

第 42 篇 [小時零食] [Favorite Childhood food] 灌木 肥胖症

命題大意：回憶小時喜愛食物

寫作大意：如題

ASSIGNMENT: 4/16/2003

Treat yourself to icecream or any other forbidden "junk food". While you indulge, write a journal entry about your favorite childhood food.

WRITING: 4/23/2003

This assignment rouses my nostalgia on my childhood life and food. In my opinion, here the so called childhood food, should not include the three regular meals a day, which, in my childhood, included chiefly the steamed rice and vegetables cooked with oil and salt, cooked bean curd, eggs, and only a little meat. China has too many people to feed. Most people in China are not inclined to indulge in eating. They eat only when they feel hungry. The so called "junk food" is an American name. Chinese seldom have the fear of over-eating. However, eating and food preparation have been deemed as a part of the Chinese authentic culture. Today, there are Chinese restaurants almost everywhere in the world. Food industries are booming.

My childhood was spent in two places, one in my native country site in Liling County, Hunan Province, South China; another the Province capital Changsha. The childhood food I ate in those two places was not the same.

My living country site was some distance from a town market, hence almost all the foods we ate were grown from our own farm land and prepared by mom and sisters. The snacks included fried or baked beans, sweet potato chips, rice cakes or pastry, and baked peanuts with shells. Others are pickled or salted ginger, turnips, etc. Beside the above, when we kids were playing outdoors, we took many kinds of eatable wild fruits and vegetable leafs, stems, and roots. We kids even used a small straw to sip the sweet juice in the flowers of the shrubbery, which were planted all over the hills near our house, for using the seeds crop for producing vegetable oil.

In Changsha, I remember many snack foods to be sold in factories, stores, or by vendors. I can hardly name those foods in English. At that time China was not yet industrialized to produce many daily consuming products, but its tasty classic food was plentiful and famous in the world. Ice-cream was a luxury at that time in China. I never ate ice-cream in my childhood.

Among the many kinds of childhood food, I liked the baked peanuts most. Today, my teeth make me eating hard. American McDonalds now is making huge sells and profits on its food business in China. I think it is not because of its producing some junk food, but because of its being quick and tasty food service. " Eating American and using American" are now a fad in Beijiang.