

A Comparative Study of the French and Myanmar Table Manners

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Abstract

This paper presents the comparative study of Table Manners between French and Myanmar. The aim is to find similarities and differences between the typical foods, the seating plans and the table settings, the ways of serving food, the ways of serving tableware and Dos and Don'ts in eating meals of French and Myanmar traditions. Thus, it is presented by the comparative and descriptive method and it is hoped to be supportive not only for the people who want to know the French and Myanmar dining customs but also for the people who are learning the French Language.

Keywords: French, Myanmar, table manners, etiquette, food

Introduction

In society, language is the most useful medium of communication. In learning a language, not only language but also literature, culture, customs are learned. For that reason, communicating via that language could be more convenient if the culture and customs of that race are known. Likewise, in teaching French language, cultural related topics namely traditions, practices, beliefs, and seasonal festivals are learned. Cultural customs, practices, and beliefs of Myanmar people are also comparatively studied. By means of this, it is found that a sense of curiosity, and interest in teaching flourish by differentiating the similarities and differences of both countries and races.

Table Manners between French and Myanmar are comparatively presented with the aim of describing different eating styles among customs practised inheritably by two races on tables, restaurants, roads, stalls and companies.

What presenting comparatively, are Myanmar and French people's the typical foods in breakfast, lunch, dinners, seating plan and table setting, the ways of serving food, the way of serving tableware and Dos and Don'ts in eating meals. In presenting table manners, manners found in close friends, and family dining tables are more focused than formal ones.

In this study, many different manners such as how to take the seats in gathering with the visitors you invited at your home occasionally, how to serve them with curries, how to lay the dining table for them, how they have the meal and what are the Dos and Don'ts in having the meal.

Aim

The aim of this paper is to find similarities and differences between the typical foods, the seating plans and the table settings, the ways of serving food, the ways of serving tableware and Dos and Don'ts in eating meals of French and Myanmar traditions.

Data and Method

Data for this research paper, were collected from internet websites, and French language books and Comparative and Descriptive methods were used.

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Research Questions

1. What are the similarities and differences between the dining customs of French and Myanmar?
2. What advantages can the French language learning students get from language teaching and learning process by comparing dining customs of both countries?

Literature Review

Which country people live in can be guessed by looking at the eating habits and dining customs of a country or a nationality. Each country has its own habits, customs, traditions and manners, etc. In this literature review, table manners of the French and the Myanmar described in different books written by different scholars were mentioned as follows;

What the French put things on the dining table is mentioned in a book entitled *Comprehension Orale (Niveau 1)*, written by Michele Barfety and Patricia Beaujouin (2004) prescribed for Bachelor of second year students as a textbook of Listening and Speaking Skills Module: "When we lay a dining table, we put plates, glasses, ladles, forks, knives, spoons for the dessert, salt and pepper shakers, and sometimes oil or vinegar on the table."²

In this book, we can see table manners in family dinner and reunion. According to this book: "People firstly eat an appetizer, then main dish such as fish or meat curry, side dish such as vegetable curry and cheese for the dessert."³

Regarding to the food which are eaten in breakfast: "People often drink coffee, cappuccino, chocolate, tea, or fruit juices. They usually eat bread with butter or jam, croissant, chocolate bread, yogurt, fruit such as apple, orange."⁴

Moreover, in the book "Civilisation en dialogues" written by Odile Grand-Clement (2007):

The French have a hot drink such as coffee, chocolate, butter, jam, or honey toast, croissant or cereals as breakfast. For the lunch, they usually eat appetizer, main dish with fish or meat, vegetables, desserts or a kind of fruit. And then, they eat chocolate bread as a snack. They have dinner recounting their daily events with their family members. 76% of the French prefer to cook the food themselves and usually invite their friends. Generally, the guests bring the presents such as bouquets, chocolate, and excellent wine. However, they come 10 or 15 minutes late not to reach in advance.⁵

In this book, the author described about the food that the French usually eat, their behaviors and customs.

In the article "Proper French Etiquette for Sitting at and Leaving the Table" written by Camille Chevalier-Karfs, the author described how to take a seat appropriately at a dining table: "The hostess will have decided on a particular order to sit the guests... The guests of honor should be seated to the right of the hosts, and after it always goes man, woman, man, woman whenever possible... A couple always sits one in front of other."⁶

The author described how to place hands, spoons, forks and knives on the dining table as: "You should keep your hands on the table, on each side of place in a relaxed manner...never under the table. Your index finger should be extended on the handle. Don't

² Barfety M., and Beaujouin, P., *Compréhension Orale (niveau 1)*, 2004, 71.

³ Ibid., 69.

⁴ Ibid., 67.

⁵ Grand-Clément, O., *Civilisation en dialogues (Niveau débutant)*, 2007, 35.

⁶ Chevalier-karfs, C., (2016). *Proper French Etiquette for Sitting at and Leaving the Table*. <<http://www.frenchtoday.com/blog/french-culture/mastering-french-table-etiquette.>>

hold your knife in a fist like position. The fork will always be placed to the left of the plate, and the knife on the right.”⁷

In the article “**How to Place Your Hands and Silverware at the French Table**” in journal des femmes article to describe the dining habits of French. With regard to the basic rules, **Elodie Rethan** wrote as follows: “Don’t put your elbows on the table. Set a napkin on your thigh. Use hands to tear bread, don’t use knife. Don’t put your bowl in your mouth when you eat soup..., etc.”⁸

The article about table manner written by **Yoon Wai** described Myanmar dining culture as: “In Myanmar culture, paying food to elders first and not making noises while eating are Myanmar traditional eating habits. When we were young, we were taught to eat the rice with our fingertips and not to handle spoons and forks with our dirty hands.”⁹

With regard to French dining habit; “Forks and knives are essential on the French dining table. The knives on the table are used not for cutting bread but for taking desserts. Moreover, eating all the food in the bowl shows you enjoy the food very much.”¹⁰

About the food Myanmar usually eat, rice is the main dish and they eat it with various kinds of curries. In the article “**Food Culture in Myanmar**” by **Leopoldo Costa** (2011), it is described as: “Myanmar people enjoy rice as their main food and it makes up about 75 percent of the diet. Rice is served with different kinds of stewed dishes and curries. Side dishes include salads and stir-fried or boiled vegetables with delicious spicy dips.”¹¹

The dominant of Indian and Chinese dishes are as: “Since Myanmar lies between India and China, both Indian and Chinese influences can be found in the cuisines.”¹² Moreover, relating with Myanmar table manners, Wikipedia describes as:

When dining at home, it is not custom to drink alcoholic beverages with meals. Serving spoons are taken with the left hand. Dinners begin to eat only after all the food has been placed on the table, with the eldest served first. In their absence a spoonful of rice is put aside first in the pot as a token of respect before serving the meal. Modern cutlery has become common, though some choose to eat in the traditional way with their fingers.¹³

Furthermore, relating with Myanmar table manners in “Mother’s Fables” by **Lu Htu Daw Amar**, no. 151 article named “Our Dining”, Kalyar Magazine, printed in September 1997, Myanmar dishes are described as: “Myanmar people eats cooked rice with more dishes with soup, sour, sweet, salty, bitter, mixed tastes.”¹⁴

In the paper named “Myanmar Culture and Practices” written by **Maung Ank** (MA, Bombay) in “**Courteous Myanmar, Cultural papers**” being published by Ministry of Culture describes do and don’t in Dining table under the name of Courteous at home as follow: “Eating before the elders is prohibited. Permission from them and serving firstly to them. Eating time

⁷ Chevalier-karfs, C., (2016). *How to place your hands and silverware at the French table*. <<http://www.frenchtoday.com/blog/how-to-place-your-hands-and-silverware-at-the-french-table>>

⁸ Rethan, E., : *Règles de base* <<https://deco.journaldesfemmes.fr/art-de-la-table/1447149-bonnes-manieres-a-table/>> *Les bonnes manières à table (article mis à jour le 16/09/13 11:34)*

⁹ Yoon Wai. (2017). *Life: Table Manner* <<https://www.lushmagazinemm.com/?s=table+manner>>

¹⁰ Yoon Wai. (2017). *Life: Table Manner* <<https://www.lushmagazinemm.com/?s=table+manner>>

¹¹ Leopoldo Costa. (2011). *FOOD CULTURE IN MYANMAR*. <<https://www.stravaganzastravaganza.blogspot.com/2011/12/food-culture-in-myanmar.html>>

¹² Ibid.

¹³ Wikipedia. *Table manners* <<http://www.en.m.wikipedia.org.html>>

¹⁴ trm! a': (√x)? tarh&\$pum;rm? uferwkrify! 2018? 203/

should be on time and slowly with pace. Don't speak too much while eating. Likable speeches should be in the dining table."¹⁵

In studying different eating customs in French and Myanmar in this study where both of them are preferred by the tourists, typical foods and table manners of Myanmar people are not detailed in published books and websites. A few facts of them are only described. As to the information about typical foods, table manners, table settings of French, etc., many details can be found either in books or websites on the internet.

Findings

Traditional Eating Habits of French and Myanmar

It can be observed that not only eating habits but table settings of different countries are also diverse. After taking some time for preparing a family table or dinner party, French usually have their meals blissfully and joyfully. When French is banqueting the guests, they will only be satisfied if they have treated home-cooked meal for them. They normally take a lot of time to eat while having a big family meal or a dinner party. Therefore, the sector of eating and drinking seems to play a vital role in the traditional cultures of French.

Myanmar people also take time to prepare the table in advance and have their meals delightfully afterward. Just like French, they prefer to offer home-cooked meals for guests. Since the ancient Kings' time, it can be found that Myanmar have celebrated decently and happily while having big meals.

Typical Meals

Breakfast

What the French usually have for breakfast are the bread or *Baguette* (long, narrow French loaf) covering with butter or jam as well as toast spreading with jam, butter, and honey, etc. Moreover, they also have croissants, cakes, yogurt, fruit juice, coffee, milky coffee, hot chocolate, cereals, etc. for breakfast, and now they are drinking tea too.

As regards to Myanmar, most people like to eat *Mohinga* (rice noodle with fish soup) for breakfast. They also have *Shan* noodles, *Ohn No Khau Swe* (noodles served with coconut milk gravy), rice noodles, rice noodle salad, noodle salad, steamed sticky rice, fritters, bean fried rice, *Youtiao* (Chinese fried dough), *Roti* or buttery Indian flatbread, *Chapati* (Indian flatbread), *Puri* (Indian deep-fried bread), potato soup, dim sums, bread, *Baozi* (steamed stuffed bun), tea, coffee, milk, etc. either in the restaurants or at home.

Lunch

While French is having lunch, they usually take salad or a kind of soup as appetizers, and meat or fish with vegetables, potatoes, rice or noodles, etc. as main dishes. And then, cheese and they eat it with bread too. As for dessert, they usually have fruits or snacks made with fruits or ice-cream and finish the lunch by drinking wine or beer or coffee. Nowadays, as the French can't spend much time on lunch, they tend to eat more ready-made foods that can be bought easily.

Myanmar people, on the other hand, like eating cooked-rice. They eat rice with meat/fish as a main dish, fried vegetables, soup and boiled or raw vegetables to go with fish-preserve sauce or paste. Sometimes, they have Chinese foods like fried noodles, fried vermicelli, fried rice and foods like cooked-rice with quick-fried chicken cubes, meat cubes

¹⁵ , Oáus,rDebuDme? , Oáusvtr#jrefm , Oáusrpwwrfrsm? (yxrtbu) - jrefmh , OáusrEsh usiDwfrsm; (armitt# r[mOZ#-b#b). 2005? 57-59/

with a sweet and sour taste and meat salad which all are easy to buy. For dessert, they have palm sugar, ginger-pickled tea leaves with other ingredients and a kind of fruit with plain green tea.

Dinner

The dinner of French people is not much different from their lunch. However, in family dinners, reunion parties and dinners associated with traditional festivals, they usually eat formally. In those kinds of dinners, the first thing they do is drinking gaseous liquids like beer, cola, soda and wine or drinks with a little percentage of alcohol to warm up their appetite. Then as an entrée, they have soups like fish soup, onion soup, potato soup or salads like tomato salad and vegetable salad. For the main dish, they eat fish or meat cuisine, together with fried vegetables, cooked-rice or noodles or sweet snacks made from the dough or potato.

After having the main dishes, they usually eat cheese. Cheese often goes with bread or a kind of fruit before or after dessert depending on how they want. As for dessert, cake or ice-cream or fruit is served. After that, they drink alcohol or wine or water and finish the dinner with coffee.

It can also be observed that during dinner, they often have white wine or champagne with fish cuisine, red wine with meat cuisine, water with salad, different kind of red wine with cheese and white wine with dessert as well. Coffee doesn't usually go with dessert as it is served after dessert at the end of dinner.

Myanmar people used to have dinner like lunch. They used to have dinner with the rest of the family. They don't cook especially for dinner. However, they usually have meat curry, fish curry, many kinds of salad, fried vegetables, soup, sauce (Nga-Pi yay) or fish sauce with vegetables or fruits, some food which is pounded, roasting dried fish or roasting dried meat and potato crisp, etc in great variety when we are invited to family parties and gathering parties. They take seats and eat together when the curry is complete. While they are eating, they also drink plain green tea.

Snacks

Around the afternoon 4:00pm or 5:00pm, French usually have snacks such as croissants, cookies, chocolate bread and hamburger or butty with some drinks as coffee, milk or fruit juice and so on. Myanmar people usually have tea leaf salad, ginger salad, assorted vegetables, tempura assorted and Myanmar foods such as Kyat-mote, mote-pel-sote, sticky rice dumpling, banana in coconut milk, streamed peanuts, winged bean root, noodle soup, vermicelli salad, assorted salad, Myanmar chicken vermicelli soup (kyar zan hin ga), lemon salad, sunflower seeds, poprice ball, bread with plain tea, coffee or tea as an appetizer. According to the region, they have different local foods when they eat appetizer. For example, in 19 centuries, since Mandalay was built, Chinese people have been living there, so, people usually have Chinese foods such as Chinese steamed bun, garlic oil noodles, Myanmar Mee shay noodle, and Indian foods such as Puri, rudis, rice Indian pan-cake(dosa) as an appetizer. Besides, they usually have Myanmar traditional foods such as tempura assorted and sticky rice, Myanmar national foods such as rice vermicelli or salad, Shan foods such as Myanmar Inlay Htin-htoke, steamed mustard, steamed mushrooms and so on.

Seating Arrangement

People in France like to place female or male in turn at the dining table. The hostess seats each top of the table. Only hostess decides seating arrangement. Besides, as French tradition, the hostess places a man between two women. The most respectful ones among the invited guests sit on the right of the hostess.

The male guest has to take seat and the second most important one takes seat on the left. Like this way, the most respected female guest takes seat on the right of the host (the male head of family) and the second most respected one on the left. The hostess often arranges the seats for the married couples separately in order to make new friends. But for the engaged couples, she arranges the seats side by side. If the table is in rectangle shape, the young and bachelors are arranged to be near the table's corner.

Myanmar couples sit side by side at dining table. The women usually take seats on the left side of the man. The eldest one sits at the head of the table. Or the householder who takes the responsibility for the whole family takes seat at the head of the table and then the eldest son, the middle son take seat on the right of the householder and on the left of householder, wife, the eldest daughter, and the middle daughter take seat in order.

The Style of Meal Serving

In serving meal, French serve the rice plate and side dishes from the right of the guest and then main dishes from the left of the guest. The dishes are moved only with left hand. The appetizer is also served from the right of the guest. When adding wine and water they must be poured into the glass from the right side of the guests without touching the glass and they are usually not fully-filled. Normally, wine glasses are not put on the table.

Generally, the guests themselves take turns having their own dishes. Men often serve women and fill their glass with wine or water. If they don't want to drink anymore, they will not be added to the glass until they are discarded. Keep in mind that only when the hostess who invites starts eating her dishes in her plate, guests usually start the meal by eating.

It can be found that when the dishes are prepared, French often pretend to like the dishes that they don't like and try eating a little to please the host who invites. Coffee and typical beverages (drinks) are often kept outside and are not typically served at the dining table. They are usually served in the living room or anywhere else.

In setting dishes, Myanmar people ladle out the cooked rice and curries onto the dining table and then have the meal by taking positions. The young are not allowed to eat before the elders haven't had a meal. The rest should have the meal after setting the dishes to the elders first. In setting the dishes to the elders, dishes are added in descending order. Only women have to refill the dishes at the dining table. Plain Green Tea or Water is served at mealtime.

Table Setting

When French people set the table, they used to set the crockery in the right place. The dinner bowls are first placed at each chair to have soup and dishes and the plates are particularly set for each dish.

To set the fork, the tips of the fork are placed on the left of the plate so that the carved monogram on the handle of the fork can be visible. The knife has to be placed on the right of the plate with the cutting surfaces pointing towards the plate. The dessert spoon is to be placed on the right of the knife.

Dispose the glasses from left to right hierarchically and the biggest one is to drink water. It can be seen that the glasses are disposed of systematically. The glass a little smaller than the biggest one is for red wine and the glass smaller than the second one is for white wine. Beside the glass for white wine is the glass for Champers.

For desserts, the little spoon is overturned and put the handle of the spoon on the right of the base plate. The Cheese-knife is put on the right of the plate with the blade facing the plate.

Handkerchiefs are put under the plate or in the glass folding in various ways. Bread is usually placed in the basket made with cane, bamboo, metal and wheat stalk. And the bread is on the left of the base plate or put in a small plate for each guest and usually placed on the left side of the guests.

Concerning the layout of the dining table, depending on the eating style step by step before eating, French people always displays the knives and forks on the table which are needed in eating the dishes and they display them in the form that they have to use.

The required utensils such as knife, fork and spoon are placed on the plate at the corner and for the main dishes it can be seen that they are placed at the nearest place of the plate. And the plates are not usually piled up on the table. The luncheon plate is often placed at the bottom and it is removed only when the dessert plate is served. The dessert plates, knives, spoons and forks are placed only when the main dishes are finished. The plates for cheese and dessert are usually placed in the kitchen or the cupboard where the plates are usually placed. The soup bowl is usually placed on the luncheon plate. Sometimes, Chinese round bowls are used instead of it.

Myanmar people either sit on the low stools at the dining table or place the mat on the floor, place a table and sit on the mat to eat. At the dining table, the plate, salad plate, soup bowl, meal plate, plate for boiled vegetables and plate for deep fries are placed depending on the number of the seats. They have an array of handkerchief or tissue, spoons and forks placed beside the plate. Small water bottles or cups for green tea are usually placed on the table or on the side of the table. The spoon and the fork are readily placed on the right and left side of the plate. And the meal spoon is placed downwards beside the meal plates. When we sometimes eat with hands, a wash bowl is placed on the table.

Dinner Etiquettes

While taking a seat at the dining table, French people should sit straightly and avoid sitting with your back in touch with the back of the chair. Both hands must be placed in a relaxed position on the left and right side of the plate which is in front of you.

While dining, the guests should wait until the hostess is seated. They should wait until everyone's (who are at the dining table) cups are filled with water. They should wait until the host says "Bon appétit" (Enjoy your meal). Eating is started only when the guests finish saying "Bon appétit" in turns.

At the dining table, they have a habit of talking time to chew the food and while doing so, they have fun by talking about family matters and fun stories. While talking they should speak softly and avoid talking about money, politics, and religion because they could get into arguments.

The man is supposed to pull out the chair for the woman beside him and he should also try to start a conversation with her. If the children want to leave the dining table, they have to inform the housewife first.

It's not a good manner to leave the foods on the plate. The pointed side of the fork has to put downwards and place it on the left side of the plate while the knife should be on the right side of the plate. In having bread, please aware that you should take only a little part with hand but not the knife. If you want to rely on the dishes, just use your left hand.

Although they have to clean our mouth with a napkin once they eat or drink, they have to be aware of the lipstick stain or the residual of food left on the napkin. They say "Prayer for health" to each other before they drink.

When we use a fork and knife, it is to be aware that our hand position is not in a fist shape. Use index finger to press it and be aware that you don't make any noise when cutting the food. In eating noodles, you have to take the noodle by rotating with the fork.

If the host asks you to take more, you have to refuse the first time not to show that you are a food junkie. But if the host asks the second time, you have to accept it to express that you like the meals. When you are eating, you better show you are eating the meals deliciously and you have to say like "very delicious", "so tasty" etc...

To show that you are still eating, fork and knife must be placed in the position of hour-hand indicating at 4 o'clock or 8 o'clock. After eating, these must be put like hour-hand at twenty-five past five or twenty past ten.

The guests must bring flowers, books or chocolate to the host for serving the meal at home. When giving flowers, be aware that we have to give only an odd number of flowers and must avoid thirteen flowers because people believe that number thirteen can take them unlucky and bad luck. The day after having dinner, we must say 'Thank You' again to the host by sending a message or calling the phone. Moreover, after one month or two months, it is better to serve them in return.

In Myanmar culture, all together take their respective place at the table and the youngsters must serve the elders first. It is typical to wait all the family members and eat on time. When we have the meal, we have to chew slowly and carefully. When we have soup, we should handle serving spoons with the left hand. While tooth-picking, cover your mouth with hand. If you want the things away from you, you have to ask the nearest person by whispering or gesturing. You have to put the bones that you've eaten on the empty plate. It is needed to try to sweet talk with a smiling face while eating. The women are supposed to serve the meal and plain tea for all people who are sitting at the table.

Table Manners to Avoid

The French don't like the invited guests who arrive earlier than the invited time because they haven't finished their preparations. Therefore, they usually go 15 minutes later than the invited time. Tell beforehand if you are too late. Don't ask to bring food being your friend.

Keep your hands on the table all the times. While eating, avoid smiling, leaving your table, standing up with no reason and making your plate dirty.

Do not rub your hands against each other when you toast as a blessing. It is assumed that toasting to the people in front of you and across from you could be dangerous. So, toast to the person beside you. When you take the food away from you, don't stretch out of your hand. Request politely from the people near it.

At the dining table, avoid asking the questions like "Where is toilet?". Tooth-picking is also strongly prohibited. While eating, avoid lighting the scented candles. Don't touch any food, except bread with your hands. Instead of cutting the salad with the knife, you must fold it by using fork and knife.

If the food is too hot, wait until it cool. Avoid blowing on hot food to cool. Don't lick the knife and fork by your tongue. It is required to avoid drinking first before adding to others' cups.

Being a woman, one should not serve wine or water herself having a man by side. Being a gentle man, one should not do the act of eating by oneself without serving ladies side by side.

It is not to pour wine full of the cup. It is better to pour three quarters of the cup and two-third of wine into the cup. Don't drink a soup bowl touching with your mouth. Besides, playing knife in the plate is being fussy about the food and eating a tiny morsel of food must be avoided. After eating, table-napkin must not be folded. Pull it which is spreading on the thigh gently and it should be put on the left side of one's plate.

While dining, Myanmar people avoid doing the followings: eating prior to the old, eating too fast, having mouthful of foods at once, talking while eating, opening mouth widely before morsel, making noise while eating and having soup, touching spoon with teeth, mixing rice and curries disgustingly, getting the curries with hands, being aware of sticking on the hands (rice or curries), drinking water without cleaning up hands and mouth, and putting the hands on the table while eating. While having a meal with others, especially we should avoid coughing and splitting. Moreover, moving the dishes to and from is not a good table manner. It is to be aware of talking too much while having a meal.

Discussion

According to the variation of geographical locations, climates, surrounding environments, religions, there may be some similarities and differences in the customs and cultures of each nation. Even though there are many differences in the way of speaking, clothing, living styles of the westerners and easterners, it is more important to line with each own customs and cultures, own place and opinion.

People nowadays mostly do not have enough time for the meals because of the busy works. Although they have to eat the fast-food accordingly, they take some times to cook and then dine together with the relatives and friends happily during holidays or festivals.

In learning the eating customs of Myanmar and French, they currently eat fast food for dinning since they are worried for being late for work but in holidays and traditional festivals, they prepare carefully and eat with family and friend happily as cultural practices. Both of them are pleased in serving and cooking themselves. In terms of eating habits, table setting and customs, French are grander than Myanmar.

In comparing the typical foods of them, French mainly eat flour-based foods, and dietary products. The Myanmar eat rice-based foods more. Moreover, the French like rich foods and the Myanmar are for sweet, salty, sour, and spicy more. It was found that French matches wine, coffee, milk, chocolate and cereal with eating, and for Myanmar, their matches are tea or water.

In seating plan, for French, married takes a seat separately and the engaged are in couple. The man takes a seat between two women. Myanmar takes a seat in couple. French married couple takes a seat at the both end of the table but Myanmar people places the eldest one or the head of the house takes the top of the table.

In serving dishes, the French serve from starters to desserts one after another but Myanmar places all dishes at the same times. The desserts are served after eating and French dine out the foods in turn. Myanmar dine out from the elders to the youngsters. For French, men have to serve the women in the dining table and we can find the reverse pattern in Myanmar.

In setting the table wares, although different utensils are placed due to different eating styles in French and Myanmar, pre-setting the table wares needed in eating can be seen. French dines at the high table. For Myanmar, they eat at not only high table or low one. French employs spoons, fork, knife in eating and Myanmar use hand apart from aforementioned table wares.

In comparing the table manners of French and Myanmar people, such same manners as sitting straight and eating, waiting till the whole family members have taken their seats, speaking politely and softly, avoiding arguments, eating with a cheerful face, keeping fork tips down, etc. can be found. However, in French society, the hosts are usually men while in Myanmar, women are the hosts. Although Myanmar people serve the elders first, French usually don't. The French use spoons and forks to eat and Myanmar use their hands instead. When offering another helping, the French refuse the offer for the first time in order not to be considered as they eat a lot and usually accept for the second time helping. However, Myanmar thinks and accept help for the first time. The French bring gifts and presents to the host while the Myanmar don't. The French also invite their host as their guests in return and the inviting culture may vary in Myanmar. Such differences can also be found.

In comparing the table manners that should be avoided in French and Myanmar society, the manners such as asking the guests to bring food with them, putting the elbows on the table while eating and supporting the chin by the hand, taking the food away from you by reaching over everyone for it, tooth picking, having soup by touching the margin of the bowl with your lips, licking spoons, forks, and knives and making sounds while having soup are similar in both culture. On the one hand, the French don't like when the guests arrive in advance, on the other hand, in Myanmar, the guests arrive early to help the host. The French usually toast before drinking while Myanmar people do not. Although the French avoid blowing the hot food to cool down, Myanmar people usually do this manner. The French usually chat with each other delightfully while eating whereas Myanmar people do not. Such differences can also be found. Furthermore, the French do eat only when they are invited properly although the Myanmar are not invited, it is observed that the passers-by trying to participate in the feast.

In conclusion, since the culture and language exist together, the one who learns a foreign language must notice its culture. By comparing table manners of the Myanmar and the French, it was found that the French eat healthier food than other nations. Therefore, for the students specializing in French, they can know more about table manners and word usages of the two countries, France- Myanmar. Moreover, they will have the willingness to study, can follow good manners and avoid bad manners. Then, they will be eager to maintain the table manners of the country and nationality in order not to disappear.

Conclusion

In this research paper, the food traditions of French and Myanmar are presented and any similar research has not been found yet. From this study, it is observed that there are a lot of differences between the French and Myanmar in food and cultures. In addition, the students can know the similarities and differences of food traditions and build a better relationship in society through this knowledge. Thus, this study will help and give a lot of advantages to students who are learning French, and willing to study table manners of French and Myanmar. Besides, students who are going into tourism business, and hotel management will be able to give French customers satisfactory services. This paper includes the table manners of the French and the Myanmar. Besides, it is found that the research papers can be done on other cultures related to dressing culture, religion, workplace culture and family traditions.

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