

展覽概述

Exhibition Overview

臺灣早年是糧食產區，產量不僅自足還能出口。然二次大戰造成民間物資匱乏，臺灣面臨糧荒問題。政府除推動農漁增產，也透過政策廣徵糧食、抑制奢侈性消費。從「公共食堂」的興起到1980年代「梅花餐」運動的推廣，都是貫徹政府力求儉樸的政策。

此後60-80年代，臺灣飲食視野更為寬廣：隨著電視臺開播，「傅培梅時間」一播40年，對臺灣家庭飲食影響深遠。在移動中的火車餐車上享受美食，成為不少人美好的回憶。而象徵國家對飲食論述的國宴菜單，忠實呈現不同年代的政治思維：在地風味小吃、在地食材，乃至於國宴下鄉，是這20年來臺灣無論政治或飲食的風貌。

Taiwan used to be a food production zone with self-sufficiency and even, exporting overseas. However, due to the deprivations after WWII, food shortage occurred in post-war Taiwan. Apart from enhancing agricultural and fishery production, the government acquired food and inhibited conspicuous food consumption through its policies. From the rise of “public canteen” in the post-war period to the “five-dish and one-soup set” movement in the 1980s, all these movements indicated government’s policy toward a thrifty and simple life.

From the 1960s to the 1980s, the dietary habits in Taiwan were further broadened. As TV stations started broadcasting, the TV cooking show “Fu Pei-Mei Time” which lasted for 40 years brought far-reaching influence to the dietary habits of Taiwanese families. Enjoying gourmet food in the dining car on a train was also a sweet memory of many people. The state banquet menu symbolizing the country’s dietary treatise also faithfully presents the political thoughts in different eras. Local specialty street food, local ingredients, and state banquets held in the rural areas have been the political or dietary styles in Taiwan over the last two decades.



想食·鄉食時

臺灣飲食檔案特展

Eat More, Eat Better: Exhibition of Archives on the Dietary Culture of Taiwan



2021 2022
11/24 - 05/31 新莊 Xinzhuang Exhibition

國家發展委員會檔案管理局展覽廳 Exhibition Hall, National Archives Administration, National Development Council
09:00-17:00(放假日停展) 09:00-1700 (closed on holidays)

2022 2022
07/15 - 11/14 苗栗 Miaoli Exhibition

臺灣客家文化館第五特展室 5th Exhibition Hall, Taiwan Hakka Museum
09:00-17:00(周二休館) 09:00-1700 (closed on Tuesday)

2023 2023
02/18 - 11/30 南投 Nantou Exhibition

臺灣省政資料館第一特展室 1st Special Exhibition Room, Taiwan Provincial Administration Information Hall
09:00-17:00(國定假日及周一休館) 09:00-17:00 (closed on holidays and Monday)

協辦單位 | 交通部臺灣鐵路管理局 圓山大飯店

財團法人台北糧食協進會 EleySeng 四塊玉



廣告

指導機關 | 國家發展委員會 行政院農業委員會 客家委員會

主辦機關 | 國家發展委員會檔案管理局

合辦單位 | 客家委員會 客家文化發展中心 中華飲食文化基金會

先求吃飽的年代

Stomach-Filling Era

戰後政府為解決糧荒問題，鼓勵全面增產，並舉辦增產競賽。另外，開辦筵席稅並推動公共食堂政策。行政院長蔣經國推行十項革新政策，要求公務人員謝絕應酬，但民間應酬宴飲難以禁絕。於是1980年代，出現「五菜一湯」的「梅花餐運動」，梅花餐成為節約聚餐的代名詞。

Government encouraged full-fledged production and ran national production boost competitions to resolve the food shortage problem. Besides, government also imposed the feast tax and transforming restaurants into public canteens. The former Premier Ching-Kuo Chiang announced the 10 reforms to request government employees to decline social gatherings. However, the ban was unstoppable for the general public. In the 1980s, therefore, the "five-dish and one-soup set," aka the "plum blossom meal" emerged as a synonym for frugal meals.



美援改變你我的飲食

US Aid: A Change in Dietary Habits

以美國為主的國際援助，提供臺灣各項物資，不僅解決戰後缺糧危機，也改變我們的飲食。大量麵粉援臺，政府推出「以麵代米」政策，衝擊國人米食的習慣。透過中國農村復興聯合委員會的補助，自國外引進動植物，增加飲食項目。而原本是富貴人家喝得起的牛奶，也變成日常飲品。

USA-led international aid: the provision of various necessities not only resolved the food shortage in post-war Taiwan but also changed the people's dietary habits. The government also introduced the "flour for rice" policy which impacted the dietary habits of having rice as everyday meals. Through the funding of the Sino-American Joint Commission on Rural Reconstruction (JCRR), new animal and plant species were introduced to enrich the dietary spectrum. Milk that was only affordable by the upper class also became popular to the ordinary people.

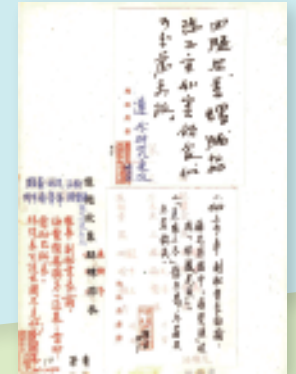


從便當到國宴

From Bento to State Banquet

電視烹飪節目、學校家政課及農會家政班，是過去在家庭外學習烹飪的管道；電視讓傅培梅成為家喻戶曉的家庭烹飪大師。臺灣庶民美食—鐵路便當，也是我們搭火車的美好回憶。國宴則最能代表國家對飲食論述的筵席，從國宴菜單變化，已逐漸融合臺灣在地及小吃特色。

TV cooking shows, the home economics classes in schools and the women's home economics class at the farmers' association were all channels for learning cooking. Through TV broadcast, Pei-Mei Fu became a well-known cooking master across Taiwan. The Taiwan Railway (TR) Bento is not only one of the representative dishes of common people but also a sweet memory of a rail trip. The state banquet is by far the most iconic feast of Taiwan's dietary treatise, and its menu shows the gradual integration of Taiwan's local specialty dishes and Taiwanese street food.



汽水、市場、飲食國際化

Soft Drinks, Market and Diet Internationalization

汽水自日治時期進入臺灣，是清涼飲料的代表。早市從傳統市場漸移至公有市場；夜市則成為我們吃飯逛街的好去處。1980年代國際連鎖速食業陸續進駐臺灣，我們也將臺灣美味打進世界舞台。1990年代起，客家及原民料理的精緻化，以及新住民帶來的東南亞料理接續拓展臺灣美食版圖。



The soft drink was introduced to Taiwan during the Japanese colonial period and was a symbol of cold drinks. Market areas transferred from the stalls along the street in traditional markets to the booths in public, yet, night markets become the dining and shopping area for people. When international fast food chains were introduced to Taiwan during the 1980s, we also exported local delicacies to the global catering market. Since the 1990s, the refinement of Hakka cuisine and indigenous cuisine and the Southeast Asian cuisine brought by new residents have expanded the spectrum of Taiwanese gourmet food one after another.