



Eating Chinese

Returning to the Path of Wisdom

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THE HONG KONG
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I. Ancient Roots

- **Balance:**
Yin-Yang; Five Elements (hot/cold, flavours);
Regional & Seasonal; Medicinal
- **Staples:**
Rice vs. wheat; noodles, dumplings, and
fermented foods
- **Customs:**
Family-style, shared dishes; symbolic dishes
(e.g., fish for prosperity, longevity noodles)
- **Festivals:**
Mooncakes (Mid-Autumn), dumplings
(Spring Festival), zongzi (Dragon Boat)
- **Special:**
Dim Sum; Banquet; Tea etc.



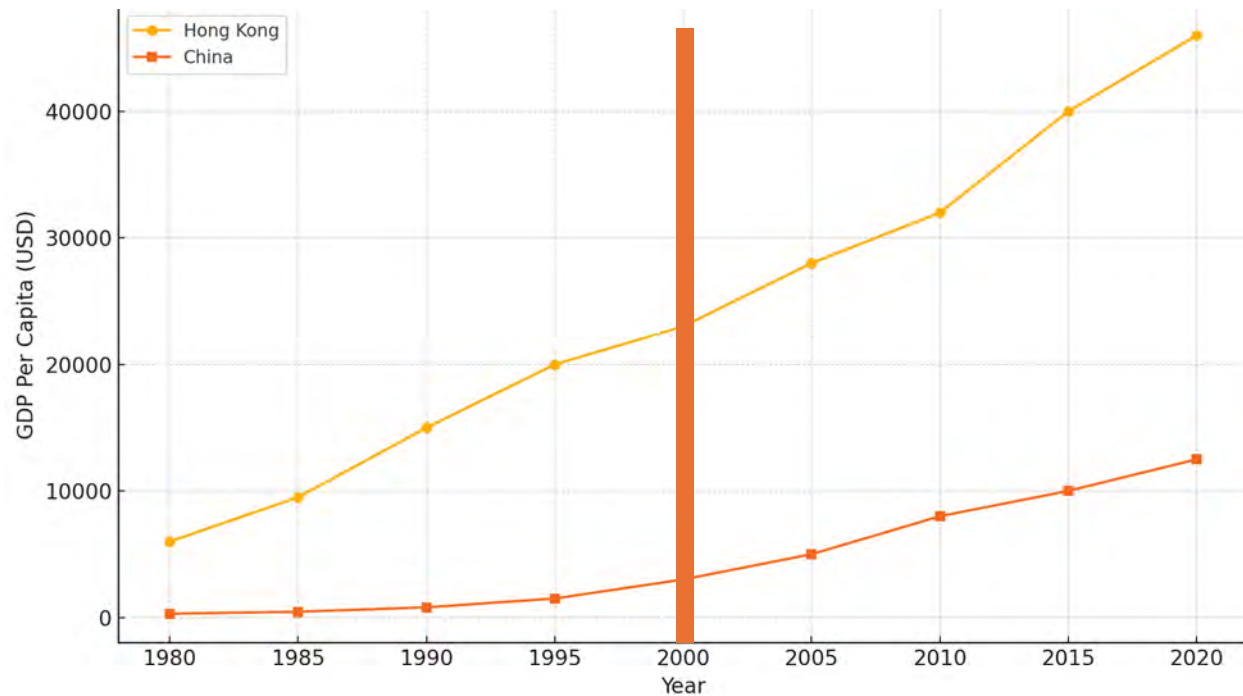
II. Modern Food Culture in Hong Kong

- **Fusion Culture:**
茶餐廳; Cantonese-British influences
(e.g. lady's stocking milk tea,
pineapple buns)
- **Trends:**
Fast food; chains; fusion; bubble tea;
health-conscious millennials
- **Challenges:**
Decline of home cooking;
generational shifts in dietary habits

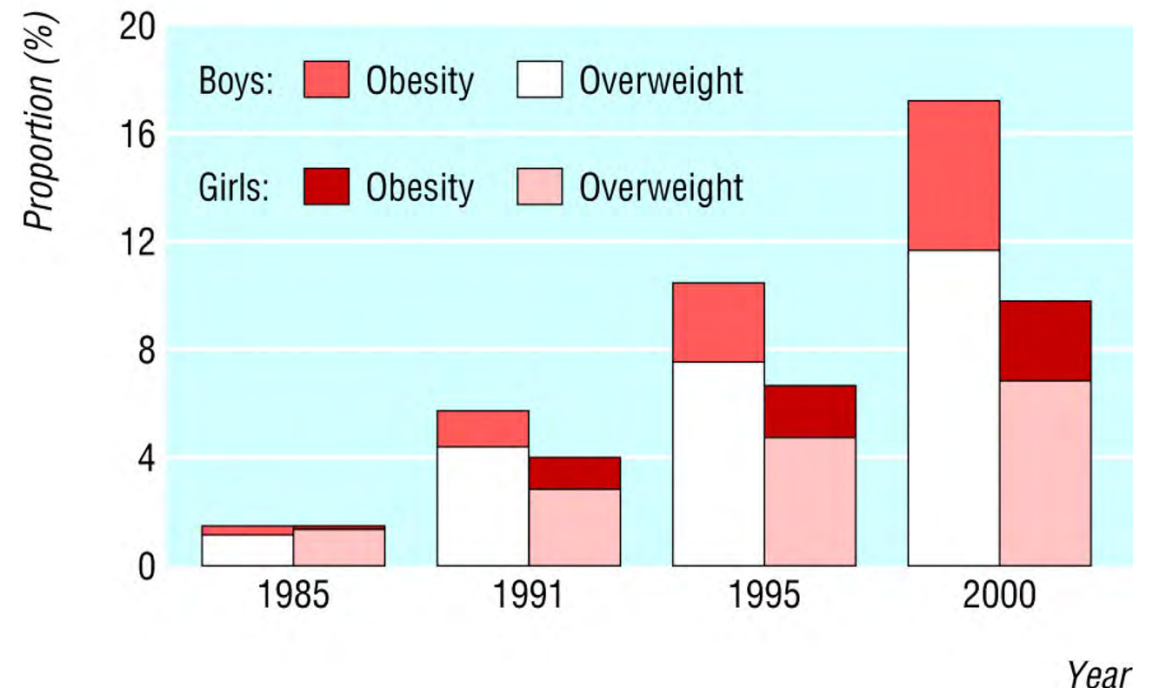


III. Wealth & Excess

Rise in GDP Per Capita:
Hong Kong vs. China (1980 – 2023)



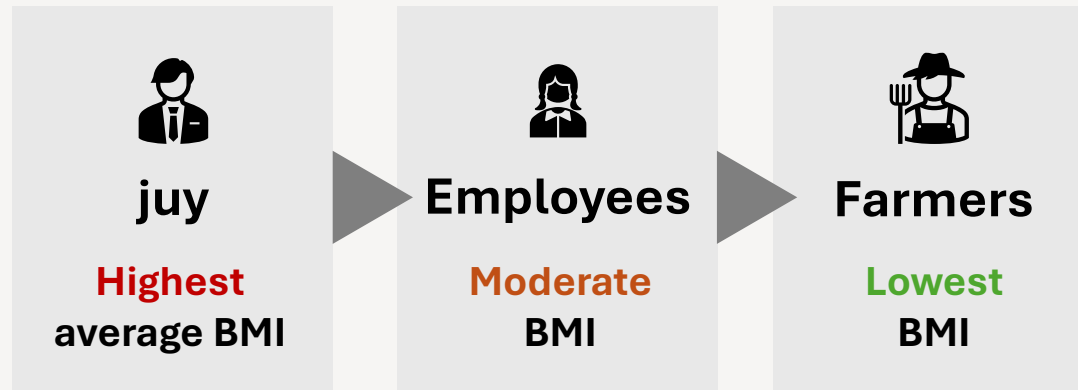
Overweight and Obesity in
Schoolchildren in China



IV. Obesity and Jobs in China


Health risks vary by occupation and region

- Overweight **34%** (>450m), Obese **8%-11%** (120-150m)
- North China - HIGHEST obesity rate



More sedentary, higher average BMI

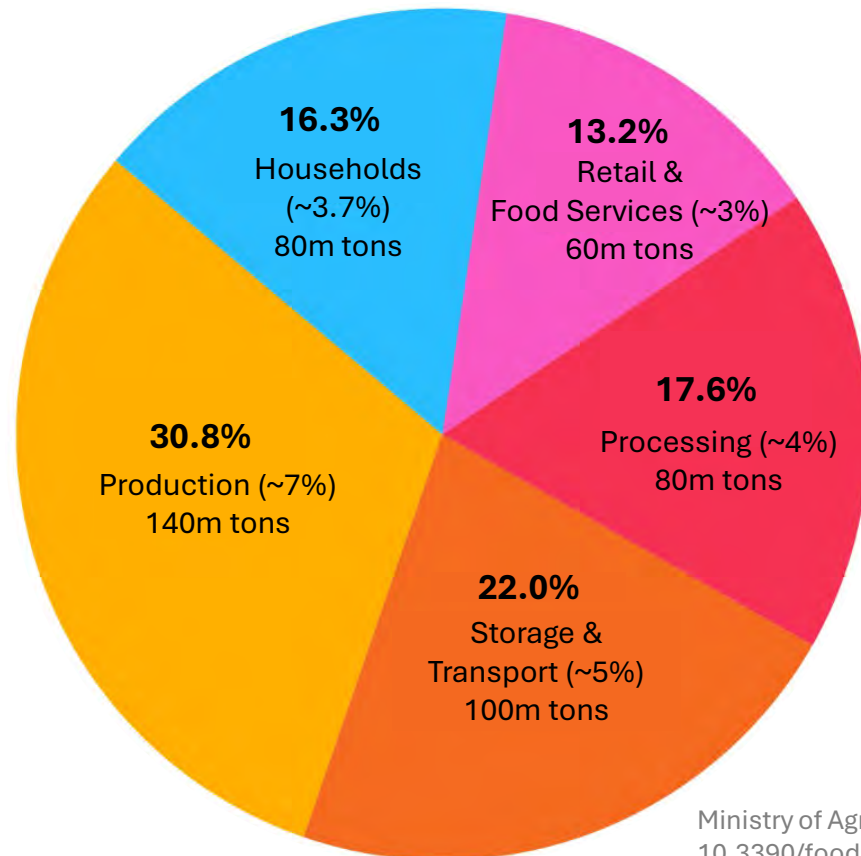
Obesity-related diseases 1.5–3x more likely



Over 50% Hong Kong adults either overweight or obese. Specifically, **32.6% obese** and **22.0% overweight**.

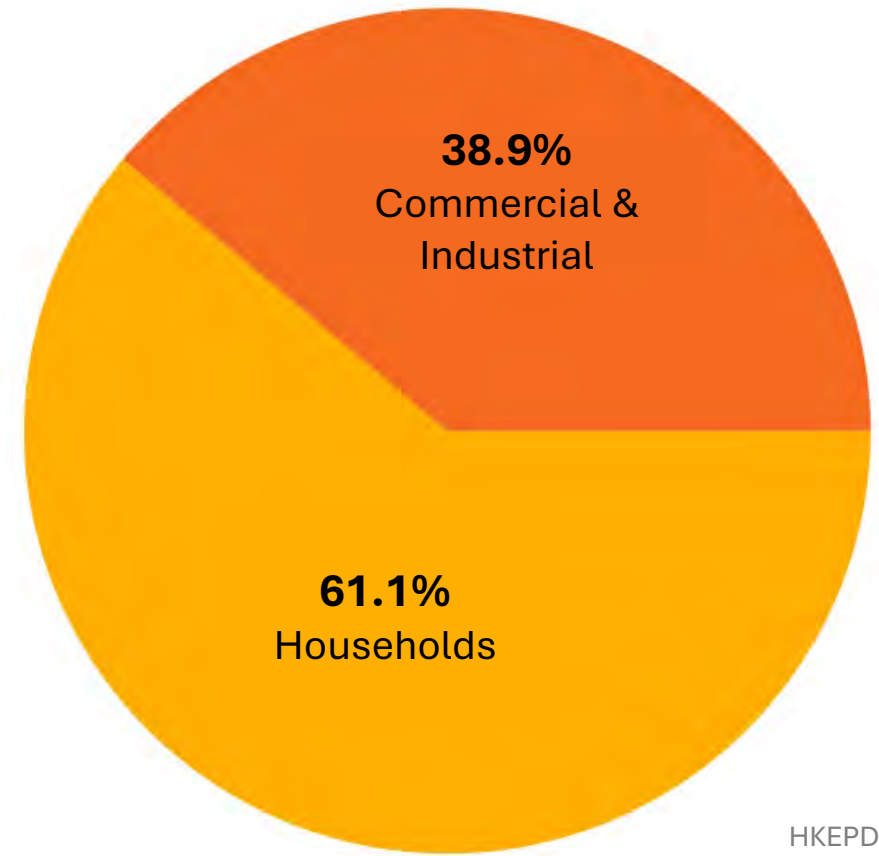
V. Food Waste

Food Waste in China by Supply Chain Stage
(Estimated 460 m tons/year)



Ministry of Agriculture & Rural Affairs,
10.3390/foods13233940

Daily Food Waste in Hong Kong by Source
(1.17 m tons/year)



HKEPD

VI. Clean Plate 2.0

Cut food waste from 2020 to below global average of 17% (from ~22.7%) by 2027 through reforms across farming, transport, retail, and household consumption.





VIII.

Pan-Asian Collaboration?

Food waste is a shared challenge, impacting food security, climate, and public health.

As economies grow and diets change, so does the urgency to act.

Let us join hands to:

- Share data, policies, and innovations
- Launch public awareness campaigns rooted in local culture
- Promote sustainable farming, distribution, and consumption practices
- **Together, Asia can be more food-secure, resource-efficient, and sustainable.**

THANK YOU

