

Title: Change in Eating Patterns when Asian International students study abroad in the United States

About the Author: Every time I go for my English class, my teacher will always ask us to write an essay about ourselves. And although I've written this essay many times I always find it difficult to think of an introductory paragraph. Perhaps I don't write or read much that's why my level of English isn't improving that fast.

I'm from Malaysia, if you love food that's the place you've got to visit. There are tons of foods varying from Asian cuisine to western cuisine. If you like spicy food; if you have a sweet tooth we've got it all. And I love good food, my personal favorite is a desert called Cendol. It's basically crushed ice, topped with green noodles, red beans, corn, and a liquid mix which consist of brown sugar, coconut milk.

Besides that, I also love to play sports, outdoor adventure. My first outdoor adventure camp was when I was nine years old. At that time it was a big thing for me. I was away from my parents for 4 days. During the camp, I almost cried because I missed my parents and from that very camp I learned that, what's the point of crying, feeling down, messing up my whole day. I might as well suck it up and persevere through the problem. And now here I am in the States studying, a big leap for me in my life.

Through sports, I also realize that I like to help people, motivate them and lead people as a team. Two years back I joined an outdoor adventure course by Outward Bound School. We had to kayak from Lumut Beach to Pangkor Island which is six km apart. We were divided into groups of two and my partner was a girl. We started well but after some time the girl's arms started to feel sore; so I encouraged her to keep up the good work and I kept on chatting with her to keep her mind off the soreness. Amazingly we were among the first three to reach the shore. I have really learned the incomparable value of team motivation.

Traveling to different parts of the world has enabled me to sample different delicacies besides experiencing different cultures of life. Consequently, I have developed a passion for food and cooking. There was once I tried to bake bread but, it didn't turn out as expected. The bread didn't have the right texture and taste. Nevertheless, I did not give up trying again. The second time, I reduced the amount of yeast and butter in baking the bread but the bread turned out dry and hard. My third time baking the bread was a blessing in disguise. When I was halfway in the process of baking the bread, I realized that I didn't have enough bread flour. Not wanting to waste the bread, I decided to use potato flakes as a substitute. Voila! I have created a new recipe! The texture was just perfect and the taste was superb.

The list doesn't end.

Keywords: Eating Patterns, Asian, American, International

Abstract: It all started from my prior experience, having a holiday in the United States and summer camps, and now studying at UIUC that made me want to do this research on the how Asian International students adapt to the change in eating patterns when studying in the USA. I did observations, interviews, online research to gather the data that I needed to come to a conclusion as to why there was a sudden change in eating patterns, how the Asian International students dealt with it.

Reflect: After conducting this research my perspective towards American food changed. Previously I had a stereotype view that all American foods are very oily, unhealthy but actually that's an old belief. Now the American foods are becoming healthier. I also realized that Americans were rather into Asian delicacies. I found this out while doing my research and stumbled upon this fact.

Besides that, this was my first research paper ever written. I learned a lot of new things as to how to conduct a proper interview, observations; the needed procedures, paper works. I also learned to look at a certain issue from various angles. For example, when I was looking up scholarly sources regarding my topic which was the change in eating patterns; in my mind the only thing that I was thinking of was eating patterns. Then after a few days of consulting my teaching advisor and friends it dawned onto me that I should always think of other alternatives and stop looking at one direction.