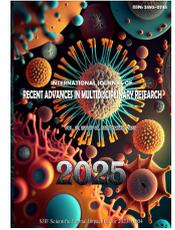




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RESEARCH ON THE PERCEPTION AND IDENTITY OF INTERNATIONAL STUDENTS IN CHINA ON SICHUAN CUISINE FOOD CULTURE FROM A CROSS-CULTURAL PERSPECTIVE

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ABSTRACT

In the context of deepening globalization, China, as an ancient cultural country with a long history, has become one of the important factors attracting international students from all over the world. Sichuan cuisine, with its unique flavor of spicy and fragrant, enjoys a high reputation at home and abroad, and has become one of the largest cuisines in Chinese folk. However, international students in China (ISIC) encounter numerous challenges in adapting to and identifying with Sichuan cuisine food culture. This paper employs a questionnaire survey method to find that there are the following problems in the perception and identification of Sichuan cuisine food culture among ISIC, including a low acceptance of Sichuan cuisine ingredients, difficulty in adjusting to the numb and spicy flavors, and personal adaptation difficulties stemming from cultural disparities. This paper proposes suggestions aimed at effectively enhancing the acceptance and sense of identity of ISIC towards Sichuan cuisine food culture, thereby fostering the international dissemination of Sichuan cuisine food culture, bolstering cultural self-confidence and national pride, attracting more international students to study in China, and facilitating global food culture exchanges and mutual learning.

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INTRODUCTION

As one of China's most representative cuisines, Sichuan cuisine has become an important messenger of Chinese culture to the world. Its unique spicy aroma has not only conquered the taste buds of diners around the world, but has also become an important part of China's cultural soft power. At present, more than 20 countries around the world have authentic Sichuan restaurants, from Rongyuan in Manhattan, New York (the first Sino-US cooperative Sichuan restaurant in the United States) to international metropolises such as Paris, London, and Tokyo, Sichuan restaurants have sprung up (Liu and Lin 2009). The internationalization of Sichuan cuisine is not only the dissemination of food, but also the demonstration of Chinese cultural confidence and international influence (McDougall, 2021). Through the rich flavor type (24 standard flavor types) of "one dish, one style, one hundred dishes and one hundred flavors", Sichuan cuisine has shown the world the breadth and depth of Chinese food culture. Typical dishes such as mapo tofu and kung pao chicken have become internationally recognized symbols of Chinese cuisine, and 2024 data shows that the order rate of these classic dishes in

Chinese restaurants around the world exceeds 75% (Gan, 2024). For ISIC, Sichuan cuisine culture is not only a window to understand China, but also a high-quality choice for cross-border entrepreneurship and employment. Sichuan cuisine cooking and culture courses offered by many universities, and there is a high demand for international catering management talents. As a condensed embodiment of Sichuan culture, Sichuan cuisine provides international students with food anthropology investigation samples, intangible cultural heritage skills experience, festival cultural carriers, etc. With the in-depth implementation of the "Sichuan cuisine going overseas" strategy, it is expected that the global Sichuan cuisine market will exceed US\$150 billion by 2030, becoming an important link for cultural exchanges between China and foreign countries (Mancuso, 2024). Chinese food culture is blending with other countries' cultural exchanges abroad, and it is crucial for ISIC to successfully adapt to Chinese food culture. "The people take food as the sky", and the food culture of a region can be used as a business card for local publicity. Sichuan's food culture is unique, and whether ISIC adapt to the local food culture is related to the success or failure of the final cross-cultural adaptation and identity of the ISIC (McDougall, 2021).

As a carrier of cultural values, food can reflect the heterogeneous cultural behaviors of domestic college students and international students, promote the awareness of the nature and differences of cultural behavior practices between two different cultural groups, and promote the collision and exchange between various social groups and multicultural behaviors (Reddy et al. 2020). Therefore, by conducting research on the perception and identification of Sichuan cuisine food culture among international students in China from a cross-cultural perspective, we can gain insights into their acceptance of and issues with Sichuan cuisine food culture. Through the cross-cultural perspective of the study of the perception and identification of Sichuan cuisine food culture by international students in China, we can understand the acceptance and problems of international students in China about Sichuan cuisine food culture, help find the root cause of the problem of dietary discomfort caused by cultural differences and propose solutions, improve the perception and recognition of Sichuan cuisine food culture of international students in China, and attract more international students to come to China. We should better promote the "going out" of Sichuan cuisine food culture, enhance cultural self-confidence and national pride, and promote the international dissemination of Sichuan cuisine food culture.

LITERATURE REVIEW

Cross-cultural identity is the product of communicators crossing cultural boundaries and adapting and constructing each other with members of other cultures, reflecting their tolerance and open-mindedness, coherent knowledge structure, and ability to break ethnocentrism and integrate different cultural perspectives (Alhazmi and Kaufmann, 2022). As an aspect of cultural adaptation, food involves people's eating concepts, eating methods, ingredient choices, and eating habits (Jayasinghe et al. 2025). When international students enter a place that is different from their original living environment, they will not only face differences in climate, geography, but also face the discomfort of cultural differences such as habits, preferences, and diet (Baklashova and Kazakov, 2016). If international students face the inability to adapt to the local culture for a long time, it will be difficult to fully integrate into the local environment, which will affect their study and life.

Domestic scholars generally adopt the theoretical framework of cultural adaptation to discuss Sichuan cuisine's cultural adaptation. According to the data of a follow-up study conducted by Sichuan University for five consecutive years, 68% of international students have difficulty adapting to Sichuan cuisine in the early stage of their arrival in China (1-3 months), mainly manifested in insufficient tolerance to spicy taste and differences in ingredient cognition (Zhou et al. 2023). A study on cultural adaptation in Sichuan pointed out that the level of language tool use directly affects the decoding efficiency of Sichuan cuisine cultural symbols among international students, and the depth of understanding of Sichuan cuisine cultural connotation by international students with strong language skills is significantly higher (Liu, 2024). The phased adaptation model has been verified in a multi-university joint study: sensory adaptation period (1-6 months): international students mainly try slightly spicy classic dishes; Cultural exploration period (6-12 months): 31% of international students began to participate in in-depth cultural experience activities; Identity internalization period

(more than 1 year): Some international students creatively integrate Sichuan cuisine elements into their own cuisine (Liu, 2025). Domestic research is gradually establishing a scientific evaluation index system. The "Dietary Adaptation Index" proposed by a university includes four dimensions: taste acceptance, ingredient awareness, cultural understanding and social application. The data show that the cultural adaptation cycle of international students who have participated in systematic food culture experience is shortened by an average of 30%-40% (Zhong et al. 2021). It is worth noting that: the initial acceptance of Sichuan cuisine by Southeast Asian students is 35% higher than that of European and American students, but there is no significant difference in cultural understanding (Cheng et al. 2023). Foreign scholars are more inclined to study from the perspective of cross-cultural communication and identity construction. Cambridge University scholar Fuchsia Dunlop's culinary ethnography "Shark Fin and Sichuan peppercorns" records in detail the cognitive transition process from resistance to recognition, and proposes a theoretical framework of "taste socialization". The study pointed out that Sichuan cuisine learning is not only the acquisition of skills, but also the process of reshaping cultural cognitive patterns and values (Eckhardt, 2009). In addition, a research team from Cornell University found that through the experience of Sichuan cuisine, international students' understanding of China's philosophy of "harmony and difference" increased by 52% (Chen, 2005).

Foreign studies mostly use qualitative methods such as ethnography and in-depth interviews. For instance, the project of the Center for Chinese Studies tracked the dietary adaptation process of 12 international students in Chengdu and proposed a "three-layer decoding model": sensory layer: physiological response to basic taste types such as spicy; Technical layer: cognition of cooking skills such as knife work and heat; Cultural layer: understanding the philosophical ideas and social relationships behind diet (Bhagya et al. 2022). A research has focused specifically on the effects of cultural distance, finding that dietary adaptation is not a linear process, but a spiral full of repetition (Jayasinghe et al. 2025). A cross-cultural study showed that international students who participated in Sichuan cuisine production experience had a 43% reduction in stereotypes about Chinese culture (Chen, 2005). Current research shows that Sichuan cuisine has become an important medium for cultural adaptation and identity construction for international students in China (Lyu, 2024). Domestic and foreign studies have their own strengths in theoretical perspectives and methodologies: domestic research emphasizes holistic grasp and educational application, while foreign research focuses on individual experience analysis and business transformation. Future research should strengthen academic dialogue between China and foreign countries, adopt mixed research methods, and focus on the application and transformation of research results in education and industry. Since the beginning of contact with Sichuan cuisine food culture, international students in China have faced cultural shocks in terms of concepts, methods, ingredients, etc., and the inability to quickly integrate into Sichuan cuisine food culture has become an important factor in the study and life of international students coming to China. We urgently need to find ways to solve the cultural shock, form a cultural identity, break the cultural discomfort caused by this food culture barrier. Therefore, this study is committed to studying the perception and identification of Sichuan cuisine food culture among international students in China

from a cross-cultural perspective, in order to enhance their identification of Sichuan cuisine food culture.

METHODOLOGY

This study using a combination of questionnaire survey and interview method. The questionnaire consists of three dimensions: personal information, understanding and acceptance of Sichuan cuisine culture, and preference and choice of Sichuan cuisine specialties. Among them, personal information includes gender, age, and hometown, which can be divided into different research groups for subsequent research. The questionnaire focuses on the collection of information on the respondents' acceptance and views on Sichuan cuisine culture, and the reasons for this opinion, and then discovers the dietary discomfort caused by cultural differences. Meanwhile, the questionnaire is designed with the selection of Sichuan cuisine specialties, international students often choose according to their first impression, which is a choice across different cultures, which can further show what kind of color and aroma Sichuan cuisine can win the favor of international students, and become a breakthrough to strengthen the perception and recognition of Sichuan cuisine food culture by international students. Through quantitative analysis of questionnaire data, descriptive statistics such as average score and standard deviation of each question were calculated to understand the overall perception and problems of Sichuan cuisine among international students.

Through offline field visits, questionnaires are distributed to international students inside Sichuan tourism University (SCTU), meanwhile, they are distributed to international students in other colleges and universities through online social platforms. Secondly, interviews were conducted with teachers and international students inside and outside SCTU, the elements and root causes of Sichuan food culture were discussed, suggestions were obtained to solve food culture conflicts, and the interview results were qualitatively analyzed, and finally the final path to improve international students' identification with Sichuan cuisine food culture was obtained.

RESULTS

A total of 126 valid questionnaires and 41 interviews were received, research sample mainly from countries along the "Belt and Road", especially from African (As shown in figure 4.1). This is closely related to the educational strategy of Sichuan Tourism University. We analyzed the questionnaire data and interview data and found that there are mainly five problems in the acceptance of Sichuan cuisine food culture by ISIC:

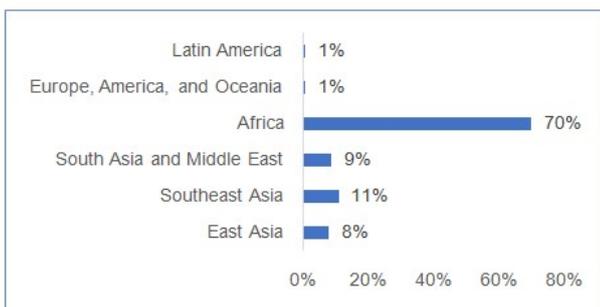


Figure. 1 The distribution of respondents' cultural dietary circle

The acceptance of Sichuan cuisine ingredients by ISIC is low: During the survey, we used a tablet to display Sichuan cuisine in the form of pictures in front of the respondents, and the respondents chose the Sichuan cuisine they accepted or liked. Among the sweet and sour pork, mapo tofu, fish-flavored shredded pork, boiled pork slices, and garlic white meat, most respondents chose mapo tofu. During the selection process, the respondents asked the question, "What is this made of?" We answered: pork. The interviewee hurriedly waved his hand: This is not good, we don't eat pork. Through the collection of questionnaire data, as shown in figure 4.2, among all respondents, 60% said they partially accepted common ingredients in Sichuan, 30% said they fully accepted them, and only 10% said they did not accept them at all. This indicates that the majority of respondents do not fully identify with the main ingredients of Sichuan cuisine. And the low acceptance of Sichuan cuisine ingredients will affecting ISIC' adaptation to Sichuan cuisine food culture.

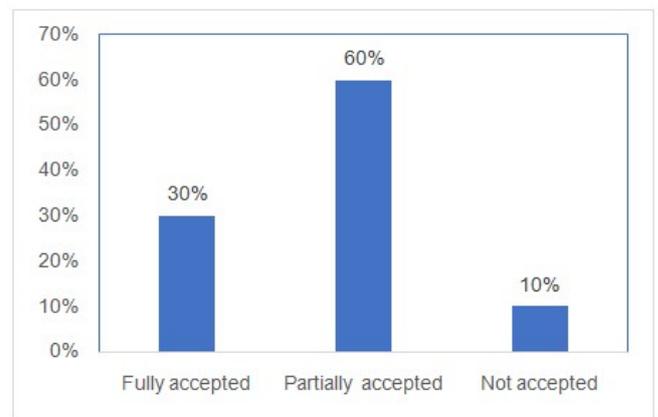


Figure 2. The acceptance of Sichuan cuisine ingredients

The acceptance of Sichuan cuisine spicy by ISIC is low: Through the survey, it was found that African students accounted for 70% of the total number of respondents, which was related to their native eating habits, and African students had a low acceptance of numbness and spiciness of Sichuan cuisine. Regarding the flavor of Sichuan cuisine, as shown in figure 4.3, the fish flavor has become the most popular taste with a 50% approval rate, and its salty, sour, spicy and sweet balance characteristics, mixed with the aroma of pickled pepper, ginger and garlic, are deeply favored by international students. The most favorite spicy flavoreaten by Sichuan people only received 30% of the approval rate, accounts for the second place.

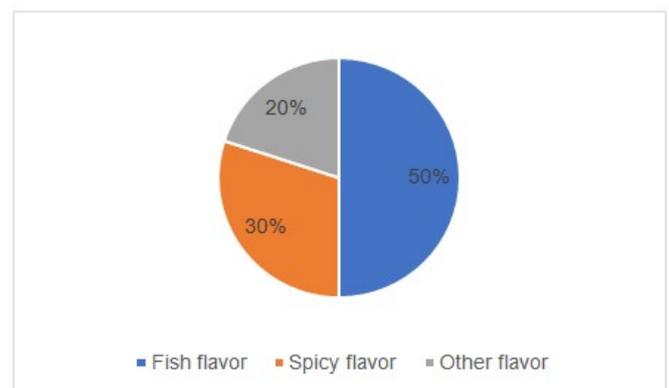


Figure. 3 The approval rate of the flavor of Sichuan cuisine

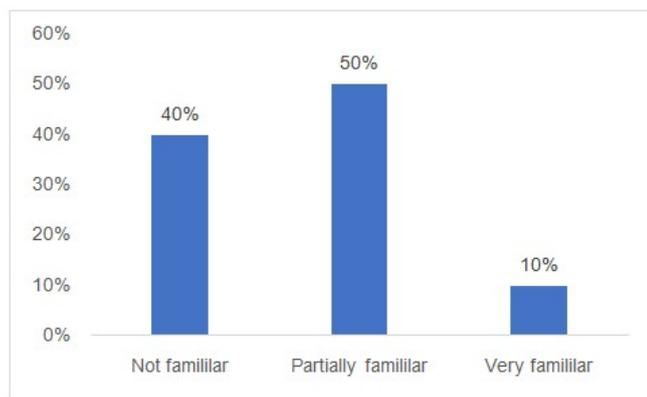


Figure 4. The familiarity of Sichuan cooking methods

ISIC came from countries with a relatively light diet to Sichuan, where the diet is relatively spicy, and their bodies did not adapt in a short period of time. When trying spicy Sichuan cuisine for the first time without adequate preparation, international students may experience damage to the gastric mucosa due to chili pepper irritation. This is also one of the reasons why ISIC may not readily embrace Sichuan cuisine food culture.

Insufficient cross-cultural exchange and recognition of Sichuan cuisine: In the context of cross-cultural communication, food culture is not only an integral part of daily life, but also an important medium for cultural identity and social integration. For ISIC, Sichuan cuisine, as one of China's most representative regional cuisines, often becomes their first window into Chinese culture. From the perspective of cross-cultural communication, ISIC' identification with Sichuan cuisine is not only a taste adaptation, but also a process of cultural cognition. In the process of eating with locals, international students also subtly complete cultural exchanges and identification by observing the dining habits of others and learning to use chopsticks. One respondent stated, "I went to eat hot pot with my friends and felt integrated into their lives." This sense of cultural identity contributes to enhancing their overall goodwill and sense of belonging towards Chinese culture.

However, issues such as language barriers and cultural misunderstandings can also affect the identity process. For instance, some ISIC are confused because they cannot understand menu terms, and then become resistant to the dishes themselves.

The individual adaptation affect ISIC's acceptance of Sichuan cuisine: The dietary adaptation of ISIC is closely related to their overall adaptation in China. The survey found that well-adapted ISIC often have the following characteristics: first, they have a strong open mind and are willing to try new things; second, have a good social network and be able to recommend suitable restaurants through friends or classmates; third, have certain Chinese communication skills and be able to express their dietary preferences or taboos when ordering. Conversely, some poorly adjusted students showed a strong discomfort with the dietary environment, especially those from countries with strict religious beliefs, who had a particularly difficult life in Sichuan due to limited halal food resources. In addition, it takes time for the body to adapt to spicy food. Some ISIC will experience gastrointestinal discomfort, mouth ulcers and other phenomena

when they first arrive in Sichuan, which also exacerbates their rejection of Sichuan cuisine. Over time, some ISIC found it difficult to accept it, choosing to avoid Sichuan cuisine or look for alternatives to Chinese food.

The international dissemination of Sichuan cuisine culture is inadequate: In the context of increasingly frequent cultural exchanges between China and foreign countries, the international dissemination of Sichuan cuisine can not only effectively enhance the international soft power of Chinese food culture, but also have far-reaching significance in promoting the cultural adaptation and cultural identity of ISIC.

However, the survey data show that only 10% of the surveyed international students said they were very familiar with Sichuan cooking methods (As shown in figure 4.4), which reflects the low overall awareness of Sichuan cooking skills among the respondents. The primary reason for this is the inadequate international dissemination of Sichuan cuisine culture.

On the one hand, most ISIC have limited exposure to Sichuan cuisine culture prior to arriving in China, resulting in a lack of fundamental understanding of its food culture. On the other hand, due to the lack of early adaptation to the spicy taste of Sichuan cuisine, ISIC generally do not accept Sichuan cuisine in the early days of coming to China. This situation highlights the necessity and urgency of strengthening the international dissemination of Sichuan cuisine culture.

Suggestions

Adapt to the characteristics of Sichuan cuisine ingredients: When choosing a Sichuan restaurant, ISIC can give priority to those restaurants that focus on the quality of ingredients and feature fresh ingredients. In this way, ISIC can not only taste authentic and delicious Sichuan cuisine, but also ensure the health and safety of their diet. Furthermore, it is advisable for ISIC to actively sample various combinations of Sichuan cuisine dishes and continue exploring more delightful Sichuan cuisine options, thereby facilitating their integration into Chinese food culture. For ISIC who have dietary taboos (such as not eating beef and pork), they can try the following strategies when adapting to Sichuan cuisine and Chinese food culture: Firstly, take the initiative to explore diverse dish choices, and pay attention to Sichuan cuisine based on poultry, river fresh, mushrooms and various vegetables, such as sauerkraut fish, kung pao chicken, fish-flavored eggplant, etc., which can not only reflect the unique seasoning skills of Sichuan cuisine, but also avoid dietary taboos.

Secondly, strengthen cross-cultural communication skills, learn to clearly express dietary needs in Chinese, and take the initiative to confirm the composition of ingredients with restaurant staff during meals. Furthermore, utilize social media to discover specialty restaurants catering to ISIC's dietary requirements, including halal Sichuan restaurants and vegetarian eateries, thereby broadening your dining options. Finally, ISIC can also try to participate in cooking classes or independent cooking, purchase ingredients according to personal dietary preferences, and use Pixian watercress, Sichuan peppercorns and other Sichuan cuisine special seasonings to make improved versions of Sichuan cuisine, while respecting their own dietary principles, deeply experience the charm of Chinese food culture. By adopting

Table 1. Questionnaire of the perception and identity of Sichuan cuisine among international students in China

Perceived identity dimension	Title
1. Basic information	1. Gender
	2. Age
	3. Which major cultural food circle does the hometown belong to?
2. The degree of perception of Sichuan cuisine culture before and after coming to China	1. Before coming to Sichuan, how well do you know Sichuan cuisine?
	2. In the process of encountering Sichuan cuisine, what factors prompted you to explore the historical stories and regional characteristics behind it more deeply?
	3. Whether food culture events related to Sichuan cuisine, such as food festivals, will increase your interest in local food?
	4. What form of publicity about Sichuan cuisine culture would you like to see in your study/living environment?
	5. Are you willing to try Sichuan cuisine that is unfamiliar and may not fit your eating habits?
3. Preference and choice of Sichuan cuisine specialties	
3.1 Sichuan cuisine elements and taste preferences	1. What is your favorite Sichuan cuisine element?
	2. Which of the following Sichuan cuisine flavors do you think best represents the unique charm of Sichuan cuisine?
3.2 Sichuan cuisine appearance preference	1. Which of the following Sichuan dishes do you like more (in the form of pictures)
	2. Which of the following desserts do you prefer (picture shape)
3.3 Sichuan cuisine cooking skills and ingredient acceptance	1. How much do you know about the following Sichuan cuisine cooking methods (such as: stir-frying, boiling, stewing, grilling, etc.)
	2. How much do you accept pork, beef, animal offal, and rabbit meat?

the aforementioned methods, one can not only fulfill personal dietary requirements but also seamlessly integrate into the local food culture environment.

Adapt to the flavor characteristics of Sichuan cuisine:

Sichuan cuisine has attracted many ISIC with its unique flavor and rich variety of ingredients, but some ISIC have a low acceptance of the signature spicy flavor of Sichuan cuisine. In response to this situation, it is recommended that ISIC adopt a step-by-step approach to adapt to the flavor characteristics of Sichuan cuisine. Upon their initial arrival in China, ISIC may prioritize trying slightly spicy or non-spicy Sichuan dishes, such as classic fish-flavored dishes. While retaining the characteristic flavor of Sichuan cuisine, these dishes are relatively less spicy and more acceptable. With the gradual deepening of understanding of Sichuan cuisine, ISIC can gradually try dishes with higher spiciness and gradually broaden their range of taste adaptation. Meanwhile, Sichuan cuisine should also adjust its taste to adapt to the international market. In response to the taste preferences of the international market, Sichuan cuisine can appropriately adjust the spiciness, and launch more slightly spicy or non-spicy dishes to meet the needs of different consumers. The unique flavor and cooking skills of Sichuan cuisine are preserved to ensure the uniqueness and recognition of Sichuan cuisine in the international market.

Respect cultural differences: Food culture is an important part of the cultural system, ISIC will inevitably encounter various cultural differences in the process of adapting Chinese food culture. Therefore, it is advisable for ISIC to fully respect the cultural differences and actively seek to understand and learn about the etiquette, norms, customs, and traditions associated with Chinese food culture. For instance, Chinese people often prioritize sharing and communication, preferring to sit together and share food, which contrasts with some Western countries where personal eating habits are emphasized. When engaging in Chinese food-related activities, ISIC should endeavor to adapt to this cultural difference and experience the joy of sharing food with others. Concurrently, ISIC are recommended to maintain an open and inclusive mindset, possessing the courage to try and embrace the uniqueness of Chinese food culture, encompassing special

ingredient selection, cooking techniques, and dining customs. Through continuous trial and experience, ISIC can better adapt to Chinese food culture and integrate into the Chinese learning and living environment more smoothly.

Take the initiative to explore and actively participate: The survey data shows that in terms of exploring Sichuan cuisine culture, there are differences in the degree of understanding of Sichuan cuisine culture due to different degrees of individual adaptation. Therefore, it is recommended that ISIC actively participate in the exploration and experience of Chinese food culture. ISIC can actively participate in various Sichuan cuisine cultural activities organized by schools and communities, such as Sichuan cuisine culture lectures, cooking practice courses, and food festival activities. By attending lectures, one can systematically learn about the historical development, profound cultural connotations, and unique cooking techniques of Sichuan cuisine. Through practical cooking courses, participants can experience the cooking process of Sichuan cuisine, thereby deepening their understanding and mastery of its techniques. Participation in food festival activities allows one to immerse oneself in the rich food culture atmosphere and fully appreciate the charm of Sichuan cuisine. ISIC should maintain an open and inclusive attitude, possessing the courage to try various Sichuan cuisines with distinct flavors, particularly those with local characteristics. Actively communicate and interact with Chinese classmates and local residents, delving into the cultural background behind each Sichuan dish, in order to enhance their understanding of Chinese food culture and effectively improve their adaptability to it.

Promoting the dissemination of Sichuan cuisine culture: In order to better spread Sichuan cuisine culture and enhance the acceptance and identity of ISIC to Sichuan cuisine food culture, we need to implement comprehensive policies from various aspects such as cultural education, catering services, interactive exchanges.

Firstly, deepening cultural education. Universities and related institutions ought to organize regular lectures and cooking workshops focused on Sichuan cuisine culture, inviting masters of Sichuan cuisine and cultural experts to elaborate on

the historical origins, cooking techniques, ingredient selection, and cultural narratives associated with Sichuan cuisine. Secondly, optimizing catering services. University dining halls and nearby restaurants should offer a diverse range of Sichuan cuisine options, encompassing dishes with varying levels of spiciness and flavors, and clearly indicate ingredient information to cater to the individual preferences of ISIC. The dining environment should be improved to create a strong Sichuan cuisine cultural atmosphere, so that ISIC can deeply feel the unique charm of Sichuan cuisine culture while tasting food. Finally, strengthening interaction and communication. By organizing a series of events, such as Sichuan cuisine cultural festivals and food-sharing sessions, international and Chinese students are encouraged to participate together, thereby fostering mutual understanding and friendship between them. International student catering mutual aid groups can be established to encourage ISIC to actively share their personal eating experiences and adaptation experiences, thereby creating a good atmosphere of cross-cultural exchange.

CONCLUSION

Based on surveys and interviews, this paper deeply analyzes the current situation of ISIC's perception and identity of Sichuan cuisine food culture, and uncovers the challenges they face during the adaptation process, including low acceptance of Sichuan cuisine ingredients, difficulty in adapting to its spicy taste, and personal adaptation issues stemming from cultural differences. In response to these problems, this paper puts forward corresponding solutions and suggestions, aiming to enhance the acceptance and identity of ISIC to Sichuan cuisine food culture and promote the international dissemination of Sichuan cuisine food culture. This study found that the degree of adaptation of ISIC to Sichuan cuisine food culture is closely related to their personal mentality, social networks and Chinese communication skills. ISIC who possess an open mindset, a strong social network, and a certain level of Chinese language proficiency are often able to adapt to Sichuan cuisine culture more swiftly and gain positive cultural experiences. Therefore, we recommended that ISIC actively explore and experience Sichuan cuisine culture, respect cultural differences, and gradually adapt to the ingredients and flavor characteristics of Sichuan cuisine in the process of studying in China. Meanwhile, universities and related institutions should also provide more cultural experience opportunities for ISIC by holding cultural lectures, cooking courses, food festivals and other activities to help them better understand and integrate into Sichuan cuisine food culture. The international enhancement of Sichuan cuisine itself is also pivotal. While maintaining its traditional characteristics, Sichuan cuisine should prioritize the diversity and sustainability of its ingredients, make appropriate adjustments to its taste to cater to the international market, and strengthen brand development and marketing efforts. Through these measures, Sichuan cuisine can not only better meet the dietary needs of ISIC, but also show its unique charm on the international stage, attracting the attention and love of more international friends.

The international dissemination of Sichuan cuisine food culture is a long-term and complex process that requires the joint efforts of international students, universities, catering companies and relevant institutions. Through the improvement

of Sichuan cuisine itself and the exploration of internationalization paths, we believe that Sichuan cuisine food culture will be more widely disseminated and recognized around the world, and make important contributions to the enhancement of the international influence of Chinese culture.

Compliance with ethical standards
Conflict of interest The authors declare that they have no conflict of interest.

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Glossary of Abbreviations

ISIC: International students in China

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