Chinese Culture Topics

Chinese Food

中国美食名扬天下
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.
Tea egg (茶叶蛋; cha ye dan): hard boiled egg soaked or stewed in tea

Congee (粥; zhou): rice porridge
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)
粽子 (Zong zi, rice balls wrapped in leaves)
馄饨 (hun tun, wonton soup)
Tableware — Rice Bowl, Plates, Cups, Chopsticks, and Spoon

筷子 (kuai zi, chopsticks)

汤勺 (tang shao, soup spong)

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)