

Exploring the Role of Chinese Cuisine in Shaping National Identity and Strengthening Chinese Sentiments



Yuan Yao

Department of Media Communication, Xi'an Jiaotong-Liverpool University, PhD Candidate, Suzhou, China

Chinese cuisine is significant in expressing and preserving national identity as a vital conduit for disseminating Chinese culture to the international community. While previous research on national identity has emphasised the roles of culture, language, and religion, there is still a lack of focus on food. However, food culture encapsulates a nation's history, beliefs, and past experiences. In particular, Chinese cuisine serves as a catch-all that encompasses most of the food genres of the global Chinese community. Chinese cuisine is not generalised and defined by any particular type of food; it reflects a diverse amalgamation of Chinese culture worldwide. Therefore, this study aims to explore the potential of Chinese cuisine in expressing national identity in intercultural communication, particularly in bridging misunderstandings between various cultures, facilitating multicultural communication, and cultivating mutual appreciation.

The study undertakes a theoretical review of the global cross-cultural connections forged by Chinese cuisine, situated within the theoretical frameworks of food and national identity theories. By critically reviewing the role of Chinese cuisine in intercultural communication and national identity, the study objective is to further emphasise the significance of Chinese cuisine as a cultural heritage in eliminating discrimination and facilitating cultural interactions to sustain confidence in national identity through national sentiments. Furthermore, the study delves into the challenges confronting Chinese cuisine and actively explores the future changes that may be in shaping national identity and transmitting Chinese culture. This study comprehensively examines its crucial role in promoting cultural understanding and sustaining a positive national identity and sentiments in multicultural exchange.

Keywords: Chinese Cuisine, National Identity, National Sentiment, Intercultural Communication

Biography:

Yuan Yao is a PhD candidate in the Department of Media Communication at Xi'an Jiaotong-Liverpool University. Her research interests are in the field of intercultural communication, especially cultural identity and acculturation. She is a member of the African Journal of Political Science and International Relations (AJPSIR) reviewers. Her research is published in the Journal of Transcultural Communication (JTC).