

CHINESE FOOD

中国美食名扬天下



Chinese Culture Topics

Introduction



1. Chinese people love to eat and China boasts one of the world's greatest and most varied cuisines.





2. Eating is highly important feature of China's culture





**3. A common greeting in China is, "Have you eaten?" (吃了
吗? chīle ma?)**



**Chile Ma?
(Have you Eaten?)**



主食 (“ZHU SHI”, Main Food,
a carbohydrate source or starch)



米饭 (Mi Fan, Rice) is the main food
in the south part of China



面条 (Mian Tiao, Noodle)



馒头 (man tou, Steamed Bun)



包子 (bao zi, Steamed bun stuffed with meat/vegetable filling)



饺子 (jiao zi, Dumpling)



烙饼 (lao bing, Chinese Pancake)



What the CHINESE Eat For Breakfast

早餐 (zao can, Breakfast)



油条(you tiao):
Deep-Fried Dough Sticks



烧饼(shao bing): a flaky baked or
pan-seared dough pastry.



Congee (粥; zhou): rice porridge



**Tea egg (茶叶蛋; cha ye dan):
hard boiled egg soaked or
stewed in tea**



皮蛋 (pi dan, preserved egg)



豆腐乳(dou fu ru, fermented bean curd)



Typical Dishes



Kung Pao Chicken



**Peking Duck –
the trademark dish of Beijing**



炒饭(chao fan, Fried Rice)



**炒面(chao mian,
Fried Noodle)**



古老肉(Sweet and Sour Pork)



麻婆豆腐(mapo tofu)



馄饨(hun tun, wonton soup)



**粽子(Zong zi ,
rice balls wrapped in leaves)**



Tableware — Rice Bowl, Plates, Cups, Chopsticks, and Spoon



筷子(kuai zi,
chopsticks)



汤勺(tang shao, soup
spoon)



盘碗(pan wan, Rice
bowl and plate)



茶杯(cha bei,
Tea cup)

Do you KNOW?

In Chinese culture, cold beverages are believed to be harmful to digestion of hot food, so items like ice-cold water or soft drinks are traditionally not served at meal-time. Besides **soup**, if any other beverages are served, they would most likely be **hot tea** or **hot water**. Tea is believed to help in the digestion of greasy foods.



茶 (Chá, Tea)