COURSE DETAIL

WE ARE WHAT WE EAT: HONG KONG FOOD AND FOODWAYS
Country Hong Kong
Host Institution University of Hong Kong
Program(s) University of Hong Kong
UCEAP Course Level Lower Division
UCEAP Subject Area(s) Asian Studies
UCEAP Course Number 29
UCEAP Course Suffix
UCEAP Official Title WE ARE WHAT WE EAT: HONG KONG FOOD AND FOODWAYS
UCEAP Transcript Title HK FOOD/FOODWAYS
UCEAP Quarter Units 5.00
UCEAP Semester Units 3.30

Course Description

This course examines the food experiences and practices and their ideological effects that shape diners and their city. It shows how in every gulp, we are allowing a bit of the external world, in the form of food, to gain access to our bodily, cultural and social existence and change us in ways we do not always know. The feelings, emotions and memory we involuntarily but actively produced are being inscribed, in return, onto the individual and collective foodscape of the city through our everyday food choices and continuous habits and practices. The course also traces the crystallization of a conscious distinction of Hong Kong food and their influences among the residents of the city and overseas. This course explores how the exercise of the right to the city follows not only our hearts' but also our stomachs' desire, and the food for the stomach is always and simultaneously the food for thought.

Language(s) of Instruction
English

Host Institution Course Number
HKGS2009

Host Institution Course Title
WE ARE WHAT WE EAT: HONG KONG FOOD AND FOODWAYS

Host Institution Course Details
https://arts.hku.hk/wp-content/uploads/2026/02/BA_syl_2025-26.pdf

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department
Hong Kong Studies

Course Last Reviewed

2025-2026

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