it was

very early to us but we still ate a lot, our dinner was kushikatsu (is a Japanese dish of deep-fried skewered meat and vegetables). We finished our dinner very fast and then we got back to hotel. Our hotel was very great and comfortable, everyone of us also had a good rest in the first night.

Day 4

25 March

Reflection

After the rest in the first night in N Gate Hotel Osaka, no doubt that we were going to have another wonderful day in Japan. The first place that we visited was Osaka International Peace Center. It is a place where introduced the history of Osaka during World War II. The main theme of this place is to introduce how peace is important to human being. Later on, we had lunch in local restaurant. It was so lucky that we got some free time to buy things that we like. After that, we joined Yodogawa Cleanup Volunteer Activity. It is a meaningful activity which help to cleanup Yodogawa. Compared with the river in Hong Kong, no doubt that the river in Japan was much more cleaner than the river in Hong Kong. I believed that we can also do something to keep Hong Kong clean as well. Later on, we visited Buddhist temple in Osaka and Dōtonbori. The dinner was tasty there and we really enjoyed Japanese food. All of us went shopping in Dōtonbori. Without a shadow of doubt, we bought a lot of things that we wanted in Japan today. By the way, we could not fall asleep even after a tiring day.

Day 5

26 March

Reflection

After finishing the breakfast in the hotel, we went to the Japan Mint to appreciate the sakura there. Besides, we also went to the Osaka City Abeno Life Safety Learning Centre. In the Osaka City Abeno Life Safety Learning Centre, we experienced how the magnitude 7.0 earthquakes was. Although earthquake will not happen in Hong Kong, we should put an eye on this issue. The teachers distributed the lunch box to us in the shuttle bus in order to let us have more time to visit more sites. After that, Mr Cheung gave each of us 500yen in order to buy our favourite takoyaki in the Osaka Takoyaki Museum. Then, we went to The Yomiuri Shimbun Holdings. Before going to this site, I never thought that making a newspaper needed a lot of steps and people. From now on, I will treasure the South China Morning Post every Monday and read it one by one seriously. It was because every article was written by the writer for a long time. Finally, we went for dinner and finished it very fast because we could go to Rinkyu Premium Outlets at night.

Day 6

27 March

After 6 days tour, it was time for us to go back Hong Kong. We woke up at 5.30a.m. and had breakfast at 6.00a.m.. Then, we went to the Osaka International Airport and went back to Shanghai. Surprising, we were served as

first-class. After that, we travelled back to Hong Kong from Shanghai Pudong International Airport.

In the airplane, we wrote our own reflection. At last, we got back Hong Kong. There is no doubt that it was the first time we ran to catch the plane. We did not have time to eat at the Shanghai Pudong International Airport since we were late. All of us ran to the boarding gate in order to go onboard. We had never tried it before. Definitely, it was an unforgettable memory for us.

Undoubtedly, we learnt a lot in the tour, for example, unity. In the trip, we needed to do move as a group which means eight of us needed to walk together. Our leader needed to count the number of group mates in every spot. As a member of the group, we helped to ask each other to follow closely. Besides, we took care of each other like we helped each other to carry things. All of us understand each other more in the tour.

Chapter 7 Appendix

1. https://en.wikipedia.org/wiki/Shanghai#cite_note-15
2. <https://en.wikipedia.org/wiki/Osaka>
3. https://en.wikipedia.org/wiki/Customs_and_etiquette_in_Chinese_dining#cite_ref-1
4. https://gurunavi.com/en/japanfoodie/2016/06/teishoku.html?__ngt__=TT0e2fe4377001ac1e4aed45VKDg2fA-D0f0KQhQVxPn4j
5. https://en.wikipedia.org/wiki/Bento#cite_note-Chop-2
6. https://en.wikipedia.org/wiki/Etiquette_in_Japan
7. <http://www.kwintessential.co.uk/resources/guides/guide-to-japan-etiquette-customs-culture-business/>
8. <https://www.japan-guide.com/e/e2005.html>
9. <http://www.advancedetiquette.com/2012/01/10-tips-on-chinese-table-manners/>
10. <https://oops.udn.com/oops/story/6703/2119884>