



การศึกษาเปรียบเทียบวัฒนธรรมการรับประทานอาหารของคนไทยและอเมริกันเพื่อการปรับตัวของประชาชนของทั้งสองประเทศ

**A COMPARATIVE STUDY OF THAI AND AMERICAN'S EATING CULTURES FOR AN ADJUSTMENT OF PEOPLE OF THE TWO COUNTRIES**

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**Abstract**

Sophisticated and contemporary eating cultures appear more complicated than ever. Eating Culture provides an amount of diverse viewpoints and perspective on some of the prominent practices and issues associated with the domain of eating in contemporary culture.

Definitions of 'the cultural globalization of eating' enables us to connect and exchange thoughts instantaneously and communicate anyplace in the world. The contribution to the greater interconnectedness and interaction between people of miscellaneous cultures and means of life, such as an adoption of many Asian ideas in other parts of the world, encourages the ideas to some deeply different and similar perspective of indigenous Thai and American in terms of culture and tradition. This can be conducted through the significant ways of living that can be focused on EATING or CONSUMING.

This article reflects on the significances and differences of the two countries' consumptions (Thailand vs the United States of America) by means of different cultures as well as providing some deliberated suggestions for the two cultures' adjustment into ONE.

**Keywords :** Thai vs. American Cultures and Traditions, Indigenous, Adjustment, Eating or Consuming

## บทคัดย่อ

การกินมิใช่เป็นเรื่องธรรมดาและการกินในยุคปัจจุบันก็ดูเหมือนจะยิ่งซับซ้อนมากกว่าในอดีตที่เคยเป็นมา แม้จะมีการวิเคราะห์ในหลายมิติก็ไม่สามารถยืนยันได้ว่าการลดลงของความคิดเห็นเกี่ยวกับการกินในแง่มุมที่แตกต่างและหลากหลาย เพราะการกินแสดงให้เห็นวิถีการดำเนินชีวิตในความเป็นจริงในหลากหลายมุมมองซึ่งนำไปสู่ตัวแปรที่ทำให้การกินเกี่ยวข้องกับวัฒนธรรมทั้งปัจจุบันและร่วมสมัย

วัฒนธรรมแห่งโลกาภิวัตน์ (Cultural Globalization) คือ ความสามารถในการเชื่อมต่อแลกเปลี่ยนความคิดที่หลากหลายและไม่หยุดนิ่งของคนทั่วโลก เช่น ความคิดของคนเอเชียที่ได้ปรับเปลี่ยนเมื่ออยู่ต่างแดน คนไทยก็เช่นเดียวกัน ดังนั้นเราจึงควรเรียนรู้อย่างลึกซึ้งซึ่งเกี่ยวกับความเหมือนและความแตกต่างในแง่มุมต่างๆ ของประเพณีและวัฒนธรรมผ่านความโดดเด่นของวิถีชีวิต จากประเพณีการรับประทานอาหารที่บ่งบอกความแตกต่างของบุคคล

บทความนี้จะสะท้อนให้เห็นความสำคัญและความแตกต่างในการรับประทานอาหารของประชาชนของสองประเทศคือชาวไทยและชาวอเมริกัน พร้อมทั้งเสนอคำแนะนำที่น่าสนใจสำหรับการปรับตัวให้เข้ากับวัฒนธรรมของแต่ละประเทศการศึกษาวิถีการรับประทานอาหาร

**คำสำคัญ :** ประเพณีและวัฒนธรรมของชาวไทยและสหรัฐอเมริกา, ท้องถิ่น พื้นเมือง โดยกำเนิด การปรับ การปรองดอง การบริโภคหรือการรับประทานอาหาร

## Introduction

The contribution to greater interconnectedness and interaction between peoples of different cultures promotes the idea to some deeply different and similar perspective of indigenous Thai and American in terms of culture and tradition which has led to one of the problematic depictions of living abroad - the differences of the culture of eating. It's hard to be living in an alien country and surrounded by strangers, with different lifestyle. The feeling of discomfort when attending a party or even a dinner with the native promotes more and more unconfident.

Culture is an integrated pattern of human knowledge, belief, and behavior that depends upon man's capacity for learning and transmitting knowledge to succeeding generations... the customary beliefs, social forms, and material traits of a racial, religious, or social group. Culture means many different things to different people: the clothing, the food, the values, the laws, the beliefs, the music and dance, the material things, the language, the art, the medicine or healing practices, the shared history, the kinship system (whom you consider to be family) , the stories, the hairstyles, the economic system, and much more, of a group of people. Families, neighborhoods, ethnic groups (groups of people from the same part of the world), religious groups, regions, countries, all have their own cultures. Culture is constantly changing as people and places change. (White, 2005)

Eating in globalized culture is a currently prominent in society. Food provides nourishments, entertainments and gratifications. Insufficient food develops extreme problems, while excess amount of

food consumption can be fatal affection. Some of these issues will be considered when examining the issues around change in society's approach to food. The current concern with food, health, and eating has evolved as a consequence of new social patterns globalization, marketing, industry and state policy. (Lury, 1996)

### **Distinctive Differences between Thai and American Eating Culture**

Although Thailand is positioned between two great and very different countries, China and India, the uniqueness of Thai eating has been persevered until today. The uniqueness of Thai cuisine has been mentioned worldwide because of its exquisite savory flavors, colors, and textures. Eating does not only signify consumption but the manifestation. While all the members of a family sitting around to have a meal together, the sense of familyships emerges. Thai people generally share meals with the family and friends. Steamed rice is consumed in combination with several Thai dishes and is usually served in the middle of meals. Everyone apportions the meals, talks and laughs contentedly. An accountability of eating classifies social verification and levels through how luxury containers and types of food that are consumed are.

Likewise, food has performed a distinctively cultural role among the American people; it is not only for the nourishment, food is an active cultural force that defines social status of people from their consuming alternatives, reject, or reform both culinary and cuisine. Food's dual role as a universal requirement and as a defining oblige in human culture provides an explanation why food history is such an undeniable subject. Food history (not to be confused with culinary history, the study of specific recipes and preparations) is the examination of the economic, environmental, cultural and sociological impact of what is consumed. Food arrangement acts an important role of lubricant of a camaraderie and congeniality atmosphere productive. An emphasizing on religious rituals, holidays and festivals, food's power fastens individuals into communities and symbolizes their unity and goodwill toward one another. Divergently, eating is generally indispensable to human continued existence; foodways have become inseparable from cultural connotation and powerful agents of social revolution and transformation deployment. Differences of eating distinctive forms are based upon the situations- either formal or informal of the serving and tabled- arrangement styles.

### **Values of Eating Culture**

Existences on a small planet with countless cultures are sometimes complicated to recognize someone from another culture without the perception of the nation's belief. Culture and food are so invariably inter-connected to each other that any culture can be mentioned without referring to the food and food habits of the natives of that area. An additional erudition about cultures values excellent atmosphere of the communities and respectful tradition for each other's ways of life, without misunderstanding or hurting each other by increasing people's sense of community belonging.

The proposable definitions of ‘sense of belonging to a community’ involve the feeling and satisfaction, agreement with the values and beliefs, and expectation that one appropriates for the group and populates a community, a feeling of acceptance by the community, and a willingness to sacrifice for the community (Doolittle & Mac-Donald, 1978; Riger, LeBailly, & Gordon, 1981; McMillan, 1976). Therefore the acknowledgements of the aliens to the eating culture promote one’s confidence in living in the foreign country. This also directs the aliens to realize that various attempt of the adjustment to the new country with different culture and lifestyle should be seriously made.

## **Similarities and Differences of the Thais and the Americans’ Eating Cultures**

A confrontation to become acquainted with the complexity of the differences and similarities of food cultures by the specification in the ways in which people in Thailand relates to the US on the basis of “eating” becomes significant among the globalized communication and interaction. Cultures are very complex systems-of differences and similarities - intertwined with each other, which confronted by. However consciousness of differences and similarities becomes apprehensive when it is often massive to wonder at the peculiarities, and the culture members are guided by their alternatives. Coming from a different culture is concerning about food, it is an unavoidable confrontation. Concerning to the reflection of dissimilarity, 3 dimensions can be identified as regional cuisine, names of the foods and serving and setting.

### **1. Regional Cuisine**

As mentioned above, good cuisine reflects the central influence of people’s lifestyle. Regional cuisine may vary based upon food availability and trade, varying climates, cooking traditions and practices, and cultural differences. One prominent worthy definition is based upon traditional cuisine, a coherent tradition of food preparation that rises from the daily lives and kitchens of a people over an extended period in a specific region of a country, and the daily lives and kitchens which, when localized, have notable distinctions from the cuisine of the country as a whole. Regional food preparation traditions, customs in combination to ingredients are often progenitive dishes unique to a particular region.

#### **1.1 Thai Native Cuisine of the Food of Each Region**

The native cuisine of Thailand, characteristically flourishing flavor and attractive utilization of scented herbs and spices, has produced a flavorful cuisine. The staple is rice, either ordinary or glutinous, accompanied by a variety of dishes that can be eaten in almost any order, and seasoned to individual taste with several condiments such as fish sauce and chili peppers. Most often there will be a soup of some kind, a curry, a steamed or fried dish, a salad, and one or more basic sauces. Desserts may consist of fresh fruit or one of the many traditional Thai sweets. Thai food is differentiable from region to region.

It is comprised of four culinary regions, each with their own specialties, and each having slight deviations in flavor profile from that of the Central region, which is considered the 'classic' Thai culinary style by most. (Regional Styles of Thai Cuisine: Madam Mam's Article:) Individually, the region typically differentiates its own ingredient and flavor. The significance of food flavor in a culture equalizes overestimation. The ways that foods are prepared and seasoned demonstrate variability on the consequent of the initial selection of ingredients in the development of food habits.

The food of the North is a distinctive as its culture. Consuming with the fingers, steamed glutinous rice is preferred. Northern curries are generally milder. The influence of neighboring Burma is evident in such popular dishes as. A favorite regional specialty is Kaeng-Hang-Lay, Khao-Soy as well as a spicy pork sausage called Nam and Moo-Yor including Thai chili sauces such as "nam prik noom", "nam prik dang", "nam prik ong" which mostly a part of a traditional kantoke dinner (Myhrvold, 2007) .

The Northeast, where glutinous or sticky rice is popular, insects were traditionally a cheap and quick source of protein in the Isarn area. One of the most popular dishes throughout Thailand is Som-Tam, a spicy salad that is made from shredded green and firm papaya and dressed with a sweet, sour, and spicy dressings. Other dishes include Kai Yang, Nam-tok and Larb, a spicy salad of minced beef, pork, chicken, or fish.

Food in the central region of Thailand mainly consists of shrimp, crab, fish and vegetables in addition to rice and pork; even dessert can be made from these animals such as Khao-Niew-Na-Pla-Haeng. Although the presence of Bangkok in the heart of the Central Region has acted like a magnet to draw in regional influences, there are still many local specialties that mark out the food styles here as distinctively Central. The best rice is grown in this region, notably the hom mali, or jasmine rice, that is so highly rated as a Thai export. There are three curries typical of the region; namely, the familiar green curry (Kaeng khieo wan) to which is usually added poultry or fish; a hot curry known as kaeng phet, and a milder version called kaeng phanaeng. All are based on coconut milk. Tom yam, the famous hot and sour soup, originates from the Central Region. A creamy coconut milk soup made with chicken called tom kha kai and Gang- Keow-Wan (green chicken curry) are the best known to the tourists coming to Thailand. Haw mok, little banana leaf cups of a souffl-like mix made from red curry paste, egg and coconut milk, with seafood added, are a popular item. Phat phet is a stir-fry with basil and curry paste. Most meals in the Central Region will include an omelets of some kind, either a plain one served with a thick sweet chili sauce, or with oysters added. There is a more substantial omelets filled with ground pork, tomato and onion, called khai yat sai. Furthermore Thai dishes with fish as their main ingredient are Kaeng-Som, Thord-Mon- Pla, Pla- Phao, Hor- Mok and Nam- Phrik- Pla-Too. (Regional Thai Cuisine, 1996-2010) .

Southern Thai food is typically the most spicy and colorful. The emphasis on seafood and vegetables, are both in abundance in the region. Cashew nuts from local plantations are consumed as

appetizers or as a part of a dish. A pungent flat bean called Sator provides an additional exotic flavor. Kang Lueng and Kang Tai-pla, very hot and spicy curries of the south, are often renowned as the originally indigenous food of the South. (Thai Food in Southern Thai, 2013)

### **1.2 American Native Cuisine of the Food of Each Region**

American cuisine is also regionally differentiated which causes differences in flavors. The dissimilar regions have their own significant culinary. For example, the Northern region (which was once occupied by the Native American tribe) of the United States, has typical foods as Indian pudding, Boston brown bread, Boston Baked Beans, New England clam chowder, Succotash, Johnny cakes, and Coffee Milkshake. (Native American Cuisine, 2010) The sustenance was designated by their states and regions.

Western region is well-known for spicy chicken lettuce, chipotle gravy, Chili Verde-green pork stew, and chimichanges. In addition, the most distinctive local foods are the fish tacos which is currently becomes popular across the world as well as in Thailand. (Wood, 2008) . As a lot of food shops and restaurants in Thailand especially in city centers in big cities like Bangkok, tacos are easily found.

The Central- Region people consume the grain production such as wheat, corn and soybeans.

The upper or Northern Central is a prime fruit-growing region, extensiveness of exploitations of apples, blueberries, cranberries, cherries, peaches and other cold-climate fruit in its cuisine. Swedish pancakes and Polish pierogi are original while fish fry, horseshoe sandwich, barbecue, fold over pizza, pork sausages and potatoes are prevalent. Chicago-style deep dish pizza, Cole slaw and French fries of Chicago are distinctive. Minneapolis and Saint Paul pioneered the Jucy Lucy (or “Juicy Lucy”), a hamburger with a core of melted cheese. . (Welcome to America the Bountiful, 2001)

Southern region has been recognized for the most delicious flavor sausage and shrimp, jambalaya, red velvet cupcake, peach and mustard, glazed pork chops, low-fat Southern fried chicken, sweet potato steak fries, and etc.; especially, fried chicken which has become a stereotype of Southern food, popularized by Colonel Sanders’ Kentucky Fried Chicken. (Cuisine of the Southern United States - 2013)

**2. Sustenance Designation** Foods are initially designated based on their origins, sources and ingredients. Signification of Plantation’s culinary is usually the same designation of the vegetations, such as carrot, potato, peas, and spinach. Names for prepared foods follow several patterns. One uniqueness of conventional simplicity signifies the sustenance or nourishment after its places. The significance only indicates an origin and/or procedures. The meaning is initially performed in Polish sausage, Belgian waffle, or Spanish omelet. The inconspicuous remarks with the majority of ingredients as: chicken almond, beef and mushrooms, creamed tuna casserole, or with the cooking method as well as the food: poached eggs on toast, pork and vegetable stir-fry.

## 2.1 The Designation of Thai Food

The characterized denominations of Thai food's identifications are significantly combined by two distinctive variations of places and procedures, as followed;

### 2.1.1 The Denominations Reflected by Gastronomic Methods in Combination with Ingredients

Some parochial or regional Thai traditionally gastronomic are inherited through many generations. Significantly, the gastronomy segregation initiates the designations of those foodstuffs as followed:

- **Tam** is to pound food with mortar and pestle. Food that uses this method of cooking is traditional papaya salad “Som Tam”

- **Yum** is another popular method to gastronomize Thai food. It is the combination of favorite cooked meat with vegetables, fresh herbs and seasoning with salad dressing. Thai salads have three balanced flavors; sour, sweet and salty. For example, Yum Tua Poo, Yum Sai Krok (sausage), Yum Moo Yor, Yum Woonsen, etc.

- **Gaeng** means to gastronomise food with either water (soup) or coconut milk with meat and vegetables. Gaeng also means curry dishes or a clear soup dish (Gaeng jue) . Here are examples of Thai “Gaeng”; Gaeng Som (Southern curry dish) , Gaeng Ped Ped Yang (Roasted Duck Curry) , Gaeng Jud Moo sab (clear soup with minced pork) .

- **Tom** is by boiling water and cooking meat, vegetables or eggs, such as, Tom Jued Pakkad Khao, Tom Yam Koong, etc.

- **Yang** is to grill or roasted food until cooked through with charcoal over low to medium heat. such as Gai Yang (grilled chicken) or Pla Yang (grilled fish) .

- **Larb** is to mince or ground pork, duck or chicken with spicy seasoning with Thai herbs and toasted rice

- **Tom Yum** is to make spicy soup by putting lemon grass, kaffir lime, and chilly, and seasoned with lime juice, and fish sauce. Different types of meat or seafood can be put to make them more specialties. Tom Yam Goong or Tom Yam with prawn is one of the most popular ones among the tourists. Rather than prawns, you may like to add squid, fish, shells etc. to make seafood tom yum.

- **Ping** refers to the method of cooking by grilling over a medium fire until done with a crispy surface such as Ping pla (fish), ping kai (chicken), ping mu (pork)... (Methods of Thai cooking-2013)

### 2.1.2 The Denominations Reflected by the Provenances (Toponymy), in Combination with Ingredient and Gastronomy

Cultural value identifies what should be judged as good or bad. It reflects normative behaviors, and displays an increased interest in indigenous prosperity. Indigenous food of individualist

provenance dominantly intensifies certain cultural value. For example, different social classes of people consume different types of food. Population studies show there are clear differences in social classes with regard to food and nutrient intakes. Low-income groups in particular, have a greater tendency to consume unbalanced diets and have low intakes of fruit and vegetables. (Tomlinson – 1998)

The majority reason of the popularity of indigenous food is based upon the excellent attribution of ingredient of that area including the culinary procedures as the following example;

- Kai Yang Vichienburi - grilled chicken of Vichienburi District, Petchaboon Province
- Kai Yang Hoob -born - grilled chicken of Hoob-born District, Chonburi Province
- Larb Ped Udorn – spicy minced duck of Udonthani Province
- Mee Pad Poo Hadyai – stirred noodle and crab of Hadyai district, Songkla Province

## **2.2 The Designation of American Foods**

Significant similar characteristic of the American denominational designation to those of Thai is the significantly composing of the ingredients comprised with the provenance and the culinary procedures in combination; moreover, this plays important roles in clarificationally characterized the designation of the American cuisine as exhibited in the following examples:

- Baked Alaska (also known as glace as four, omelet la norvgienne or Norwegian omelet) is a dessert made of ice cream placed in a pie dish lined with slices of sponge cake or Christmas pudding and topped with meringue.

- Boston cream pie - a cake fulfillment with a custard or cream filling and frosted with chocolate denominated after the city in which it was invented. For example, a Buffalo wing, from Buffalo-New York, is a hot wing or wing of chicken (drumette or flat) that is traditionally deep-fried unbreaded and then surfaced in sauce.

Mississippi mud pie - a chocolate-based dessert pie that is likely to have originated in the US state of Mississippi or Philadelphia Sandwich -invented in Philadelphia, but without adding cheese to it.

## **3. Food Provision or Serving Performance**

The procedures between gastronomy and consuming are far from insignificant. With sophisticated production and preparation, the serving of food involves important role divisions, etiquette, and cultural forms. The social identifications and cultural pressures that being served at an unfamiliar table or even just the arrival of an unfamiliar food can make diners uncomfortable. Consequently, gaining knowledge of cultural differentiations of Thai and American etiquette serving procedures is significantly essential to be acknowledged.

### **3.1 Thai Serving Performance of Food**

Generally Thai people apportion repasts with the family and friends. For a big family, steamed rice preparation is initially terminated while several combined Thai dishes are performed up at the plateau, “family style” and are apportioned in the middle of the meals in no particular regulation.

Parenthetically, traditional allocation of an elderly initiates the meal at the table before the other members or companions of the family, and the sustenance from the table are allocated to an elderly first before the others can start.

Traditional embracement of a dish of soup called **Tom-jued**, a dish of stir fry called **Pad or Pad-pak**, a dish of curry called **Kaeng or Kaeng-ped**, a dish of fried food called **Tord**, and a dish of dips (the most traditional typical food that has been part of Thai cuisine for centuries) called **Nam Prik or Nam Prik Kapi** are served with an assortment of fresh veggies. All of these food dishes excluding the rice are called **Kab Kaow** literally means “with rice”.

Thai people like to have 3 to 5 meals a day with a small portion for single serving in comparison to western servings which are normally 3 meals a day with a more immense serves.

Non-tradition breakfast, majority of Thai people don't specific a certain breakfast at home. Breakfast is certainly not the “most important meal of the day” in Thailand, and many people slightly consume or omit it entirely. (Shelli, 2010) One typical breakfast food is a thick rice porridge called Joke. The fried yeast donut, patongco, is an alternatively common breakfast food, in some areas of Thailand and some groups of people, served with green pandan custard, alongside a cup of hot Thai coffee, Thai tea, sweetened soy milk, or sweet ginger tea. Additionally, rice soup or Khao Tom performs an imperative function on typical Thai breakfast.

Thai lunch and dinner portions mostly perform almost equivalent menu. Generally, the combination of spicy and mild flavors balances the sensational flavors and to counterbalance tastes. A prosperous Thai portion of individual meal habitually consists of a soup, a curry dish with condiments, a dip with accompanying fish and fresh vegetables. A spiced salad may replace the curry dish. The soup can also be spicy, the curry may be able to be replaced by non spiced items though. Harmonious flavor and texturizes within individual dishes and the entire meal typically, culmination of Thai lunch is fruit while dinner can be dessert or/and fruit. (Shelli, 2010)

### **3.2 American Serving Performance of Food**

In dissimilarity, the Americans eat individually. Breakfast seems the easiest of the day. Fruit may be served at every breakfast, but not acid fruits like oranges and grapefruit when having a cereal. However traditional breakfast can be simply found and called full breakfast. It is comprised of bacon and eggs, fried sausages, mushrooms, bread or toast and baked beans. Making someone breakfast in bed might be strange for Thai culture, but it's a nice gesture forwards to the special person you love. Making breakfast and putting it on a tray or table so that the person can put it on their lap is special more fun and romantic.

At lunch time there's nothing special, most American and Europeans have their lunch boxes containing sandwiches and some fruit, some of them may have salad during their summer months.

However, casual lunch is prepared formally with cheese and crackers, fresh fruits and nuts for a starter. Small sandwiches or slices of pizza or chips and dip are followed with simple drinks. Americans generally prefer coffee or tea, with more than half the adult population drinking at least one cup a day, especially after lunch.

Dinner is considered an important meal of a day. It is mostly including three to four or five courses or dishes a meal together with sweet and some drinks after the meal. Traditional formal meals has several different servings of food is called a full course meal contains the most 20 dishes situated for really formal or royal occasion. It can be from a three course meal to a 20 course meal.

The meal begins with an appetizer, mostly only when there is the celebration with some guests at home. It is a small serving that usually does not include red meat. This may be followed by a variety of dishes, including a possible fish course or other relevs (lighter courses) , or a shrimp cocktail, each with some kind of vegetable.

Second main dish can include meat as well, but something with a different preparation approach than the first. Subsequently the salad course is provided, accompany by the cheese course, with appropriate selection of wine.

The meal is often culminated with a dessert, either hot or cold, sometimes followed with a final serving of hot or cold fruit and accompanied by a suitable dessert wine. One more tip or suggestion but not a rule about the drink for dinner is 'WINE'. Wine and food were meant for each other. It is said that red wine is paired with red meat like pork, meat or lamb while white wine tends to be drunk with white meat as fish, chicken or duck. Furthermore, white wine is good matched with many cheeses and desserts. Actually, NO rules states when matching your favorite wines with your beloved recipes. There are hints and popular, even "famous" matches, but ultimately the best match is what pleases your palate. It is truly personal preference. (eHow.com, 2012)

Americans generally prefer coffee or tea, with more than half the adult population drinking at least one cup a day, especially after lunch.

#### **4. Table arrangements**

Table arrangement or place setting refers to the procedure of the table setting with tableware - such as eating utensils and dishes for serving and eating. The arrangement for a single diner is called a place setting. The practice of dictating the precise arrangement of tableware has varied across cultures and historical periods. The Thai and American styles of arrangement are absolutely different.

##### **4.1 Thai table-arrangement distinctiveness**

Indigenous style of Thai eating- table arrangement presents the uniqueness of Thai culture. As mentioned above concerning with the Thai serving style performs the assumption that the requirement

of a table arrangements are far from necessity. Necessary utensils are individual plate and a spoon, together with a fork deployed as majority. Knife is relinquished used for the reason that some dishes required slicing into small portions before cooking, an indigenous wisdom.

Specifically, traditional form of meal typically in the north called a Kantoke dinner performs special style of dining arrangement. During Kantoke diners, the members sit around a small low table. Nightly gala performances of a royal version of the Kantoke banquet can be enjoyed at reconstructed wooden palaces. These performances include troupes of local dancers, resplendent in traditional costume.

#### **4.2 American table-arrangement distinctiveness**

The difference of the style between the Thais and the Americans is that the Americans eat individually, so they have their unique style of eating table arrangement, formal and informal styles. Generously, the eating table is arranged by allocation of a spoon and a knife, closer to the service plate (main plate) on the right side, a fork situated on the right before a napkin. A bread plate and knife are located on the far left opposite to the water and wine glasses. Formal table arrangement is displayed by the addition of a desert spoon and a cake fork on the top of the service plate together with a salad plate on the service plate and a cup with a saucer of coffee or tea on the far right. (Shelli , 2001)

### **Conclusion**

Foods differentiate the U.S. from Thailand, majority in flavors, extent, varieties, and ingredients. Nevertheless, serving as well as table arrangement and sustenance of designation perform significant differences of the two countries' cuisines and styles of eating

Conversely, the two countries are similar in values of eating which concentrates cultural reflection and deliberation of the individual country. Additionally, food consuming identifiably exhibits the senses of physical and mental well being as well as promotes the sense of community belonging when allocating in domestic countries.

The necessity of trying different meals, different ways of serving, different ingredients and specialties might cause consternation. More open mindedness to miscellaneous cuisines of the domesticated countries after making more acknowledgement of diversification of regional cuisine consequently accommodates possible and uncomplicated adjustment. Etiquette habitual performance at the table when eating suffices more profitably to comprehend serving and setting styles of the dinner table in a formal occasion.

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