**Unit 3 Cuisine and dining etiquette**

**Section A Chinese cuisine and dining etiquette**

**Passage 1**

**Reading comprehension**

**1** 1 D 2 H 3 A 4 E 5 B 6 G 7 F 8 C

**2** 略

**Verbal expression**

**1**

1 Shandong cuisine

2 Sichuan cuisine

3 Guangdong cuisine

4 Jiangsu cuisine

5 Jiangsu cuisine

6 Fujian cuisine

7 Anhui cuisine

**2** 1 D 2 A 3 C 4 B

**Critical thinking and cultural exploration**

**1 Chinese breakfast vs English breakfast**

***Transcript***

In English, the word “breakfast” refers to breaking the [fasting](https://en.wikipedia.org/wiki/Fasting) period of the prior night. There can be one or more “typical”, or “traditional”, breakfast menus in most places, but the composition of this varies widely from place to place, and [has varied over time](https://en.wikipedia.org/wiki/History_of_breakfast). The traditional breakfast most associated with Britain and Ireland remains the “full breakfast” of fried, scrambled, or [poached](https://en.wikipedia.org/wiki/Poaching_(cooking)) eggs with [bacon](https://en.wikipedia.org/wiki/Bacon) and [sausages](https://en.wikipedia.org/wiki/Sausages), usually with mushrooms, tomatoes, [baked beans](https://en.wikipedia.org/wiki/Baked_beans), fried bread, [black pudding](https://en.wikipedia.org/wiki/Black_pudding) or [white pudding](https://en.wikipedia.org/wiki/White_pudding) and toast. A healthy and nutritious version consists of grilling the protein and using poached, rather than fried, eggs, and variations based on one egg, one protein and toast abound.

Another common breakfast is a continental breakfast, which usually includes coffee, jam, fruit, and baked goods such as bread and pastries. The term refers to the type of breakfast found in places such as the Mediterranean, which is lighter and more delicate than the typical full English breakfast. Continental breakfasts are also more cost-effective for the establishments serving them, because they require less staff to prepare them. American breakfasts feature eggs, breakfast meats, pancakes, potatoes, and toast.

One of the most notable differences between Chinese and Western cuisine is breakfast. A major difference in Chinese cuisine is the lack of dairy. Milk, cheese, butter and yogurt are not staples in Chinese cuisine. So many Western breakfast staples aren’t eaten often here. Chinese breakfast is usually savoury and people don’t shy away from stronger flavors such as preserved eggs, pickles, and spicy oil to eat first thing in the morning. Many people go out for breakfast and grab a quick bite to eat on the way to work or school. Street vendors will open up early to sell their goods to passing commuters — always at a very cheap price!

(299 words)

**2Is American-Chinese food “real” Chinese food?**

**Transcript**

That’s a topic CNN staff and readers have debated *—* with a lot of heat — in the past.

As American-Chinese restaurant Fortune Cookie [closes shop in Shanghai this week](http://www.thatsmags.com/shanghai/post/12093/fortune-cookie-say-s-farewell), after successfully selling US-style Chinese food to locals since opening in 2013, we’ve decided to revisit journalist Clarissa Wei’s previously published impassioned defense of orange chicken and all-American Chinese food.

Yes, I’m actually going to defend orange chicken.

Fundamentally fried chicken with sauce — the perfect late-night snack — orange chicken is beloved by millions of people of all ethnic groups in the United States.

As with most American-Chinese food, however, there’s a stigma attached to orange chicken.

Some people call the dish, as well as the restaurants that serve it, “fake” or “not authentic.”

Superior foodies love nothing more than criticizing the chefs and restaurant owners, as if only they know what real Chinese food is.

Those who enjoy orange chicken — and many other American-Chinese dishes — and who actually know a little bit about the history of Chinese people outside of China are left to ponder a simple question: What is authenticity?

Actually, there’s nothing inauthentic about American-Chinese dishes. Most of them were created by Chinese people for Chinese people.

These Chinese people just happened to be living outside of their mother country.

According to the *Oxford Encyclopedia of Food and Drink in America*, during the 1840s Gold Rush in California, early Chinese immigrants, most of whom were railroad builders, had no or extremely limited access to traditional Chinese ingredients.

So they used what they could find in their new homes to create then-contemporary Chinese dishes, such as the now much-derided chop suey, one of the first Chinese dishes invented in the United States.

It wasn’t until after World War II that mainstream Americans began eating and appreciating Chinese food in large numbers.

By that time, the extensive American-Chinese menu was well established. Some 165 years on from the Gold Rush, not much has changed.

Chinese restaurant owners and chefs are still primarily Chinese.

No matter how they end up in the States, however, food is the totem of their culture.

(348 words)

**Passage 2**

**Reading comprehension**

**1** 1 F 2 F 3 T 4 T 5 T 6 T

**2** 略

**Verbal expression**

**1** 略

**2** 略

**Critical thinking and cultural exploration**

**1 Three seasons of *A Bite of China***

***Transcript***

***A Bite of China*** is a Chinese documentary television series on the history and story behind foods in more than 60 locations in China. It was first aired on 14 May, 2012 on China Central Television, and quickly gained high ratings and widespread popularity.

A second season of *A Bite of China* aired from 18 April to 6 June 2014. These two seasons, which were translated into 16 languages, were aired in 164 countries and regions, and were broadcast on 25 channels and 15 airlines internationally. Oliver Thring of *The Guardian* praised it as “the best TV show I’ve ever seen about food. I’d hazard it’s the best one ever made.” Wei Dichun, deputy director of CCTV, said *A Bite of China* series has become a cultural phenomenon, which has also helped to promote the Chinese documentary industry abroad.

The third season was aired from 19 to 26 February 2018, during the Spring Festival holiday. It has eight episodes, each lasting 50 minutes. Besides cookware, it also covers the themes of snacks, banquets, diet therapy, chefs, dim sum, food associated with traditional Chinese solar terms and fusion cuisine. “The third season has a rich depth of feeling that shows the life wisdom and cultural traditions of the Chinese people. It will open a window for the world to understand China through its food,” said Wei before the airing of the third season.

However, even though the series has maintained high viewership ratings since its comeback, much higher than other programs aired at the same time, the ranking of the third season on Douban, a social networking website featuring films, literature and events, slipped to 4.2 out of 10 recently, compared with 9.3 and 8.4, respectively, for the first two seasons. Some viewers complain that some of the narration is not accurate, while others pinpoint misleading or irrelevant content.

In response to criticism and questions, *A Bite of China* production crew responded on Weibo that they seek innovation despite the risks following the first two phenomenal seasons. The crew believed that, following the huge success of the first two seasons, the public has high expectations for the show’s third season. “It is unavoidable to make comparisons with the first two, and some audiences may not accept the changes,” the crew said. “We explore the culture and civilization behind food, and give food a historic touch. That’s why we feature culinary tools, feast and rituals, as well as a healthy diet to show Chinese wisdom and philosophy, which has not been shown in any food programs before.”

(425 words)

**2 A case study: What’s wrong with the reception?**

***Transcript***

Roger was a student majoring in East Asia Studies in an American university. He started Facebook correspondence with Zhang Li, a sociology major in China. Upon graduation, Roger got a big gift from his grandpa. Grandpa would pay for a round trip ticket to China. Roger told Zhang Li the good news, and the two decided to meet. Then Zhang Li decided to give Roger a very special welcome: She and the three women students in her dormitory would cook him an authentic Chinese meal, as Roger had told her that he loved Chinese food.

However, when the dinner was served, he was almost terrified by some of the food: pork stomach soup, pork liver with ginger and spring onion, and marinated chicken feet. Fortunately, there were courses like tofu, stirred fried beef, steamed fish and vegetables that Roger loved. He tried to stick to them, but Zhang Li kept putting food he did not like on his plate. When he was asked how he liked the liver, Rodger said: “It’s very unusual…and interesting.” This seemed to make Zhang Li happy, and she gave him more liver. Rodger tried to stop her, but she would not be stopped. Rodger was so frustrated that he told her that he did not really like it very much.

“But you said it was unusual and interesting!” Zhang Li said.

“Well, they both mean something less than positive.” Rodger said carefully, trying not to hurt their feelings.

Zhang Li and her friends became concerned at this. “So you don’t like the food?”

“I’m not used to eating liver, that’s all. But I do like the chicken, the beef, the tofu and the vegetables. I have more than enough to eat. I never make this much food at home.” He was eager to let them know how much he appreciated their effort. “Trust me, I’m enjoying the food. I know what I like.”

(318 words)

**Passage 3**

**Reading comprehension**

**1** 1 T 2 F 3 T 4 T 5 F 6 F 7 T

**2** 略

**Verbal expression**

**1** 1 C 2 H 3 F 4 A 5 B 6 G 7 D 8 E

**2 Ordering food in a restaurant**

***Transcript***

**Dialogue 1**

**Waitress:** Hello. Can I get you both any drinks?

**Paul:** Yes. I would like an iced coffee, please.

**Jane:** And I will have the same please.

**Waitress:** OK, two iced coffees.

**Waitress:** Here are your coffees. Are you now ready to order, or would you like a few more minutes?

**Paul:** I think we are ready to order. I will have the chicken soup to start, and the steak with fries and the mixed vegetables.

**Waitress:** How do you want the steak cooked, rare, medium, or well done?

**Paul:** I would like it well done, please.

**Jane:** I do not want a starter. I would like to have the fried chicken with fries and a side salad please.

**Waitress:** OK. Your meals will be here shortly.

**Dialogue 2**

Waiter: Hello, here are your menus. **Are you ready to order**?

Ann: Yes, please.

Waiter: **Would you like a starter**?

Ann: Yes, I’d like a vegetable soup.

Waiter: And **what would you like for a main course**?

Ann:**I’ll have the**grilled salmon.

Waiter: **Would you like anything to drink**?

Ann: **Yes, I’d like a**glass of white wine, please.

Waiter: (After Peter has his meal) **Can I bring you anything else**?

Ann: **May I see**the dessert menu?

Waiter: Sure.

Ann: **What do you recommend**?

Waiter: The chocolate cake. It’s delicious.

Ann: Okay, I’ll have the cake.

**Critical thinking and cultural exploration**

**1** [**Differences between Western and Asian cuisine**](https://dwstuffs.blogspot.com/2013/05/the-differences-between-western-and.html)**s**

***Transcript***

European and American cuisines typically fall under the category of Western food, although, at times, Western cooking also includes meals of other countries in Oceania like Australia.

There are usual characteristics that differentiate Western food from other cuisines. First is the quantity of the serving. Compared with the traditional Asian cuisine, serving size of Western cuisine is essentially bigger. What is considered “jumbo” or super size in Asian food is only a regular size in Western cuisine. That’s generally speaking, of course.

Second, in Western cooking, meat is used in huge proportions. If in Asian cooking, meat is only part and parcel of the meal, in Western cooking, meat is the main star. Think of steaks. Thick slabs of meat are the main star of the meal. There are other players on the plate, such as mashed potato and steamed vegetables, but the meat is the only reason why the plate is readied in the first place.

Besides, the use of rice also differentiates Western from Eastern cooking. In Western cuisine, rice is rarely served and is only treated a side dish, usually to an Eastern-inspired Western food. Rice is given a similar treatment like that of steamed greens, steamed vegetables, mashed potatoes, fries and corn on the cob. In contrast, rice is a staple in Asian meals. Noodles can be the alternative to rice although both rice and noodles can be presented in a meal at the same time.

But just like Asian cooking, Western food also puts great emphasis on the use of condiments and seasonings. You can find catsup, mustard, gravy, and other sauces and condiments easily available in eateries specialising in Western dishes.

The great thing about dining is that the confluence of cultural orientations has made it possible for Westerners to find Asian cooking satisfying and for Asians to find Western food a big treat. This inter-relation of tastes and preferences has given more dining establishments sufficient reason to present both kinds of meals. Thus, where west meets east, you can definitely find great food.

(340 words)

**2 Fast food and its impacts on Chinese people**

***Transcript***

With an increasing urban population, rising [disposable incomes](http://www.mckinsey.com/industries/retail/our-insights/mapping-chinas-middle-class) and a growing demand for international cuisines, it is no wonder a high number of fast-food brands have appeared in China.

Of these, KFC planned to open 600 new restaurants in China in 2016. McDonald’s aims to roll out [1,000 new outlets](http://www.reuters.com/article/us-mcdonalds-china-idUSKCN0WX16M) in China in the next five years. Starbucks, with its frothy, sugary offerings, has acknowledged that China could eventually surpass the United States in terms of market size for the fast-coffee chain, and in October announced plans to [double](https://www.bloomberg.com/news/articles/2016-10-19/starbucks-plans-to-double-number-of-locations-in-china-by-2021) the number of its 2,300 outlets in China by 2021.

All of that, of course, carries physical costs. Swelling waistlines are the most visible symptom. China now has the largest overweight population in the world – 10.8% of men and 14.9% of women in a nation of 1.4 billion people – bumping the United States to second place, according to a [study published](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(16)30054-X/abstract) in the Lancet Medical Journal.

That’s more than 43 million men and 46 million women classified as overweight. For children and young adults, the numbers are even more dire: the World Food Program [indicated](http://www.wfp.org/stories/10-facts-about-nutrition-china) that 23% of boys and 14% of girls under 20 are overweight or obese in China.

Companies with emblems of golden arches and monochrome mermaids are not the sole perpetrators of this circumstance. Active lifestyles have not caught on, and nutrition in daily diets is often unbalanced.

In response to a progressively unhealthy lifestyle of Chinese people, the central government has made a plan called [Healthy China 2030](http://english.gov.cn/policies/latest_releases/2016/10/25/content_281475475062678.htm). The plan’s blueprints include the introduction of health education into the school curriculum and promoting “health as habit,” to increase the populace’s life expectancy by four years to 79.

But health experts remain cautious. Barry Popkin, who started the [China Health and Nutrition Survey](http://www.cpc.unc.edu/projects/china) in the late 1980s, pointed out that the WHO recently called for regulatory and fiscal reforms to address the causes of China’s non-communicable disease health crisis.

“For the past 30 years, the Chinese have focused on physical activity instead of the food system as a way to address obesity,” he said. “One of the major shifts in [China](https://www.theguardian.com/world/china) has been the increase in the modern retail food sector and consumption of packaged food. What’s needed is a different regulatory approach paired with incentives for the population to change their diets.”

(386 words)

**Passage 4**

**Reading comprehension**

**1** 1 F 2 T 3 T 4 T 5 F 6 T 7 T

**2** 略

**Verbal expression**

**1** 1 grater 2 lemon squeezer 3 strainer 4 whisk 5 egg slicer 6 rolling pin

**2 Resting and finishing positions of tableware**

***Transcript***

Setting the knife and fork in a crossed position with the fork turned upward on the plate is used to indicate that the diner has not yet finished with the meal, while placing them together with the handles at the 5 o'clock position is used to indicate that the diner has finished.

(54 words)

**Critical thinking and cultural exploration**

**1 Top 10 differences between Chinese and Western dining practices**

***Transcript***

You may have had Chinese food in Chinese restaurants in your country. Have you noticed some differences between Chinese and Western dining practices? Besides **chopsticks** vs. **knives and forks**, there are more differences that you may not know.

1. Chinese usually **eat communally**and share their dishes with others. Westerners usually enjoy individual servings.

2. Chinese cooks chop everything into **bite size pieces**, thus people don’t need knives to cut it, and just pick up their food with chopsticks. Westerners cook food in big pieces and serve it with knives and forks for cutting it up.

3. Chinese usually **don’t remove bones**, and just cut them and the meat into pieces. They cook fish whole. Westerners usually eat filleted fish, and meat with whole bones, or no bones.

4. Chinese **cook vegetables** — frying, stewing, boiling, and steaming — sometimes with soy sauce, ginger, and garlic. Westerners make salads, or just boil vegetables in water.

5. **Ingredients:**Chinese cuisine uses many ingredients rarely seen in Western cuisine, like winter melons and yams, tree fungi and lotus pods, feet, tongues, ears, and all manner of internal organs, etc.

6. **Using spices:**Chinese cooks like to add fresh or dried spices when cooking, like ginger, spring onion, mint, pepper, garlic, chilies, etc. Western cooks usually use processed spices like pepper powder, ketchup, etc.

7. **Seasoning bottles:**You usually won’t find any salt, pepper, tomato sauce, or mustard on the table in a Chinese restaurant. But if you have breakfast at a dumpling and steamed bun shop, you can enhance the flavor with soy sauce or vinegar from a bottle poured into a dipping dish.

8. **Desserts:**Sweet desserts are served after Western dinners, while Chinese have fresh fruit or tea for dessert.

9. **Round tables vs. square tables:**Chinese traditionally eat at round tables, particularly family meals, as it’s convenient to share dishes with others, especially with a lazy Susan. Roundness symbolizes unity in China. Westerners eat at square tables, which are more convenient for individual meals, with long tables for bigger groups.

10. **Cooking methods:**Where Westerners limit themselves to boiling, frying, roasting, and baking usually, Chinese use more methods of cooking, like steaming, stewing, sautéing, braising, and quick-frying with a wok. Chinese usually use animal or peanut oil to fry food; Westerners use more butter, sunflower oil, and olive oil.

(388 words)

**2 Importance of table manners**

***Transcript***

As a pediatrician, I spend plenty of time talking about what to eat. But just as important — possibly even more important — is *how* to eat.

When I told my kids that I was writing about table manners, they looked at me with one-eyebrow-up skepticism.

“What do table manners have to do with pediatrics?” they wanted to know.

I asked them to guess.

“If you don’t have good manners, you might slip and cut yourself with your knife,” my younger daughter suggested.

“Or,” said my older one, “if you don’t take small bites, you could choke.”

Okay, sure. Choking or injuring oneself with cutlery are medical issues that do concern me as a doctor. But table manners also matter for many less obvious reasons.

To clarify, I’m not talking about *Which-salad-fork-should-I-use?* kind of manners here. These are the basics: We sit at a table. Our bums are in contact with a chair. Food stays on the table, and feet stay off the table. General cleanliness is encouraged, and disgusting habits are discouraged. The TV is OFF. And all phones are out-of-reach.

Using manners at the table is all about taming impulsivity. And because willpower and self-restraint are recognized predictors of success in life, they’re worth nurturing. Expecting children to control themselves at the dinner table is the right way to begin teaching these skills.

Busy schedules and the availability of on-the-go foods have reduced the amount of time we spend eating together at the table. But our table habits really do affect our — and our children’s — health. Here’s why:

Not using proper manners can result in the spread of germs and illness.

Eating casually from a package, or in a car, decreases our satisfaction with meals and makes us want to eat more.

Eating from a plate, at a table, allows us to regulate portion size — both for ourselves and for our kids.

Eliminating electronics during meals makes us eat with more awareness. When we pay attention to our food, we are more likely to enjoy it. This is true: watching television when you eat will make you eat more, but enjoy it less.

If there are no electronics during a meal, you and your family will talk to each other. And these frequent, casual conversations form the roots of important and protective relationships. Data suggests that eating meals as a family reduces risk-taking behaviors in teenagers.

(396 words)