

Family Meals

Family meals are part of Vietnamese culture, and most Vietnamese families have a tradition of sharing meals. At each meal, the family – from grandparents to grandchildren – gather around a tray of rice. During family meals, the elderly and children are often given special attention. Parents often choose the best pieces for their children; when the parents get old, the children will give the best pieces to their parents.

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It is not just meals that are shared, but also culture and social behaviour, such as speech and etiquette. It is during mealtimes that children's behaviour and personality are developed and the bonds between loved ones are formed. Through shared meals, good habits are passed from generation to generation, and many cooking techniques are taught with the food itself. On the occasion of the Tet holiday, the positions of the trays are usually allocated according to familial role, so that the men and the women, the children and the elders, can talk together in groups.

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What is the food at the centre of a Vietnamese family meal?

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What do children learn at family mealtimes?

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Family meals during Tet are the same as at other times; is this true?