



Photo From: <http://media-cdn.tripadvisor.com/media/photo-s/01/70/c1/18/pho.jpg>

Meals:

- **Breakfast:** or *ăn sáng* is an extremely important meal in the Vietnamese diet that provides energy for the hard work ahead. Soups, rice noodles, egg, meat, and vegetables are all common in Vietnam. Porridge is also a very common breakfast dish.
- **Lunch:** or *bữa trưa* is a small meal in the middle of the day that usually contains a portion of meat and vegetable served over rice. Pho, a hearty soup-style dish served over rice noodles, is also incredibly common during lunch.
- **Dinner:** or *bữa ăn tối* is a medium sized meal eaten after work in the early evening. A Vietnamese dinner centers heavily upon rice, and commonly contains a form of protein (fish, meat, tofu), steamed, raw, or pickled vegetables, a collection of sauces, and fresh fruit as a dessert.

Frequently Used Foods:

- **Fruits and Vegetables:** mango, star apple, durian, pineapple, longan, banana, papaya, persimmon, jackfruit, bok choy, cabbage, carrot, cauliflower, spinach, chili pepper, cucumber, eggplant, water cress, onion, garlic, green onion, mushroom, lemon [Additional Information](#)

- **Protein:** beef, fish, tofu, egg, duck, chicken, shrimp, pork
- **Spices:** chili, pepper, ginger, cinnamon, star anise, fennel, licorice, clove, salt, lemongrass, basil, coriander, cilantro, cardamom [Additional Information](#)
- **Oils/Misc:** rice, fish sauce, canola oil, peanut oil

Ten Regional Favorite Dishes With Links to Interesting Recipes:

- **Pho:** ([recipe](#)) ([images](#))
- **Banh Mi:** ([recipe](#)) ([images](#))
- **Chao Ga:** ([recipe](#)) ([images](#))
- **Banh Xeo:** ([recipe](#)) ([images](#))
- **Ca Tim Kho To:** ([recipe](#)) ([images](#))
- **Bun Bo Xao:** ([recipe](#)) ([images](#))
- **Canh Bun:** ([recipe](#)) ([images](#))
- **Banh Bo:** ([recipe](#)) ([images](#))
- **Banh Chuoi Hap:** ([recipe](#)) ([images](#))
- **Bun Bo Nam Bo:** ([recipe](#)) ([images](#))

Religion: Vietnam has a very interesting religious composition, with just less than half (45%) practicing indigenous religions, almost 30% non-religious, and 16% Buddhist.

National Holidays and Dietary Requirements:

- **Tet:** also known as Vietnamese New Year, is the most important celebration of the Vietnamese culture. This holiday is a celebration of the beginning of spring based on the Vietnamese calendar. Further, Tet recognizes the

important connection between nature, people, and culture. [More Information on Tet](#)

- **Liberation Day:** Liberation Day is an important holiday in Vietnamese culture. Celebrated every year on April 30th, Liberation Day recognizes Vietnam's reunification after the fall of Saigon in 1975.
- **National Day:** Observed annually on September 2nd, National Day in Vietnam celebrates the country's Declaration of Independence and the end of French colonization in 1945. Parades and festivities throughout the country commemorate this holiday. [Additional Information on National Day](#)

Etiquette: All meals, even soups, are typically eaten with chopsticks (although soups are commonly accompanied by a spoon). When not eating, hands must remain visible on top of the table.

When eating in a group, it is customary for the men to eat first, along with the most elder members of the party. It is considered extremely taboo to eat out of turn in Vietnam.

Sipping and Slurping soup is completely acceptable in Vietnam. This stems from the utilization of chopsticks when eating soup.

Food History: Vietnam's cuisine greatly reflects the influence of geography and history on the country. Located between two major river deltas, Vietnam benefits from lush agriculture, particularly in the South, where rice and tropical fruits are plentiful. Vietnamese cuisine has also greatly benefitted from colonization, both from China and France, yet remains incredibly unique. Although the food of Vietnam has been greatly appreciated in Southeast Asia and parts of Western Europe for centuries, it has only recently struck a chord with an American audience. With its vast array of flavors and cooking methods, it is no surprise that Vietnamese cuisine is becoming a global powerhouse. [More Information](#)

Additional Information and Acknowledgements:

<http://www.vietnamonline.com/best-of-vietnam/9-foods-that-vietnamese-eat-for-breakfast.html>

<http://www.buzzfeed.com/diepc/20-vietnamese-foods-you-really-should-be-trying-c8w4>

http://www.ediplomat.com/np/cultural_etiquette/ce_vn.htm