



Photo From: <http://4.bp.blogspot.com/-yTSud570bz0/UIi4Y86xBxI/AAAAAAADWU/SHDb-94Cc5M/s320/P1040478.JPG>

Meals:

- **Breakfast:** or 早餐 is a larger meal eaten in the morning hours. A traditional breakfast in Taiwan consists of eggs, some type of bread, a portion of meat, and soymilk. In larger Taiwanese cities, street vendors are becoming an increasingly popular alternative to the traditional breakfast. [Traditional Breakfast Items](#)
- **Lunch:** or 午餐 is a small to medium meal, containing meat and vegetables served over rice. Some types of soups are common for lunch as well. Many people in Taiwan will eat their meal in the form of a *bento*, which is a single-portion takeout or home-packed meal, originally taken from Japanese cuisine.
- **Dinner:** or 晚餐 is a medium sized meal that contains many of the same elements as lunch. A common dinner in Taiwan contains a portion of meat or fish and a portion of vegetables, served over rice. After dinner, many people will have a small bowl of soup or broth as a digestive. Dessert is not commonplace in Taiwan. Instead, sweets and fruits are placed on the table during dinner and are a part of the main dish.
- **Snacks:** With the large amount of street vendors in Taiwan, snacks are a commonality in Taiwan. Throughout the day, someone may indulge him or herself with a piece of fried bread, a small meat pocket, hot soymilk, or bubble tea.
- [Meals in Taiwan](#)

Frequently Used Foods:

- **Fruits and Vegetables:** apple, mango, melon, star fruit, guava, papaya, dragon fruit, loquat, tangerine, pear, durian, banana, onion, garlic, leek, colored pepper, spinach, bok choy, broccoli, cabbage, celery, bean sprout, corn, radish [Taiwanese Fruits](#)
- **Protein:** beef, pork, chicken, egg, fish, shrimp, oyster, peanut, bean, goose, turkey, tofu
- **Spices:** chive, chili pepper, ginger, basil, coriander, cilantro, soy, mustard greens, pickled daikon (radish)
- **Oils/Misc:** sesame oil, rice wine, fermented black beans, rice, noodles,

Ten Regional Favorite Dishes With Links to Interesting Recipes:

- **Lu Rou Fan:** ([recipe](#)) ([images](#))
- **Gua bao:** ([recipe](#)) ([images](#))
- **Scallion Pancake:** ([recipe](#)) ([images](#))
- **Beef Noodle Soup:** ([recipe](#)) ([images](#))
- **Oyster Omelette:** ([recipe](#)) ([images](#))
- **Beef Roll:** ([recipe](#)) ([images](#))
- **Three-Cup Chicken:** ([recipe](#)) ([images](#))
- **Hot Pot:** ([recipe](#)) ([images](#))
- **Bubble Tea:** ([recipe](#)) ([images](#))
- **Coffin Bread:** ([recipe](#)) ([images](#))

Religion: Roughly 35% of Taiwanese citizens identify as Buddhist, 33% as Taoist, and 19% are non-religious.

National Holidays and Dietary Requirements:

- **Because of the large Buddhist population, many people in Taiwan do not eat meat at every meal.**

- **228 Peace Memorial Day:** This national holiday commemorates the February 28th anti-government uprising in Taiwan, which was violently smothered by the Republic of China. On this day, all flags in Taiwan are flown at half mast out of respect for the dead.
- **Ching Ming Festival:** A traditional Chinese festival on the 104th day following the Winter Solstice, this holiday celebrates the beginning of the Spring season and declares a time for people to go out and enjoy the new green landscape.
- **Dragon Boat Festival:** Occurring annually on the fifth day of the fifth month of the Chinese calendar, the Dragon Boat Festival is a celebration of the sun and the long daylight of the season. During the festival, people race dragon boats, drink realgar wine, and eat sticky rice dumplings. [More on the Dragon Boat Festival](#)
- **Mid-Autumn Festival:** Celebrated on the 15th day of the 8th month of the Chinese calendar, the Mid-Autumn Festival is a day dedicated to the reunion of families. Parades, festivals, and fireworks are presented in major cities around the country, allowing family to reconnect and enjoy the holiday festivities.

Etiquette: Punctuality is key in Taiwan. When invited to a meal or party, make sure to arrive a little early to show respect.

Chopsticks are the main eating utensils in Taiwan. In some instances, spoons are used for soup.

If you get a bone in your mouth, it is customary to spit it out onto the table or floor. It is considered extremely rude to remove bones with your fingers.

A burp may be considered a compliment at the end of a meal.

[Taiwanese Etiquette](#)

Food History: Taiwanese cuisine has been open to great historical influence and immigration. Many Chinese aboriginal groups immigrated to Taiwan and brought their own unique culinary traditions to the country. This is why we can see so many similar elements between traditional Chinese cuisine and Taiwanese cuisine. The Japanese have also had a profound impact on the food of Taiwan, bringing over a multitude of new ingredients and cooking methods. Today, however, Taiwan has established a cuisine of their own, a combination of rich agriculture, foreign influence, and inventive culinary prowess.

Additional Information and Acknowledgements:

<http://www.taiwantoday.tw/ct.asp?xItem=154768&ctNode=430>

<http://www.eatingchina.com/articles/taiwan-food.htm>

<http://blog.rti.org.tw/english/2013/07/21/whats-for-lunch/>