



Food Culture of Wenzhou/Zhejiang and South India - A Comparative Study

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ABSTRACT

Food culture is diverse around the world based on climate, beliefs and attitudes as well as the method of cultivation, processes, distribution, and consumption pattern. Food culture of India and China differ a lot however, there are some similarities between Chinese cuisines and north eastern part of India's cuisine. This study is an attempt to understand the food culture of Wenzhou/Zhejiang, China and South India using two different questionnaires containing a list of 50 popular cuisines of the two countries and collected data from 200 respondents from Wenzhou/Zhejiang and South India. Apart from this, data was collected from 50 Indian students of Wenzhou Medical University to understand their Chinese cuisine preferences. The scale had a high level of internal consistency, as determined by a Cronbach's alpha of 0.717. This paper presents ten most preferred Chinese food of Chinese in Wenzhou/Zhejiang, ten most preferred Indian food of south Indians and ten most preferred Chinese cuisine of Indians living in Wenzhou. The impact of globalisation is witnessed through the changes in the food culture of Indians in general and the youngsters in particular. Food is medicine and vice versa that is evident from the traditional food habits of Chinese and Indians. It is a unique attempt made in discussing the similarities and differences between the food culture of Wenzhou/Zhejiang and South India. There is a scope for future research in understanding the Indian food preferences of Chinese living in India.

Keywords-- Food culture, Chinese cuisine, Indian cuisine, preferences of Chinese and Indian food

I. INTRODUCTION

Food plays an important role in people's culture. It is unique based on number of reasons, climatic

condition, geography, religion, beliefs, available resources and to an extent economic conditions too. Food culture is diversified not only based on above factors but also methods of cultivation, processes, ingredients, method of cooking, distribution, consumption patterns and so on. Chinese cuisine consists of two general components, main food which contains carbohydrate source, rice, noodles or buns. The second one is side dishes which has vegetables, fruits, fish, nuts, meat and drinks. (Fruit juice, coconut milk, local alcohols to imported ones. There are eight main cuisine styles in Chinese food culture such as Anhui, Cantonese, Fujian, Hunan, Jiangsu, Shandong, Sichuan and Zhejiang. Chinese cooking method is very unique when it comes to preparation.

Indian food is different from rest of the world not only in taste but also in cooking methods. It reflects a perfect mixture of various cultures. Just like Indian culture, food in India has also been influenced by various civilizations. Foods of India are better known for its spiciness. Throughout India, be it North India, East and South India, spices are used generously in food. Hinduism and Islamism are the two main religions that contributes to the diversity in food culture of India. The Hindus are traditionally vegetarian but chicken, mutton, pork, fish was later added into Indian cuisine except beef.

Dinning etiquettes as concerned Chinese give priority to the aged, children, guests hierarchical order and social status respectively. Before starting to eat dinner, the host may offer some words of greeting. Guests should not start to eat until the host says, 'Please enjoy yourself' or something like that, otherwise it suggests disrespect and causes displeasure. On arrival one should first introduce oneself, or let the master of the banquet do the introduction if unknown to others, and then take a seat in accordance with the master of the banquet's arrangement.

Indian etiquette is quite formal, a mix of both Western and Asian culture. India was part of the British Empire for many years and as a result of that connection a considerable volume of the Indian population have been influenced by the British style of etiquette. Etiquette and eating habits as concerned using left hand is not used for eating since it is considered unhygienic. Whenever invited by an Indian family for dinner, it is a customary practice to carry gifts, such as sweets, fruits and flowers, for children toys or a book. Drinking alcohol is culturally not accepted in most parts of India. Many Indian families do not keep alcohol at home.

II. REVIEW OF LITERATURE

Previous research findings indicates that food culture is diverse around the world based on climate, beliefs and attitudes as well as the method of cultivation, processes, distribution, and consumption pattern. Montalvo, Kristin V. (2008) article features the cuisine of Chile and Peru and states that every country has different characteristics including the climate, people, culture, and food signifying its uniqueness from other countries. According to Tiejun, Wen (2008) availability of resource of a county that matters when it comes to the food culture of people (2008). **K.C. Chang (1977) examines Chinese food culture and states that people who have the same culture share the same food habits and peoples of different cultures share different assemblages of food variables based on their choices.** The article of Esperanza J. et. al. (2016) states that nutrition is directly correlated to health; hence, having good dietary habits will highly contribute to good health. However, there are different factors that influence good dietary patterns including socioeconomic status, income, and culture.

Food culture of India and China differ a lot however, there are some similarities between Chinese cuisines and north eastern part of India's cuisine. Anja C. Niewind et. al.(1986) studied similarities and differences in the food combinations of Chinese, European and West Indian women using a taxonomic grid and the results showed that differences in food combinations outnumbered similarities. West Indian women combined many more foods with the central foods than the other two groups. Chicken was the central food that was discriminated most among the three groups, while vegetables contributed most to the cultural variance in food compatibility. This study offers an explanation for part of the variation in human food selection and confirms the important role of culture in the development of different concepts of food compatibility. Rao, Nirmala et. al. (1999) reported that young Asian children were more likely to share spontaneously and less likely to elicit sharing. Chinese children showed more spontaneous sharing than did Indian children; the majority of sharing

incidents in the Indian sample were classified as passive sharing.

'Food is medicine' and 'Medicine is food' it is seen in the food cultures of both China and India. Food has to be consumed appropriately and excessive consumption of food could be harmful to our health. So, it is suggested to eat food as medicine with limited quantity. A research paper of Kishore, et al. (2016) states that the *Andrographis paniculata* Nees is an important medicinal plant found in the tropical regions of the world, which has been traditionally used in Indian and Chinese medicinal systems, it is also used as medicinal. Leonti, M; Casu, L. (2014) discussed in their article that in Hindu and Ayurvedic medicine, and among human cultures of the Indian subcontinent in general, the perception of the food-medicine continuum is especially established. The preparation of the exhilarating gold-coloured Soma, Amrita or Ambrosia, the elixir and food of the 'immortals' - the Hindu, pantheon-by the ancient Indo-Aryans, is described in the Rigveda in poetic hymns. In Sanskrit on birch bark leaves, probably Buddhist monks, and unearthed towards the end of the 19th century in Chinese Turkestan.

Few other researchers have proved that both China and India are pioneer in traditional medicine and therapy. William G, Gutheil et. al. states that saffron, a spice and a food colorant present in the dry stigmas of the plant *Crocus Sativus L.*, has been used as an herbal remedy for various ailments including cancer by the ancient Arabian, Indian and Chinese cultures. Duy Phu Le et. al. (2014) discusses that ginger is considered by many people to be the outstanding member among 1400 other species in the family Zingiberaceae. Chinese and Indian cultures use ginger for treating common human ailments such as colds and headaches and antifungal properties. Another research findings supports that there is similarities between Chinese and Indians food sharing behaviour. In the study of Liang, Pei, et al. (2016) research findings shows that similar as the Chinese group, the circular shapes and semantic familiar words enhance sweetness sensitivities of the Indian volunteers as well, although their average sweetness threshold is higher than that of the Chinese group. Further states that practical applications these variant impacts may be explained by the hypothesis that the role of culture is associated with the previous experiences that breeds familiarity of the stimulus in the subjects. It might be due to a combination of higher degrees of the hedonics and familiarity of the visual stimulus, that manifest in the subjects of both cultures, as enhanced sweetness sensitivities. This work contributes to the consumer behaviour literature.

Food culture differs from one country with others based on the method of preservation of foodstuffs too. Chinese foodstuff preservation technique is different from that of other countries. The study of Leistner, L (2000) discusses on hurdle technology, its basic aspects, and to

the application of hurdle technology namely, minimum processed foods, chilled foods, fermented foods, healthful foods, non-thermal preserved foods, Indian hurdle foods, Chinese fusion foods, food packing in Japan, and design of hurdle-technology foods. Keith Steinkraus (2000) article reports that high salt/meat flavoured amino acid/peptide sauce and paste fermentations such Chinese soy sauce and Japanese miso can contribute to the consumers desire for meat flavours. Lactic acid fermentations such as Indian idli/dosa offer opportunities for Western vegetarian consumers to enjoy sourdough streamed breads and pancakes.

It is evident that due to the recent development in China its people's affordability to spend on foodstuffs has improved. The Economist (2012) reports that there is no big surprise that rapidly growing China became the world's biggest grocery market, overtaking America in yet another category, according to IGD, a food and grocery research firm. Whereas Indians are the lowest spenders on this list, handing over less than \$ 1 a day each on groceries. And also Chinese food is becoming popular throughout the world. It is stated in the article of Himmatrao S. Bawaskar; et al (2017) India, eating Chinese food has become very popular. Indian and Chinese cuisines are not only popular within the country but also spread throughout the globe. According to Audrey Wong, his source on all foods Singaporean and his guests at Raffles, they get Mee Goreng from Indian food stalls. But its name is Malaysian and both the thick, chewy egg noodles and the technique of stir-frying the noodles in a mix of seasonings are quite essentially Chinese. (Kauffman Jonathan, 2003).

From the above literature it is observed that only few researches have been carried out studying the food culture of Chinese and Indians. Previous research inadequately answered why there is similarities and differences in the food culture of Chinese and Indians, particularly addressed only few aspect of food. But it did not compare the food culture of two countries adequately. This study is unique in examining the various other aspects of food cultures of Wenzhou/Zhejiang and south India focusing on the food cultures. Though both India and China has share rich tradition and long history modern technology and globalization brought in number of changes in the food habits of youngsters in particular people in general. The findings of this study would enable the Chinese hotel industry to understand the preferences of Indians who live in China. Indians preferences of Chinese food is a bright opportunity for the Chinese to open restaurants in India.

III. BACKGROUND OF THE STUDY

Food culture of people across the world differ a lot based on number of factors, such as climatic condition, landscape, availability of resources, religious beliefs, attitudes, culture, social factor, economic factor, influence

of foreigners traders/invaders, method cultivation, preservation technique, processes and distribution of foodstuffs and even method of cooking. Climatic condition, landscape, availability of resources are the factors which influences the type of crops cultivated in any region. In China more than 60 per cent of the area in China is covered with mountains therefore rich in herbal plants and greenery. Availability of bamboo, mushrooms, lotus roots, lotus seeds, soybeans are highly consumed by people. In India though the cultivable land large in size water resource is unevenly distributed between regions. For example, wheat and rice in northern and eastern India is cultivated due to availability of perennial water supply. Coconut, tamarind, vegetables, pulses in southern region, in western region cotton, pulses and dry crops due to scarcity of water.

Food cultures of China and India are greatly influenced by foreign traders and invaders. Introduction of foreign foodstuffs to China such as wheat, sheep and goats were from western Asia, fruits and vegetables from central Asia, peanuts and sweet potatoes from coastal traders influenced the food culture in the past in China. Whereas to India, cows, pigs, sheep, goats, and chicken seem to have come from Thailand, wheat from west Asia. British introduced ketchup and tea. Food culture of India has been highly influenced by many invaders and traders such as; Mongolians, Persians, Turns, Greeks, Chinese, Arabs, Portuguese and British.

Influence of religious belief matters when it comes to the food preference of a country. During the Gupta period from 650 AD majority of the Hindus avoided eating beef because Hindus began to worship Mother Goddess. Cows were sacred to her. During Islamic conquest most people in India stopped eating pork because it is forbidden in Koran and it is not so in China. Preservation method of food is yet another factor which influences food culture a country. Chinese use large number and great variety of preservation methods apart from refrigeration. Food is preserved by smoking, salting, sugaring, steeping, pickling, drying, soaking in many kinds of soy sauces which are ever ready to eat. In India foodstuffs are preserved by drying, salting, sugaring, picking and soaking with salt water apart from refrigeration.

Economic factor also plays an important role in the food culture of people. Recent rapid growth in Chinese economy enhance the affordability of people to spend money on healthy food therefore, Chinese are ready to pay premium amount for delightful food than Indians. Influence of foreigners play a vital role in the food culture of any country. However, Chinese food is unique because of its three characteristics – 1. Beautiful Colors: Food should have excellent taste with good appearance. It is believed that food with varied color can greatly stimulate people's appetite. Therefore, Chinese cooks always pleasure the dish like an artistic work, and eatable

decorations. 2. Aromatic Flavour: Decent food should also have great aroma, as people over the China hunt good aroma in there every dishes. It could greatly arouse your appetite even if you are not hungry. Cooking wines and sesame oils are the most common seasonings added to make the food fragrant in flavour. 3. Excellent Taste: This is observed as the depth of the Chinese dish. Rich in flavour is one most important in Chinese food. Chinese food taste can be divided into five types - sweet, sour, bitter, hot and salty. Whatever flavours you like, you can easily find it in Chinese food.

IV. TRADITIONALLY THERE ARE EIGHT MAIN STYLES IN CHINESE CUISINE

1. Sichuan Cuisine

Sichuan cuisine is a style of Chinese cuisine originated in the Sichuan Province of south western China. Sichuan cuisine is prepared with garlic and chilli peppers, Sichuan peppercorn, zhitianjiao, peanuts, sesame paste and ginger, which offers it bold flavours, particularly pungent and spicy. Sichuan cuisine is highly favoured by people of China and abroad due to the hotness, sourness and numbness it produces. The most famous dish of Sichuan cuisine is Hotpot.

2. Anhui Cuisine

Anhui cuisine, one of the eight culinary traditions of China, is derived from the native cooking styles of the Huangshan mountain region in China, which is similar to Jiangsu cuisine. Anhui cuisine emphasizes less on seafood but more on a wide variety of local herbs and vegetables. Due to its unbeatable geographical advantage, Anhui province is particularly endowed with fresh bamboo and mushroom crops, which makes the main ingredient of the dishes.

3. Shandong Cuisine

Shandong Cuisine, commonly known as Lu cuisine, plays an important role in imperial cuisine and is widely spread in North China, while it isn't so popular in South China. Shandong Cuisine is characterized by a variety of cooking techniques. For tasting Shandong cuisine, these must-haves like braised abalone, braised trepan, sweet and sour carp, Jiuzhuan Dachang and Dezhou Chicken are very popular in this region.

4. Fujian Cuisine

Fujian cuisine, also known as Min Cuisine, is one of the most famous Eight Cuisines in China. For the cooking techniques, slicing is the mostly utilized to enhance the flavour, aroma and texture of seafood and other foods. The ingredients are edible mushrooms and bamboo shoots are particularly used to prepare the woodland delicacies. Fujian cuisine is often served in a broth or soup, which is prepared in the cooking techniques of braising, stewing, steaming and boiling.

5. Su Cuisine (Jiangsu, Huaiyang Cuisine)

Jiangsu cuisine, also known as Su Cuisine, is one of the major components of Chinese cuisines, which consists of the styles of Yangzhou, Nanjing, Suzhou and Zhenjiang dishes. Jiangsu cuisine is characterized by its distinctive style, special taste and featured cooking techniques, which makes it quite popular among the world-wide gourmets. For tasting the authentic Jiangsu cuisine, dishes like Jinling salted dried duck, crystal meat, clear crab shell meatballs, Yangzhou steamed Jerky strips and triple combo duck are all favourite food.

6. Cantonese Cuisine

Cantonese Cuisine, also known as Yue cuisine, is another major component for Chinese eight cuisines, which enjoys a long history and a good reputation both in China and abroad. The most typical Cantonese dish is the dim sum, bite-sized small hearty dish, which is prepared by frying, steaming, stewing and baking. Other Cantonese dishes like rice rolls, lotus leaf rice, turnip cakes, buns, shui jiao-style dumplings, stir-fried green vegetables, congee porridge and soups are also quite popular among gourmets.

7. Hunan Cuisine

Hunan cuisine, also known as Xiang cuisine, is featured with hot spicy flavour, fresh aroma and deep color, which makes itself quite favourite among gourmets. Xiang cuisine is commonly prepared with traditional cooking methods like stewing, frying, pot-roasting, braising, and smoking. Due to the unbeatable geographical advantages, Hunan is blessed with diversified agricultural resources, which makes the ingredients for the dishes varied.

8. Zhejiang Cuisine

Zhejiang cuisine, which is characterized by its non-greasy taste, soft flavour and mellow fragrance. Zhejiang cuisine is mainly of four styles, namely Hangzhou, Shaoxing, Ningbo and Shanghai styles, each has its own ingredients. Hangzhou style is rich in bamboo shoots, Shaoxing style is of freshwater fish, Ningbo style consists of seafood, and Shanghai style is dim sum.

Indian Cuisine

When it comes to Indian food it is as diversified as its culture, the following paragraphs describes the food culture of India region-wise:

1. North Indian Food

Food in the north India, to begin with, Kashmiri cuisines reflect strong Central Asian influences. In Kashmir, mostly all the dishes are prepared around the main course of rice found abundantly in the beautiful valley. Another delicious item cooked there is the 'Saag' that is prepared with a green leafy vegetable known as the 'Hak'. But on the other hand states like the Punjab, Haryana and Uttar Pradesh show high consumption of chapatis (flat wheat bread) as staple food. Again, these chapatis are prepared with a variety of flours such as wheat, rice, maida (finely grounded wheat flour), besan

etc. Besides chapatis other closely related breads baked in these regions include Tandoori, Rumaali and Naan (different types of flat wheat breads). However in the northern region impact of Mughal food is quite obvious.

2. West Indian

The west Indian cuisine is famous for its unique taste and varieties of food. Rajasthan and Gujarat are the states that represent the various flavour of Indian food. Here an immense variety of dals (pulses) and achar (pickles) is used that simply substitutes the relative lack of fresh vegetables in these areas. In the states like Maharashtra, the food is usually a mix of both north as well as south cooking styles. Here people use both rice and wheat with same interest. Along the coastline of Mumbai a wide variety of fishes are available. Some of the delicious preparations include dishes like the Bombay Prawn. In Goa, that is further down towards south, one can notice Portuguese influence in the cooking style as well as in the dishes. Some of the major dishes of this region are the sweet and sour Vindaloo, (popular Indian curry dish) duck bafad (spicy duck curry), sorpotel (spicy pork curry) and egg molie (spicy egg curry).

3. East/Northeastern Indian Food

In east India, the Bengali, Assamese, Tripuri, Mizo's, Sikkimese, Naga people, Khasi, Manipuri and Arunachal's styles of cooking are noticeable. The main food of Bengalis is the yummy combination of rice and fish. Usually the Bengalis love eating varieties of fishes and various sweets included the roshogollas, sandesh, cham-cham (different types of sweets) and many more. An Assamese core food is khaar (curry made from raw papaya, pulses), duck meat curry, maasor tenga (tangy fish curry), aloo pitika (potato fry), xaak aur bhaji (herbs and vegetables). Ouu khatta (sweet and sour curry made of elephant apple) - food of Assam to tingle taste buds. Sikkimese key food is rice with vegetables/meats, momos (dumpling), noodles soup with mixing meat or vegetables etc. And rest of the other northeastern state has similarities in their food culture the staple food of other northeastern India is rice with varieties of vegetables, fish, crabs, prawns, meats, stick rice, dry fish and bamboo shoots etc. Verily northeastern Indian like boiled food, they use oil only in some dishes not in every dishes similar to Zhejiang cuisine of China.

4. South Indian Food

The states make great use of spices, fishes and coconuts, as most of them have coastal kitchens. In the foods of Tamil Nadu use of tamarind is frequently made in order to impart sourness to the dishes. It simply distinguishes the Tamil food from other cuisines. The cooking style of Andhra Pradesh is supposed to make excessive use of chilies, which is obviously to improve the taste of the dishes. In Karnataka, masal dosa (flat rice spicy pie) and bhela bhat (rice with pulses) are famous cuisines and Udipi cuisines are very delicious and found in

all parts of Karnataka and other southern states. In Kerala, some of the delicious dishes are the lamb stew and appams (flat rice soft pie), malabar fried prawns, idlis (rice cake), dosas (flat rice pie), fish molie and rice puttu (streamed rice flour). Another famous item of this region is the sweetened coconut milk. Yet another dish is puttu, which is glutinous rice powder steamed like a pudding in a bamboo shoot.

Under this background following research questions felt important to answer: What are the differences between Chinese and Indian food culture? Is there any similarities between the food culture of Chinese and Indians? Why are the food culture of Chinese and Indians differ? Why the similarities between the food culture of Chinese and Indians? What are the most preferred cuisines of Chinese and Indians? And what are the Chinese cuisines preferences of Indians living in China? To answer the above questions following objectives felt necessary:

V. OBJECTIVE OF THE STUDY

1. To know about food culture of Chinese and Indians in general,
2. To understand what are the differences and similarities between the food culture of Wenzhou/Zhejiang and south India,
3. To examine why the food culture of Wenzhou/Zhejiang and south India differ,
4. To understand the reasons for the similarities in the food culture of Wenzhou/Zhejiang and south India,
5. To rank the most preferred food in Wenzhou/Zhejiang and south India and
6. To understand the Chinese cuisines preferences of Indians who live in Wenzhou/Zhejiang.

VI. METHODOLOGY

It is an exploratory study and the samples were selected based on convenient sampling technique. The food culture of Chinese and Indians was reviewed from both published articles in journals and online journals. Primary data was collected from 250 respondents from Wenzhou/Zhejiang and south India. Two different questionnaires were framed containing a list of 50 popular cuisines of two countries and data was collected from 100 respondents from Wenzhou/Zhejiang and south India. Apart from that Chinese food questionnaire was circulated among 50 Indian medical students living in Wenzhou/Zhejiang and were asked to rank Chinese food based on their preference to understand the food culture of Indians who live in China.

The analysis are presented here.

Table I
Differences between the Food culture of Chinese and Indian

Basis of difference	China	India
1. Preference	<p>a. Chinese prefer beef, pork, fish and seafood, mutton and chicken.</p> <p>b. Milk and diary products are not preferred by Chinese.</p> <p>c. Sweet dishes are less prepared.</p> <p>d. Alcohol and other drinks are popular in China. (All members of a family drink while dinning).</p>	<p>a. Hindus prefer vegetarian food and non-vegetarians would prefer chicken, fish, mutton but majority of the Hindus do not eat beef.</p> <p>b. Indians prefer milk and diary products and many sweet dishes are made out of milk products.</p> <p>c. Indians likes sweets dishes except northeast Indians.</p> <p>d. In India, at home usually alcohol will not be served.</p>
2. Taste	Chinese prefer less salty and less spicy food.	Indians prefer spicy and deep fried food.
3. Product Division	In China product division depends on different provinces.	In India it is vegetarian and non-vegetarian.
4. Attitude towards spending on food products	<p>a. Chinese are ready to pay premium amount for delightful food.</p> <p>b. Fruits are most preferred in China as main food.</p>	<p>a. Indians are less interested to pay higher amount towards to the delicious food. The gap between rich and poor is wide.</p> <p>b. Economically backward people in India do not spend on fruits.</p>
5. Food culture	In china food culture is less diversified.	India food culture is very diversified.
6. Process of cultivation	Hybrid crops and high technology is used in cultivation of crops in China.	Not all farmers are afford to use modern technology and recently awareness on the importance of traditional farming is created and farmers are encouraged to do organic farming in India.

7. Geographical conditions	In China climatic condition, landscape and availability of resources is influenced in cultivation. More than 60 per cent of the area in China is covered with mountains therefore rich in herbal plants and greenery. Availability of bamboo, mushrooms, lotus roots, lotus seeds, soybeans are highly consumed by people.	In India though the cultivable land is in plenty but the water resources are unevenly distributed between regions. Therefore, cultivation methods differs within the country.
8. method of preservation	Chinese use large number and great variety of preservation methods apart from refrigeration. Food is preserved by smoking, salting, sugaring, steeping, pickling, drying, soaking in many kinds of soy sauces which are ever ready to eat.	In India foodstuffs are preserved by drying, salting, sugaring, pickling and soaking with salt water apart from refrigeration.
9. Food processing methods	Complex processes of preparing of food such as streaming, stewing, braising, boiling, frying, smoking, pot-roasting, baking.	Popular processes of preparation of foods in India are streaming, boiling, deep frying, smoking, pot-roasting, baking.
10. Influence of foreign food culture	Introduction of foreign foodstuffs such as wheat, sheep and goats were from western Asia, fruits and vegetables from central Asia, peanuts and sweet potatoes from coastal traders.	Food culture of India has been highly influenced by many invaders and traders such as; Mongolians, Persians, Turns, Greeks, Chinese, Arabs, Portuguese and British.

11. Eating etiquette	a. Chopsticks and spoons are used to take food. b. Utensils such as bowls, wine cups, tea cups, saucers, table wares, plates, serving dishes are quite different.	a. Food is taken with right hand and left hand is not used while eating (considered unhygienic). Now people in urban areas use spoons and fork to eat. b. Spoons, fork, plates will be used. And food will be kept in different types of utensils.
12. Fasting	Fasting is not popular in China	Fasting is a regular practice in among Indians.
13. Timings of daily food consumption	a. Daily food consumption starts very early between 7am and 8 am breakfast, 11 am to 12 pm lunch and dinner between 5 pm and 6 pm. b. Chinese observe strict eating timings. a. After lunch nap is popular in China.	a. In India generally timings of eating breakfast, lunch and dinner is late. b. Eating timings is very flexible. c. Usually food will be served by a female member of a family or individuals will serve their preferred food in their individual plates.

Table II
Similarities of Food Culture of Chinese and Indians

1. Rice is staple food in southern part of China and India
2. Noodles is most popular in China and India
3. Both in China and in India traditional medicine is produced and used. 'Food is medicine' and 'medicine is food' is considered in both the countries. In China Ginkgo biloba fruit (Botanical name: Pterophyllus salisburiensis) is popular but the leaf is not used by Chinese even though it is considered as memory booster. And lotus root is very popular. (in some parts of China people believe that lotus roots improve memory power). Ginkgo biloba is not found in India instead in India Vallarai is popularly used, it is a memory power booster (Botanical name –Centella asiatica) though it available in China it is not popular. Apart from Vallarai, Bacopa Monniera also known as "Brahmi", after Brahma, the creator God of the Hindu pantheon, is used in India for boosting memory power. In India banana stems are consumed to remove stones in the kidney. Cooked Solanum Nigrum is used for curing stomach ulcer. Even in china these are found but not popular.
4. Guests are considered important and treated well and in India guests are considered as Gods.

Table III
Wenzhou/Zhejiang respondents Rank order preference of food

Chinese food	English translation	Ranking
jiāoyán xiā	Shrimp with salt and pepper	I
jiāosī fūrǔ tóngcài	Stir-fried water spinach with shredded chili and fermented tofu	II
Chinese pídnàn	A hundred years egg	III
zhēngshuǐdàn	Chinese steamed eggs	IV
chǎofàn	Cantonese fried rice	V
chāshāo and yángzhōu chǎofàn	Barbequed Pork and Yeung chow fried rice	VI

pídàn shòuròuzhōu, chǎomiàn and jiàoyán yóuyú	Congee with lean pork and century egg, stir fried noodles and squid with salt and pepper	VII
yúntūnmìàn and Shāoyá	Wonton noodles and roast duck	VIII
shāo rǔzhū	Roast sucking pig	IX
gānchǎo niúhé, héfēn, shāo'é, làcháng chāshāo fàn, shēngchǎo páigǔ and yùtóuyā.	Beef chow fun, rice noodles, roast goose, rice with Chinese sausage Barbequed Pork and, sour spare ribs and duck with taro.	X
xiánxiājiàng, xiándàn zhēng ròubǐng, yuè cài, zházǐjī and xiārén chǎo dòufǔ	Shrimp paste, steamed frog legs on lotus leaf, meat which is roasted on a spit, crispy fried chicken and friend tofu with shrimp.	XI
yóucài, chángfēn, shāoròu, shāorǔgē lǔshuǐyā, hǎixiān quècháo and rǔgē	blanched vegetables with oyster sauce, rice noodle roll, roast pig, roast pigeon with spice, poached duck in master stock, seafood with bird's nest, roast pigeon.	XII
háo, dàyímā jiànǚ and yī miàn	Steamed oysters, Stir-fried hairy gourd with dried shrimp and cellophane noodles and Fried, chewy noodles made from wheat flour and egg	XIII
fū pí, zhùhóu niúnnǎn, língyúqiú and lāomiàn	Tofu skin, steamed beef brisket, dace fish balls and lo mien.	XIV
chǐjiāo páigǔ, thī èch , zháliǎng and yīnzhēnfēn	Steamed spare ribs with fermented black beans and chilli pepper, steamed frog legs on lotus leaf, rice noodle roll and silver needle noodles.	XV

The Table III shows that the most preferred food of the respondents from Wenzhou/Zhejiang. The top ten ranked food are: jiàoyán xiá, jiāosī fūrǔ tóngcài, Chinese pídàn, zhēngshuǐdàn, chǎofàn, chāshāo, yángzhōu

chǎofàn, pídàn shòuròuzhōu, chǎomiàn and jiàoyán yóuyú. From the analysis it is observed that the people in Wenzhou/Zhejiang prefer to eat Chinese delicious cuisines and not influenced by other cuisines in general.

Table IV
Rank order of preference of food by South Indians

Indian food	English translation	Ranking
Biryani, Chicken and Masal dosa	spicy rice, Chicken and rice flour pie	I
Mushroom, Manchurian, French fry	Mushroom, cauliflower fry, French fry	II
Naan with Paneer, Fish, Noodles and Pizza	Wheat bread, fish, noodles and pizza	III
Kebab, Burger, Brinjal curry, Italian Pasta	Spicy Chicken deep fry, burger, brinjal curry, Italian pasta	IV
Pickle with rice, Aaloo paratha, Idli vada, Carrot Halva	Pickle with rice, potato bread, steamed ice cake, fried grams, carrot sweet.	V
Wangibath, Rasam rice and Chana Masala	Fried brinjal rice, spicy soup, spicy grams	VI
Pav Bhaji, Belebath, Uthapam	Bread with spicy gravy, pulses with rice and thick rice flour pie	VII
Sandwich and Chola batura	Sandwich and fried wheat bread with grams curry	VIII
Chilli chicken and Tomato rice	Chilli chicken and Tomato rice	IX
Medu Vada	Friend grams with spice	X
Tamarind rice	Tamarind rice	XI
Coconut rice	Coconut rice	XII

Appam	Raw rice flour soft pie	XIII
Dhal	Boiled pulses	XIV
Ladies finger fry	Ladies finger fry	XV

The Table IV indicates the most preferred food of south Indians, the top ten ranked Indian cuisines are : biryani, chicken, masal dosa, mushroom, manchurian, French fry, naan with paneer, fish, noodles and pizza.

From the results it is observed that the impact of globalisation has got high influence on the food culture of Indians in general and youngsters in particular.

Table V
Rank order of preference of Chinese food by Indians live in Wenzhou/Zhejiang

Chinese food	English translation	Ranking
Chǎofàn	Cantonese fried rice	I
Chǎomiàn	stir fried noodles	II
Língyúqiú	dace fish balls	III
Lǚshuǐyā	poached duck in master stock	IV
Zházījī	crispy fried chicken	V
fān shǔ táng shuǐ	sweet potato syrup	VI
dú nǎi	contaminated milk	VII
Zhēngshuǐdàn	Chinese steamed eggs	VIII
yuè cài	meat which is roasted on a spit	IX
xiārén chǎo dòufǔ	fried tofu with shrimp	X
Xiánxiājiàng	shrimp paste	XI
yóucài	blanched vegetables with oyster sauce	XII
gānchǎo niúhé	beef chow mai fun	XIII
Tuán	Dumpling	XIV
Héfen	rice noodles	XV

Table VI shows that the Chinese cuisine preferences of Indians living in Wenzhou/ Zhejiang. The top ten Chinese cuisine preferences of Indians living in China are: chǎofàn, chǎomiàn, língyúqiú, lǚshuǐyā, zházījī, fān shǔ táng shuǐ, dú nǎi, zhēngshuǐdàn, yuè cài and xiārén chǎo dòufǔ. It is observed from the analysis that the adaptability of north Indian students is better than the south Indian students pertaining to Chinese food in China. The Indian respondents who live in Wenzhou/Zhejiang do not prefer to eat port but some students started eating beef and never preferred it India.

VII. CONCLUSION

This study compares the similarities and differences of food culture between Wenzhou/Zhejiang and south India. Though vast differences are found between Chinese and Indians food culture, there are some similarities too. Easy adaptation of Chinese cuisines by Indians living in China is a witness that the Chinese cuisine is equally delicious. Comparatively South Indians students who live in China have some difficulty in

adapting Chinese food. However, in India Chinese noodles, fried rice are very popular apart from manchurian and momos. Our ancestors in both the countries have understood that 'Food is medicine' and 'Medicine is food', today due to advanced technologies and fast food culture the food style has changed drastically. In India the impact of globalisation on food culture is visible when compare to China. However, for healthy life following the traditional food habits is inevitable.

Limitation of the study is that the samples were chosen only from Wenzhou/Zhejiang and south India, therefore, it is not possible to generalize the findings. Another limitation of the study is that only 50 popular Chinese and Indian cuisines were chosen for the study even though we have more than 200 varieties of food in both the countries. The study could not cover the Chinese living in India and their Indian cuisine preferences and adaptability. Future research can through light on this aspect.

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