Dietary Guide for Overseas Students

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# 1 Introduction

## 1.1 research question

The group will be investigating the most effective ways for freshman college students to obtain the most delicious food in the shortest amount of time. Our group noticed that many freshman students in college are interested in finding the best food options based on various sources. Therefore, we wonder if there are strategies or methods that can help them optimize their food choices and maximize both taste and time efficiency.

### 1.1.1 Background Research

Numerous first-year students are fascinated by learning about the fantastic food options near or inside college, but they encounter obstacles like time constraints and a lack of familiarity with the surroundings. Among the many international students, many of them are going abroad for the first time or living abroad alone for a long time. Therefore, students do not know about some local things and may have problems in communication. On campus, students may not know the operation mechanism of the school restaurant or the specific dishes, prices and opening hours. Off campus, there are many gaudy restaurants, and some Chinese students who miss home food may not have authentic Chinese food. In order to help students meet their dietary demands even during their first year in a foreign city, we plan to investigate strategies like online resources, technological applications, and professional advice. We learned the knowledge of NYU restaurant through the seniors who studied in NYU in previous years. For off-campus restaurants, we collected information from social media platforms such as ins and Xiaohongshu. Through people’s public posts and comments about the restaurants, we rounded up some restaurants and their specialties. If you’re too lazy to go out sometimes, we’ve also collected different food delivery apps and how to use the discount system. Finally, good cooks can also cook for themselves. There are many large supermarkets around the school where you can buy vegetables. With this information, we hope to offer helpful recommendations.

# 2 All kinds of diet methods

Examples of commonly used commands and features are listed below, to help you get started.

## 2.1 Takeaways

Delivery food is now a necessity in our fast-paced world, offering accessibility, convenience, and a wide variety of cuisines. It’s a practical solution for busy individuals with little time for cooking, eliminating the need for grocery shopping, meal preparation, and cleanup. Delivery food food services cater to different tastes and dietary restrictions, expanding culinary horizons. They bridge the gap between people and restaurants located far from their homes or workplaces.

**2.1.1 Chinese food and Asian cuisine**

### 2.1.2 Hungrypanda

The majority of Chinese restaurants can be found on hungrypanda and EASI, which are both owned by the same company and have a wide selection of food. As stated in their corporate mission statement, ”HungryPanda’s vision is to become the global market leading platform that enables overseas Chinese business in the food industry and connects Chinese food to all consumers who enjoy it. Through our cutting-edge online platform and market-leading delivery services, they link businesses with customers, consolidating the entire value chain of the international Chinese food market and taking advantage of scale advantages.

### 2.1.3 Fantuan delivery

Compared to hungrypanda, which can be used to compare prices, fantuan delivery has fewer merchants, and sometimes the price of the same item at the same restaurant is different.

### 2.1.4 Uber eat

Gourmet restaurants can be found worldwide on uber eats, which also offers faster delivery (due to the use of the robust Uber algorithm rather than manually dispatching riders as was the case with the previous Chinese food software option). The restaurant listing image is a skillfully photographed and color-coded picture of a portion of the meal laid out for an excellent user experience. The interface style is very clean and minimal. Uber Eats charges a service fee for each order that can reach pecertage of 10 of the order subtotal in addition to the delivery fee. A 2 dolloars small order fee may be added if the order’s subtotal is less than 12 dollars. The tip is optional and can be added when placing the order, paid in advance, or given when reviewing the meal on your phone after receiving it. The user can identify the dispatcher by looking at the dispatcher’s picture, vehicle type, and precise real-time location on the map after the dispatcher has taken the order. The local software allows the rider to wait downstairs for more than five minutes before they can handle the meal themselves, so it is best to go downstairs and wait for the rider when the delivery is almost there. [3]

### 2.1.5 Dashdoor

Dashdoor offers ordering for all Chinese, Japanese, Korean, American, French, and Italian cuisines. Additionally, new customers receive thirty days of free takeaway shipment. The delivery time is also incredibly quick, and it can get there in no more than 40 minutes. You can essentially solve all three meals at home with dashdoor if you don’t want to go out. The platform has a large service area, a large number of participating merchants, a large number of user orders, excellent delivery personnel, and quick delivery times.

### 2.1.6 Grubhub

There are a ton of American eateries in grubhub’s software! such as McDonald’s, Shake Shack, and other fast food restaurants! There are numerous salad options as well.

## 2.2 NYU Dining Halls

### 2.2.1 Marketplace at kimmel

Kimmel is famous about its quality and convenience. Their burgers and chicken are the best quality out of all the dining halls and they are consistent. Based on previous semesters, Kimmel’s food is the best quality. The sushi has always had good reviews, and Kimmel is the only place on the Washington Square campus that offers vegetarian, vegan, gluten-free, Halal and pre-packaged Kosher meals all at once. Despite the insanely long lines, the food is definitely worth it. Not to mention the convenient location, complete with outdoor seating.

### 2.2.2 Downstein

Downstein has enough variety in cuisine to keep your life interesting, but also enough stability that if you don’t like what they’re serving, there are always some form of pasta, pizza and burger that generally slap. When they have curly fries, there’s always a long line. But they also have healthy options and well-rounded meals. The food is decently seasoned most of the time and very filling, and while the drink machines almost always need to be refilled. Their breakfast pastries are also unrivaled.

### 2.2.3 Palladium

Palladium would be the best dining hall because of their Sunday brunches, boba tea, sushi and seating availability are enough to catapult them to number one. The only reason people go to Palladium is because of the brunches and the peer pressure that I’ve experienced to like it. The food is definitely better compared to other dining halls, but it’s still not the best. Plus they don’t change up the menu enough. You can only have burritos and chicken tenders so many times.

### 2.2.4 18 below

18 Below literally feels like you’re in an underground restaurant. It is only open from 11 a.m. to 2 p.m. on weekdays is beyond me — those are the most inaccessible times. Also, they lack dessert and beverage options, and it seems like they only serve one meal. The plating is super fancy though, and the serving size actually filled me up. If you want to live out your fantasy of eating at a fancy New York City restaurant, or if you’re cheap and need a dining hall to go on a date, 18 Below is the right choice. [2]

### 2.2.5 Lipton

Lipton is probably the best choice for those who are gluten-free, vegan, vegetarian, pescetarian or just trying to eat healthier. That’s why Lipton is ranked one of the lowest for me, but they’re also the only dining hall that is 100

### 2.2.6 Upstein

Their all-day bacon egg and cheeses are the best choice when people need food at 10 p.m. Upstein also has the Kosher Eatery — the only dining hall on campus with Kosher food. But there was a lack of menu variety at Upstein, so the NYU Eats gods added a Global Eats station with a rotating menu this semester. There are delicious sriracha chicken panini.

## 2.3 Homemade–supermarket online shopping

Nowadays, homemade food is a choice for many overseas students. If you choose to cook your own food, you can save money at a low cost and keep your ingredients clean and fresh. In addition, to make ideal homemade foods, there are many ways for students to obtain the desired ingredients, appropriate cooking utensils and simple recipes.

### 2.3.1 Ingredient

For off-line shopping, Walmart, a large supermarket chain in the United States, can provide students with fresh vegetables and high quality meat, which is very suitable for students in terms of size and quality. In addition, as a Korean supermarket, H-Mart effectively solves the problem that students cannot get used to Western food due to their Asian taste. Here students can buy many sauces and special ingredients imported from Asia.

Besides, online shopping greatly reduces the cost of students’ time. So that they can also enjoy homemade foods while busy completing their studies. Amazon and Freshgogo are the choices of most people. As the largest online shopping site in the United States, Amazon can satisfy most people’s various needs for food ingredients. Freshgogo works with many Asian restaurants so students can enjoy a taste of home.

### 2.3.2 Cooking Utensils

Kitchen utensils is an indispensable step in making homemade food. In addition to Amazon, which offers a wide variety of options, ebay offers good, used kitchenware at low prices. Considering the cost of buying safe, easy-to-use kitchenware, ebay’s 90 percent new selection is perfect for students on a budget.

Moreover, there are two reliable ways to buy kitchen appliances offline. Ikea is a global chain of large furniture supermarket. In China, many families buy household utensils including kitchenware from Ikea. Ikea is a chain that allows overseas students to buy things close to home, saving on transportation costs. Another suitable approach is Yamadaya, a Japanese supermarket chain. You can purchase most homemade cooking utensils as well as ingredients processing tools.

### 2.3.3 Recipe

Many students making homemade foods encounter a thorny problem. They have the tools and ingredients but lack knowledge of cooking methods. Through Internet research, Little Red Book and bilibili, as well as youtube are very suitable choices. On these video streaming websites, many provide detailed production process videos for students’ reference, as well as production videos posted by international students themselves, so that other students can understand them more easily.

## 2.4 Restaurant

Restaurant– several websits rating the food New York University, as a university in the middle of a bustling city, is surrounded by a developed catering industry. When you don’t want to eat in the cafeteria and want a change, the abundance of food around can help. The variety of restaurants around the school includes Chinese, Thai, Italian and other national specialties. Besides, some Internet celebrity shops brunch is also very delicious, with a variety of drinks and coffee. [1]

**2.4.1 Chinese specialties**

### 2.4.2 Uluh

This restaurant as a Chinese restaurant, the signature for China’s Sichuan region specialty dishes. Signature dishes include but are not limited to roast duck, spicy pork trotters, tofu with crab powder, etc. As for the price, 40*to*60 per person is in the affordable range for students. Uluh is located at 152A 2nd Ave.

### 2.4.3 South of the Cloud

The restaurant specializes in the specialty dishes of Yunnan region of China, such as crossing the bridge rice noodles, bean curd and so on. The rice noodles are a little bland, but the fried rice noodles are generous and affordable. 30*to*60 per person, and the taste is authentic. It is located on 16W 8th, St New York.

## 2.5 Thai restaurant

### 2.5.1 Soothr

This is a restaurant specializing in Thai food, with signature dishes such as shrimp curry and Tom

Yum goong soup. Again, the dishes are inexpensive, about 40*perperson.Thelocationis*204*E*13*thSt.,NewY ork.*

### 2.5.2 Maman

As another brunch, Maman has more varieties of bread. Signature dishes include Papa’s breakfast, Avocado toast + salmon, etc., which costs only 20 RMB per person. It is located at 12 W 48th St, New York.

### 2.5.3 Da Andrea

The restaurant gets high marks from the public and the decor is stylish. The family recommends dishes like Scaloppine Di pollo, Tagliolini Neri Alle Vongole and others. The location is 35 W 13th. This restaurant as a Chinese restaurant, the signature for China’s Sichuan region specialty dishes. Signature dishes include but are not limited to roast duck, spicy pork trotters, tofu with crab powder, etc. As for the price, 40*to*60 per person is in the affordable range for students. Uluh is located at 152A 2nd Ave.



Figure 1: la

1. **Conclusion**

In conclusion, our research aimed to identify effective strategies for freshman college students to quickly find delicious food options. We recognized the challenges they face, including time constraints and unfamiliarity with their surroundings. International students may also encounter communication barriers and difficulties finding authentic cuisine. To address these issues, we explored online resources, technological applications, and professional advice.

We gathered insights from seniors who studied at NYU, obtaining information about on-campus dining options. For off-campus restaurants, we analyzed social media platforms like Instagram and Xiaohongshu to find recommended establishments and specialties. We also examined food delivery apps and their discount systems. Additionally, we provided information on nearby supermarkets for students who prefer to cook for themselves.

# References

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