

Food Habits of Chinese in Korea

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한국내 중국인의 식습관

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The purpose of this investigation was to understand the food habits of Chinese in Korea. Cross-sectional survey was done with a total of 100 Chinese adolescents, 29 males and 71 females, residing in Seoul. The food habits studied were ceremonial foods, cooking style, and staple foods. Ceremonial foods included dishes prepared for birthday, marriage, the New Year, Harvest Moon Day, and Dragon Boat Festival. Obtained data were analyzed by descriptives and Chi-square tests. Different cooking styles were applied depending on food items. The majority(42~50%) prepared red meat, poultry, and fish in both Korean and Chinese style; vegetables and noodles in Korean style; and teas in Chinese style. Though no significant differences being found, pork and chicken tended to be prepared in Korean style as the number of generation went up; beef in both Korean and Chinese styles regardless of the number of generations; vegetables in Chinese style across the various generations; noodles in both Korean and Chinese style in the 1st and 2nd generations, and in Korean style in the 3rd generations, then in Chinese style in the 4th or over generations. Tea was consistently prepared in Chinese style in all generations. The most often used cooking method was pan frying(74%) followed by deep fat frying(12%). Ceremonial foods revealed the transmission of traditional Chinese foods for special occasions from generation to generation. Over 98% had traditional Chinese set-menu for marriage; 87% had Chinese Moon Cake for Harvest Moon Day; and 100% had Chinese rice cake for Dragon Boat Festival. Meanwhile, cake was the food for birthday used by most(80%). Staples for each meal differed: the rate of having rice was higher in lunch(87%) and dinner(89%) than breakfast(67%). While rice, noodles, breads, or dumplings were consumed as staples in all three meals, porridge and milk were staples for breakfast but not for lunch or dinner.♣