

## A Comparative Analysis between Chinese and Sri Lankan Food Cultures

W.H.U.A. Priyanga

*Department of Journalism & Communication, School of Law,  
Humanities & Sociology, Wuhan University of Technology*

Food is not only the basis of nutrition for humans, but also an essential component in the growth of society as well as human civilization. It is crucial for human existence. Nevertheless, different countries, cultures, and ethnic groups have diverse food and food habits. This paper examines the differences between the food cultures of China and Sri Lanka and it aims to identify certain values, similarities and differences in the food cultures of both countries. IT further analyses the cultural communication between both countries and its potential to improve cultural communication on food culture. In the course of this paper, a qualitative methodology is followed to evaluate the differences between Chinese and Sri Lankan food cultures. Therefore, the preparation of food, establishment and maintenance of an interpersonal relationship in view of food culture, and the differences between food cultures of China and Sri Lanka can be considered unique cultural phenomena. Currently, food industries of both countries tend to constantly adjust to the general trend of modernization.

**Keywords:** *cultural communication, food culture, food preparation, interpersonal relationship, traditional diet*