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**MỘT VÀI ĐẶC ĐIỂM CỦA VĂN HÓA ẨM THỰC TRUNG HOA VÀ NHỮNG
ĐIỀU KIỆN KỶ TRONG BỮA ĂN TẠI SƠN ĐÔNG VÀ QUẢNG ĐÔNG**

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Tóm tắt

Trung Quốc có một nền văn hóa ẩm thực vô cùng phong phú và đa dạng mà không thể không nhắc đến “Tám đại trường phái ẩm thực nổi tiếng tại trung Quốc”. Trong đó, đặc biệt nhất là trường phái ẩm thực Sơn Đông - cái nôi của nền văn hóa ẩm thực Trung Hoa cổ đại. Trái ngược với nền ẩm thực truyền thống ấy là trường phái ẩm thực Quảng Đông, mang đến một hương vị mới lạ khi thành công kết hợp giữa ẩm thực truyền thống và ẩm thực phương Tây từ với cảm giác thích thú cho bao người thưởng thức. Ngoài những món ăn hấp dẫn, độc đáo thu hút mọi người, người dân Sơn Đông, Quảng Đông còn rất chú trọng đến những điều kiêng kỵ trong văn hóa ăn uống của họ. Nghiên cứu nhằm cung cấp những thông tin hữu ích nhất cho mọi người để tránh phạm phải những điều kiêng kỵ khi đến hai địa điểm này du lịch, công tác, sinh sống... Đồng thời cũng phục vụ mục đích giao tiếp liên văn hóa giữa người dân Việt Nam và người dân Trung Quốc.

Từ khóa: Kiêng kỵ, văn hóa ẩm thực, Sơn Đông, Quảng Đông.

**CHARACTERISTICS OF CULINARY CUISINES OF CHINA AND DINING
TABOOS AT SHANDONG - GUANGDONG**

Abstract

China has such an extremely rich and diverse culinary culture that we cannot forget to mention the "The Eight Culinary Cuisines of China". In particular, the most special is the Shandong culinary cuisine - the cradle of ancient Chinese culinary culture. In contrast to that traditional cuisine is the Cantonese culinary cuisine, which brings a new flavor when successfully combining traditional cuisine and Western cuisine with a sense of delight for many people to enjoy. Besides having appetizing and unique dishes that attract everyone, citizens of Shandong and Guangdong also pay great attention to taboos in their eating culture. The research aims to provide the most useful information for people to avoid committing taboos when coming to these two places to travel,

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work, live, etc. At the same time, it also serves the purpose of intercultural communication between Vietnamese and Chinese people.

Keywords: Taboo, culinary culture, Shandong, Guangdong.

1. Introduction

China is not only known for its oldest cultural history in the world, but also for its exquisite and unique culinary culture. Over 5,000 years of history, through the upheavals of history, Chinese cuisine has changed and there has been interference between different cultural regions.

Chinese cuisine is an important and indispensable part of Chinese culture. Climatic conditions, natural resources and eating habits have created a variety of colors in Chinese cuisine. Today, China has many cooking cultures, but the most prominent and the most representative that are recognized by the whole society are the 8 culinary cuisines of Shandong, Cantonese, Sichuan, Hunan, Fujian, Zhejiang and Anhui.

In particular, the first Chinese cuisine must include the head of the Shandong sect, the cradle of ancient Chinese culture. Contrary to the traditional Chinese culinary culture of Shandong, the Cantonese culinary one is considered as a bridge to multinational culinary culture. In addition to inheriting traditional Chinese characteristics, Cantonese cuisine also has the absorption, learning and mixing of ingredients with the West. If we compare Shandong cuisine to a gentle and loving traditional individual, Cantonese cuisine has the bold and novel features of a modern one. The reason for this difference is because of the two different geographical locations: Shandong is located in the North of China, Guangdong is in the South of China, besides also because of the historical development of the two regions.

衣食住行 (food, shelter, clothing, travel) are the most necessary and important issues in daily life, as well as the common concern of all people in all countries from ancient times to the present. There is a proverb that says "Checking the status of the rice pot when eating, watch where/what direction you are sitting" for eating, dressing, accommodation and traveling. We are not only interested in meeting the above needs, but we also need to have proper behavior in eating, drinking, clothing and other basic needs. Research on taboos in Chinese people's eating and drinking culture is not a new topic, especially in the context of the Internet's popularity today. On websites, books and newspapers, it is easy to find information, but it is still limited to detail and ensures high accuracy. Sometimes, if we just make a small mistake, accidentally fall into taboos in the eating culture of another country, we ourselves will have a bad impression and be a minus point in the eyes of the natives.

The authors have chosen this topic with the aim of providing useful information about the culinary cultures of the two regions of Shandong and Guangdong and their taboos to know in the eating culture of the people of these two regions. It helps readers when coming to Shandong or Guangdong to travel and live, they can avoid having those taboos, thereby avoiding creating a bad impression in the eyes of locals. From there, to serve the purpose of intercultural communication between the Vietnamese people and the Chinese people.

2. Literature review

2.1. Definition of taboo

Taboo is the caution and vigilance of everyone in the community about the things that happen in life. Taboo helps people live more safely thanks to the warnings and advice of the predecessors. Cavalry is also avoidance and caution, but it is done with a higher consciousness than taboo. Thus, the taboo includes all the elements of cavalry. Taboo is also understood as strictly forbidden, not to be violated. For example, if that person tries to do something wrong, that person will have to suffer bad consequences. Usually, the things to abstain from in life happen more and are more common than the taboos (Ngo, 1997).

2.2. Definition of a daily meal

The usual daily meal consists of 3 main meals: breakfast, lunch, and dinner. Daily meals are held regularly at home, and family members eat together. The food is suitable and full of nutrients, not too rich and palatable. In Chinese culture there is a saying: “早吃好，午吃饱，晚吃少”. Breakfast is the most important meal in the morning, requiring a full load of nutrients for the body after a long night. Lunch is a meal at noon, depending on the culture and needs, the amount of food also varies. Dinner in the evening is recommended not to eat too much.

2.3. Definition of party

A party is a meal on the occasion of an anniversary or a certain event. A good party can be a party, reception, ... held on an occasion, event, anniversary... of one or more parties to invite objects to participate in social purpose, rituals, traditions, entertainment, socializing, etc. The food at the party is usually richer, more diverse, and more lavish than ordinary meals. In terms of classification, the variety can be birthday parties, weddings, funerals, parties, receptions, etc.

2.4. The difference between a daily meal and a party

About characteristics: Daily meals often take place at home, family members eat together. Food is suitable and nutritious, not too rich. As for banquets, they often take place at restaurants and hotels. The food in the party is richer and more varied than the daily meal.

About classification: Daily meals include breakfast, lunch and dinner. And banquets are birthday parties, weddings, parties, wedding anniversaries, etc.

3. Introduction and classification of Chinese culinary cuisines

3.1. Eight famous Chinese culinary cuisines

The Chinese people have a saying: “苏、浙菜好比清秀素丽的江南美女；鲁、皖菜犹如古拙朴实的北方健汉；粤、闽菜宛如风流典雅的公子；川、湘菜 就象内涵丰富充实、才艺满身的名士。”

Translation: “Jiangsu and Zhejiang cuisine are like a stunningly beautiful Jiangnan beauty; Shandong, Anhui cuisine as a simple, traditional Northern guy; Cantonese and Fujian cuisine is like an elegant romantic gentleman, while Sichuan and Hunan cuisine is like a talented artist.”

When it comes to Chinese cuisine, the world must recognize that this is a cuisine with countless cooking cuisines. In particular, the cuisines have their own characteristics, especially the dishes of Shandong, Sichuan, Zhejiang, Hunan, Cantonese, Fujian, Jiangsu and Anhui.

There are many reasons why Chinese cuisine has this diversity. It may be due to the influence of the environment, the influence of raw materials, the influence of historical conditions or the

influence of customs. Particularly, distinct cuisine cultures have developed independently of one another. From the aspect of food history, each of those areas' culture and character has evolved over time. Because of their isolation, self-sufficient natural economies, and conservative feudal politics on the one hand, and the primitive commodity economies and poverty of the common people on the other, different regions in Middle Ages China were able to maintain their distinct characteristics for a relatively long time.

But no matter what the influence, it still contributes to the overall culture. Therefore, the picture of Chinese cuisine is diverse more than ever.

3.1.1. Shandong Culinary Cuisine

Shandong Culinary Cuisine is known as the basis of Chinese cuisine. This cuisine is traditional and ancient because they have more than 2500 years of history serving the Emperors and high-ranking mandarins in the court.

Since Shandong is an area with hot, rainy summers and dry winters, the ingredients are plentiful. They are good at making soups and dishes from animal organs. The dishes of this cuisine often have a strong taste, heavy with the smell of onions and garlic.

The typical dishes of Shandong cuisine include sweet and sour carp, sautéed sea cucumbers with onions, stuffed sausages with grilled meat, roasted sausages, chicken breast milk soup, etc.

3.1.2. Cantonese Culinary Cuisine

Cantonese cuisine is seen as the pride of China with international friends. In addition to inheriting the quintessence of traditional cuisine, Cantonese cuisine also has the ability to absorb, learn and blend with Western culinary culture. In other words, the cuisine here clearly shows the harmony of East and West, modern and traditional.

Cantonese cuisine has its main foundation from Cantonese, Chaozhou and Zhujiang cuisines, with its main forte in fried, fried, stewed dishes, crispy and cool flavors. The processing method of Cantonese cuisine is extremely diverse, but the ingredients are also very rich. More specifically, Cantonese culinary culture places great emphasis on the four elements of color, shape, flavor and taste. Therefore, the dishes here are perfect from the decoration to the sweet and fragrant taste inside.

One of the most famous symbols for the East-West fusion of Cantonese cuisine is the egg tart, in addition to other famous dishes such as Abalone, Cantonese Bone Chicken, Fish steamed mussels, etc.

3.1.3. Sichuan Culinary Cuisine

One of the most diverse and important culinary cuisines constituting the unique Chinese cuisine is Sichuan cuisine. It is not an exaggeration to say that Sichuan cuisine is diverse and colorful because Sichuan belongs to the southwestern province of China, home to many different ethnic minorities such as Tibetans, Yi people and Jiang people. Moreover, Sichuan is also a land of extremely rich products.

Referring to Sichuan cuisine, everyone knows that this is a famous cuisine with spicy dishes with three pepper specialties, besides, Sichuan dishes also have a rich combination with dozens of methods. different processing, unique characteristics that are hard to find anywhere else.

Typical dishes that have contributed to the reputation of Sichuan culinary cuisine into a popular cuisine throughout China are Gong Bao chicken, Sichuan hot pot, Mapo tofu, spicy chicken, Fish dipped in chili oil, etc.

3.1.4. Zhejiang Culinary Cuisine

Zhejiang is located on the coast, where the water is green, the products are rich, so that Zhejiang cuisine is famous for many delicious dishes made from seafood, focusing on taste, delicate in form, but also delicious. Unlike other cuisines, in the Zhejiang culinary cuisine, the method of preparing the sea is not too sophisticated, but this cuisine is still marked in people's minds by the famous raw dishes. The flavor focuses on freshness, crispness and softness, maintaining the true color and flavor of the ingredients. The main characteristics of the dishes are: fresh, soft, frugal and not boring.

This land is famous from near and far with special dishes such as West Lake's vinegar fish, West Lake's coriander leaf soup, etc.

3.1.5. Hunan Culinary Cuisine

Hunan cuisine has similarities with Sichuan cuisine when both focus on the spicy flavor of the dishes, in addition, this cuisine still has a sour, dense flavor mixed with a bit of fat. The processing methods in Hunan cuisine are very delicate, they are very interested in the harmony between the ingredients and the flavors infiltrated in the dish.

The famous typical dishes of Hunan culinary cuisine are spicy steamed fish head, palace rotten tofu, three-tiered chicken, braised fin fish, etc.

3.1.6. Fujian Culinary Cuisine

Fujian is located in Southeast China, where there are many bays and peninsulas and the humid subtropical monsoon climate has created favorable conditions for the agricultural industry to develop strongly. The Fujian culinary cuisine is famous for its seafood, especially with many strange fish types that make unique dishes. The main flavor of Fujian cuisine is sweet, sour, salty and fragrant, especially the Fujian people attach great importance to the color of the dishes, so the dishes here are bright and extremely eye-catching.

There are countless unique delicious dishes from the Fujian culinary cuisine such as Buddha jumps over the wall, Fujian stewed duck, fried sea oysters, Phoenix tail prawns, etc - all very attractive to visitors from near and far.

3.1.7. Jiangsu Culinary Cuisine

The Jiangsu cuisine was made up of food from four localities: Nanjing, Suzhou, Wuxi and Nantong. The chef focuses on knife technique to ensure the freshness and frugality of the dish. In addition, they do not use soy sauce, but use sugar and vinegar to create a characteristic sweet and sour taste. Jiangsu cuisine is also likened to a colorful art picture, capable of awakening all senses of the consumer.

The highlight of Jiangsu culinary cuisine is created from the extremely sophisticated and meticulous art of arranging dishes, this comes from the strict requirements of knife techniques in processing and decoration.

3.1.8. Anhui Culinary Cuisine

Anhui culinary cuisine is impressed by the unique combination of a variety of green vegetables and herbs in the processing process, creating a rustic and fresh feeling for people to enjoy. Anhui cuisine consists of 3 regions: Yangtze River, Yellow River and Southern Anhui, in which southern Anhui plays a key role. Anhui cuisine favors simmering, stewing, roasting and raw smoked dishes with delicious, salty and nutritious flavors.

Famous dishes of Anhui culinary cuisine such as: Duck gourd, stewed pigeon, pickled cinnamon fish, etc.

In general, Chinese cuisine always attracts people by its diversity but no less unique. Each culinary cuisine can be compared to a color gamut, together to make the picture of Chinese cuisine more attractive and lively in the eyes of international friends.

3.2. Reasons for choosing two regions of Shandong and Cantonese cuisine

About geographical location: Shandong is a land located in the North of China and Guangdong is located in the South of China. It is the contrast of geographical location that should exist in many differences in these two culinary cultures.

About characteristics: Shandong is the cradle of ancient Chinese culture. Shandong cuisine is a representative of Northern cuisine, formed during the Spring and Autumn Warring States period. Meanwhile, in contrast to the traditional Chinese culinary culture of Shandong, the Cantonese culinary cuisine is considered as a bridge to multinational culinary culture. In addition to inheriting traditional Chinese colors, Cantonese cuisine also has the absorption, learning and mixing of colors with the West.



Figure 1. Shandong city (山东省)



Figure 2. Guangdong city (广东省)

Source: Wikipedia

4. Features in the culinary cultures of Shandong and Guangdong

4.1. Features in the culinary culture of Shandong

Geographical location: Shandong is located downstream of the Yellow River. Here, the climate is warm, the waves of the Bohai Bay and the Yellow Sea embrace the peninsula all year round. Mountains in Shandong are towering, many long rivers flow fast, and the land is fertile.

Shandong province is famous as China's wheat bowl, and vegetables and fruits in Shandong are diverse and of high quality.

Main materials: The main raw materials in Shandong are wheat, vegetables and fruits.

Features: Shandong cuisine is strongly influenced by Northern Chinese cuisine, which is the oldest major genre in China's era. Shandong cuisine has many ways of processing, with a strong flavor, heavy with the smell of onions and garlic, especially seafood dishes. The Shandong people have a knack for making soups and animal organs. This cuisine is strong on fried, grilled and steamed dishes with lots of fresh and bold colors combined with a little bit of vegetables to look extremely attractive.

4.2. Features in the culinary culture of Guangdong

Geographical location: Guangdong is a province located on the coast of the East Sea of China. Guangdong has a humid subtropical (southern) climate with short, mild, dry winters and long, hot, humid summers with occasional fog, but fog is rare in the region. coastal areas but occurs a few days inland.

Main ingredients: The main ingredients in Guangdong are rice flour, vegetables and fruits.

Features: Cantonese cuisine was born by the combination of ethnic Chinese culinary cuisines and dishes imported from the West. Cantonese dishes have a frugal and light taste, but the dishes are not bland. Cantonese cuisine focuses on four elements: aroma, color, taste and shape. This cuisine is strong in steaming, broiling, and boiling dishes, besides frying, stewing, grilling, etc also skillfully modified.

5. Taboos in dining cultures of Shandong and Cantonese people

After eating, don't say "finished" but say "full". When finished eating, don't say "I'm done eating." Because that means you're dead, there's no chance to eat, but instead say "I'm full."

When eating fish, do not flip the fish. Guangdong is geographically located next to the sea. Every year on New Year's Eve, Chinese or Cantonese people often have fish on the table, symbolizing abundance. The Chinese will usually eat 2 fish, 1 on New Year's Eve, 1 on New Year's Day, as a wish year after year to be rich. Flipping fish is the opposite of wealth, material abundance, showing poverty, so during meals, people in this area will abstain from flipping fish, especially Cantonese people who do some professions as follows: fisherman or drivers.

Do not stick chopsticks upright in a bowl of rice. On the dinner table, do not put chopsticks in the rice bowl because it reminds of funeral images. Sticking chopsticks in a bowl of rice looks like putting incense in a bowl of rice to offer sacrifices to the deceased, so it is taboo when eating on the table with chopsticks in such a vertical position.

Both Shandong and Guangdong regions have their regional taboos, but Cantonese people account for a larger number and still follow this taboo today. In daily meals and parties in both regions, there is still a taboo to stick chopsticks in a bowl of rice.

Avoid knocking chopsticks into the bowl. The Chinese believe that knocking chopsticks into the bowl makes a sound like a beggar. Because the ancients believed that only beggars on the

street would make such noises to attract attention and ask passersby for alms. This is also considered rude and unlucky.

Both Shandong and Guangdong regions are taboo. Such behavior shows impoliteness when eating and in addition tapping chopsticks into the bowl represents bad luck.

On the dining table, we can not clean up the dishes if someone has not finished eating. Showing politeness on the table because when someone is in the middle of eating and cleaning, the eater will feel shy. Guests who come to the house to play, eat and drink while they are eating but clean up show no respect for guests.

Both Shandong and Guangdong regions are taboo on this. According to the survey results, in daily meals and in banquets, people in the two regions are not hasty, in haste to clean up their dishes and chopsticks when someone on the table has not finished their meal because they think that Gestures in that case will have negative connotations such as disrespect for guests and lack of courtesy when dining.

At the dinner table, if there are people who are more important than you, you will wait for them to pick up the chopsticks first before eating. This is an act of showing respect from above and below, respecting the superiors in the family. Eating in front of an older person in the family shows filial piety and lack of good education.

Shandong is the hometown of Confucius, so there is still a Confucian influence in this locality. So, if there are people on the dining table with a bigger role than you, you will wait for them to pick up the chopsticks first before eating, this taboo is typical of the people of Shandong. Cantonese people do not take this taboo too seriously. This taboo often takes place in the daily meal of the people of Shandong because the daily meal is usually many generations of the family eating together, and the party also includes the participation of many other people. may not be related, so such taboo will be reduced.

While eating noodles, do not use tools such as scissors to cut them or use chopsticks to break the noodles. Noodles are considered a symbol of longevity in China. Therefore, when enjoying this dish, you should not bite off the noodles, but eat the whole long noodle, then good luck, health or longevity will come to you.

On the dining table, if there is fish, the fish's belly should be directed towards the guest. Mainly because the fish belly has few spines, is soft and very tasty. A very small action but enough to show the sophistication and respect for your guest.

Going to someone's house as a guest should not leave leftover rice or food. When visiting the home of a northern Chinese person as a guest, particularly in Shandong, eating all the rice shows gratitude to the host for entertaining him and indicates that the dish is delicious. Coming to be a guest at someone's house, the food left on the bowl is not only a waste, but also a symbol of ignorance on the table . Particularly, this is also the contrast in the two cultures of North and South China. Northern Chinese people will often try to eat all the rice and food the host offers to show their gratitude.

When going to a restaurant, don't order 7 dishes. Because the people of Guangzhou believe that only at funerals can people treat guests with seven main dishes, on normal days we should not order seven dishes to avoid bad luck.

Currently, there are a few things that were previously considered taboos that have fallen into oblivion, due to the following reasons:

Firstly, China's development speed in the last few decades is very fast and amazing. Such rapid economic development makes people more modern and gradually abolishes old customs or taboos because they feel out of place with the times. There are many customs and taboos. Many young people in China today no longer pay attention to them or are even quite vague and don't know if it still exists, but on formal occasions, it is passed by the next generation. In advance, reminding and awakening these memories will help the people of Shandong and Guangdong regions understand and inherit the traditions of the previous generation. These memories not only reflect the elegant rituals on the table, but also the continuation and inheritance of the local national culture.

Secondly, because some taboos are colored with superstition, they have been affected by the improvement of people's knowledge level and the discovery spirit of young people. The rise and fall of customs is closely related to the development of society, different social development will give birth to different customs, customs should not be constant but must constantly develop, but customs are constantly evolving. regarding basic courtesy that can last forever.

6. Conclusions and recommendations

From the research results, the authors propose recommendations related to the Chinese culinary cuisines in general, **China has 8 most outstanding and unique culinary cuisines:** Shandong cuisine, Cantonese cuisine, Sichuan cuisine, Hunan cuisine, Fujian cuisine, Zhejiang cuisine and Anhui cuisine. In particular, the article delves into the culinary cuisines of Shandong and Cantonese, thereby summarizing the taboos of eating meals of Cantonese and Shandong people as follows.

In general, the above useful information about the taboos of these two regions of Shandong and Guangdong will help readers, international students, international friends in general and the Vietnamese people in particular, who come here to travel or work, etc a more objective view of the local people's eating culture, thereby avoiding mistakes and creating a good impression in the eyes of the locals.

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