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**CULINARY CULTURE OF SOUTH WEST  
VIETNAMESE PEOPLE IN DEVELOPING  
TOURISM - VINH LONG PROVINCE CASE**

**MAJOR: CULTUROMICS**

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**DOCTORAL DISSERTATION**

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# INTRODUCTION

## **1. Rationale**

Local culinary culture is one of attractive, emotional and impressive factors for tourists. That is characteristics about natural conditions, history of settlement and developing territory also living together of communities, nations having created difference, diversity, richness of South West culinary culture.

Nowadays, exploitation the potential of agriculture and local culture to diversify tourism product of South West is one of central goal of socio-economic policies in Vinh Long. Vinh Long is also multi-ethnic land, creating a colorful painting where the Vietnamese play a subject role. Living together of Vietnamese people with local Khmer people and Chinese people through three centuries has contributed to richness and originality for South West culinary culture in general and Vinh Long in particular. However, applying culinary culture into tourism has not been exploited properly to promote local inherent resources. Therefore, exploitation the cultural resources of the province in general and culinary culture in particular to diversify and specialize tourism product is an urgent problem today. Derived from the above fact, we has chosen this scientific research: *Culinary culture of South West Vietnamese people in developing tourism - Vinh Long province case* as our doctoral dissertation for culturomics major.

## **2. The purposes and tasks of the research**

### ***The purposes of the research***

Clarify characteristics, meaning of Vietnamese culinary culture. Thereby, determine roles and values of culinary culture in spiritual and material life of community in sustainable development to cultural tourism based on practical conditions of South West in general, Vinh Long in particular.

### ***Tasks of the research***

System of reasoning issues about culinary culture, tourism, tourism resources and products. Manipulating research theories to go deep and find out elements impacting on formation and development of culinary culture of South West Vietnamese people - Vinh Long province case.

Collecting, processing, analysing data to clarify characteristics, roles of culinary culture of South West Vietnamese people in daily life and in important events.

Emphasizing position of culinary culture in developing local economy and tourism. At the same time, analysing objective, subjective conditions of the local as bases for offering effective exploitation Vietnamese culinary culture in developing tourism at South West - Vinh Long province case.

### **3. The subject and scope of the study**

*The subject of the study:* culinary culture of Vietnamese people in Vinh Long is researched based on aspects: exploiting local ingredients as the foundation for culinary formation; processing techniques show creativity, integration and adaptation of the Vietnamese; way to enjoy the cuisine in the corresponding space.

*Respondent:* we made surveys from September, 2019 to February, 2020: 3 zones (1 joint venture, 2 private enterprises); 3 orchards (An Binh commune and Binh Hoa Phuoc commune, Long Ho district); 12 Homestays; 10 restaurants; depth-interview 43 people including culture and tourism managers, cooks, farmers, ... to clarify the subjects of the study.

#### ***Research scope:***

*Space:* research general conditions of South West and the representative case is Vinh Long province. Vinh Long is an early province in its 300-year history of reclamation and establishment of hamlets. It has natural and social conditions which are typical of the

whole Southwest region: the land is accreted by alluvium of the two biggest rivers (Tien river and Hau river). The agricultural economy develops favorably, is a region full of agricultural products of the Southwest region. Vinh Long is also a home to many ethnic groups, mainly three ethnic groups: Vietnamese, Chinese, Khmer with a strong process of cultural exchange and acculturation in history. In tourism exploitation, Vinh Long has a full range of popular tourism types in the Southwest (ecotourism, spiritual tourism, river and garden tourism, homestay tourism, ...). Especially, from culinary dishes bearing the unique identities of the above – mentioned ethnic groups to innovative and creative dishes or dishes acquired from other countries, the Mekong river imprint of the Southwest is fully displayed in Vinh Long culinary culture. Therefore, we have chosen Vinh Long as the case study.

*Time:* Vietnamese culinary culture has been formed in the process of reclaiming village establishment and development until now. Cultural – social data about Southern or Mekong River Delta used before and after 1975. Data for comparing used in 5 years from 2015- 2020.

#### **4. Questions and Research Hypothesis**

##### ***Questions***

*Question 1:* How natural and social conditions in the South West and Vinh Long province impacted Vietnamese culinary culture there?

*Question 2:* How can Vietnamese culinary culture be identified?

*Question 3:* How can Vietnamese culinary culture in the South West be exploited, promoted in Vinh Long tourism?

##### ***Research Hypothesis***

*Research Hypothesis 1:* Based on historical, natural and social conditions of the South West, Vietnamese culinary culture has been

formed. Affected by general conditions, Vinh Long culinary culture both has regional, cultural characteristics and has its own unique features caused by and fusion with Vietnamese culture.

*Research Hypothesis 2:* Vietnamese culinary culture in the South West region – the case of Vinh Long province is identified through raw materials, processing methods, spatial taste and culinary specialties of Vinh Long province.

*Research Hypothesis 3:* The Vietnamese culinary culture not only meets material needs of humans but also puts it into tourism, contribute to in the socio-economic development South West and Vinh Long.

## **5. Research method**

This dissertation is done towards an interdisciplinary approach: history studies, tourism studies, environmental studies, ethnology, ... ; applying research methods: statistic, classification; Attendance observation; depth interview; synthesize, analysis and comparison.

## **6. Scientific and practical significance and new points**

### ***Scientific significance:***

This dissertation manipulates research theories to clarify functions, value of Vietnamese culinary culture in community life and in sustainable tourism development of the South West, Vinh Long case.

### ***Practical significance:***

The result of this dissertation contributes to reference source for building sustainable tourism and cultural development project in Vinh Long next stage.

The result of this dissertation provides scientific justifications cultural identity in the period of international exchange and intergration today.

### ***New points of the dissertation***

Codify, classify, analyse basic characteristics for more clearly identifying Vietnamese culinary culture in the affection of historical, natural and social conditions in the South West and Vinh Long province.

## **7. Layout of the dissertation**

In addition to heading, conclusion, reference and appendix, the content of the dissertation is presented in 4 chapters.

# **Chapter 1 RESEARCH OVERVIEW**

## **1.1. Studies about culture, food and food culture**

1.1.1. Theoretical basis and research theory of the topic

1.1.2. Food and food culture

## **1.2. Studies about tourism and exploiting culinary culture in developing tourism**

1.2.1. Theoretical basis and types of tourism

1.2.2. Exploiting culinary culture in developing tourism

## **1.3. Studies about the history and culture of the Southwest region and Vinh Long province**

### **1.4. General assessment**

1.4.1. The works as the theoretical basis of the topic

1.4.2. The works about food and culinary culture

1.4.3. The works about exploiting culinary culture in developing tourism

## **SUB CONCLUSION CHAPTER 1**

Culinary culture of South West Vietnamese people is an important part and element of Vietnamese culinary culture; also has a special look and nuance of a cultural river area. The natural conditions of the Southwest show a deep impression on the food,

drinks and in their survival space. In other words, other scientific works have pointed out that living together of Cham – Chinese – Khmer people with the main subject – Vietnamese community in the cultural interference (due to political upheaval) has created multilayer due to the process of exchanging cultures in general and culinary culture in particular at this area. The nature of this modification is not merely fusion but purification and applying quintessential values to make them a constituent of excellence in Vietnamese culinary culture. Research issues were overviewed through documents help us initially form basis in reflecting, analysing and evaluating culinary culture of Vietnamese people in developing South West tourism- Vinh Long case.

## **Chapter 2**

### **THEORETICAL AND PRACTICAL BASIS**

#### **2.1. Theoretical basis**

##### **2.1.1. Definitions related to this research**

On the basis of researching definitions, this research synthesizes definition of previous people to solve research problems of this dissertation, we offer definition of culinary culture as follows:

Culinary culture is one of the quintessence of national culture (community, local); is a lively, harmonious combination of physical culture (food, drink, food processing tools) and intangible culture (processing method, preservation, decoration, taboos associated with customs and habits); is a reflection of the land history in life, economy, culture, society of a community on two aspects: creation and enjoyment.

##### **2.1.2. Research theories**

### *Cultural ecology theory*

From the points of the theory to concretization in real life in Viet Nam, we use cultural ecology theory to clarify role of natural environment in formatting characteristics and culinary culture's value of South West Vietnamese people, Vinh Long case. Other way, not only considering the dialectical relationship between people and natural environment but also considering the dialectical relationship between people and society – foundation of demand and variety of culinary. On that basis, propose some solutions to develop sustainably culinary tourism through how to behave in harmony in the spirit of preserving and protecting in respect human nature; at the same time, it contributes to the empowering of South West tourism in Vinh Long in the future.

### *Theory of Intercultural Communication*

We applied theory of Intercultural Communication to find out the similarities as well as the unique of the Vietnamese culinary culture, contributing to affirming the “Vietnamese identity” in Southern cuisine. In a broader sense, applying theory of Intercultural Communication in the implementation of this thesis will contribute to paving the way to bring the culinary culture of the Southwest Vietnamese people to the world culinary culture on the journey of economic – cultural development and international integration of Viet Nam today.

## **2.2. Practical basis**

2.2.1. Summary about the South West

2.2.2. About Vinh Long province – research case

## **Sub conclusion chapter 2**

In this chapter, we have codified related definitions along with identifying two research theories to create a theoretical basis for this research. Overall picture of South West, Vinh Long case has been drawn up in a general way about characteristics, natural

conditions and basis for formation Vietnamese culinary culture here. Besides, the writer has identified the role of the subject – the Vietnamese in ethnic communities in the process of formatting and developing South West. Due to being flexible and generous, Southern Vietnamese people in general and South West Vietnamese people in particular absorb easily Western culinary, meet survival needs and enrich culinary culture's value of the nation.

### **Chapter 3**

## **FEATURES OF VIETNAMESE CULINARY CULTURE IN VINH LONG**

### **3.1. Sources of culinary ingredients and traditional cooking methods**

#### 3.1.1. Sources of culinary ingredients

Ingredients for food processing of the Vietnamese in Vinh Long is extremely rich. To get this result, ancestors had to refine food and drink experience during the process of exploring South West in general and Vinh Long in particular. It is the attitude of taking advantage of natural products from wild flora and fauna of the Vietnamese creating unique culture of the South West, not being confused with other regions.

#### 3.1.2. Traditional cooking methods

Cultural compatibility in culinary creates diversity in processing methods. This characteristics was considered on two angles: passive fusion arised due to the community process, foreign marriages between ethnic groups; active fusion arised due to selective reception process.

### **3.2. Taste, space and way to enjoy food**

#### 3.2.1. Taste

Taste of Vietnamese people in Vinh Long is very diverse. The dishes are tasty, “flavorful”: spicy, bitter, sour, acrid and salty but the most prominent are sweet and fatty. South West Vietnamese people use bold sweetness in all dishes but Vinh Long is the clearest. Sweet is from sugar, rock sugar, vegetables and fruits, animal bones and fresh coconut water. Fatty taste is processed from coconut milk and animal fat.

### 3.2.2. Space and way to enjoy

Space and way to enjoy is divided into 2 species: indoor and outdoor. Space to enjoy cuisine indoor: daily meals can be taken place on the dining table, plank, floor, lobby or in the living room, dining room, kitchen, ... Space to enjoy cuisine outdoor: in the garden, on the edge of the pond, the rice field or on a boat that can be both enjoy the food and the moon.

Way to enjoy cuisine of Vietnamese people in Vinh Long has its own characteristics but still has the same value system of Vietnamese culinary culture all over the country. From the perspective of traditional culture, way of enjoying food of Vietnamese people has the following characteristics: using the five senses when enjoying, balancing yin and yang.

### 3.2.3. Drinking wine – Cultural nuances of Southwestern cuisine

Vietnamese people in South West or Vinh Long all are very gratitude, the way of drinking alcohol shows a deep community: one glass of wine alternately shared with the whole from start to finish. The table will send out the host (holding a bottle of wine to coordinate for the whole table). The host pour a glass for two people to drink together called “cửa đôi” (half a glass each). The first glass of wine is usually for the host to invite guests, after drinking is transferred to the host and to all the remaining members one after another and repeated like that called “xây vòng”.

Also, there are exceptions, like someone - drink with that person, called “bắn bông, bắn bở”. That separate glass of wine is not counted in the “round”, the drinking session continues like that until the end. In drunken leaven, they confided in happy and sad stories, share the advantages and disadvantages of life, while humming some amateur songs. In the midst of the vast, open space of the river, the drinking party seemed to dispel the worries and hardships of life.

### **3.3. Culinary in some elements of culture**

#### **3.3.1. Cuisine in customs and habits**

Vietnamese culinary culture is shown most clearly in customs and habits. According to customs in the South West in Vinh Long, Tet holiday, Ky Yen ceremony at the worshipping God temple and Mrs. Festival at the parade are all important ceremonies of a community. The fresh ingredients selected or harvested after a season are displayed intact or processed to offer to the Gods. Now, culinary is no longer an ordinary food or drink, but becomes an offering with a sacred and solemn significance. To the divine, it is necessary to be sincere, even openly and transparent.

Culinary in Tet holiday is one of concrete manifestations of achievements. The plentiful and rich dishes and drinks show the prosperity and the success of the family after a hardworking year. To the Vietnamese in Vinh Long, just looking at the items displayed on the Tet offering tray can tell the level of achievement achieved by the homeowner over the year. With a generous and hospitable personality, the homeowner is willing to share his achievements with difficult, lonely neighbors. This is a cultural tradition of the village for a long time, still preserved in Vietnamese families, expressed at the time of preparing to welcome the traditional New Year.

#### **3.3.2. Culinary in folk literature**

In Vietnamese language, culinary is both a verb for an action of proving living energy to the human body and is a common noun:

eating refers to important physical phenomenon in social life. Culinary also a metaphor for a philosophy of life, reflecting the beauty, generosity and favor of nature, personality and morality of the South West Vietnamese people. The dishes, drinks and the ingredients that make them go into proverbs, idioms, chants, dances, ...

### 3.3.3. Culinary in folk medicine

From practical experience; from the need to establish a career, the Vietnamese people from the time of recession have gathered experiences in using culinary to have health to fight wild beasts, wild animals, farming, breeding, ... to survive and develop on new land . Therefore, What to eat and not to eat is a question that always asks and has the answer from the predecessors passed on to the next person. Through the way of word to mouth, from families, relatives, neighbors, ... stories related to nutrition, healing and taboo in culinary are always topics discussed in meetings. In this chapter, we briefly mention issues related to culinary in nutrition, healing and taboo according to Vietnamese conception (survey group) in Vinh Long.

## **3.4. Culinary specialties of Vinh Long province**

### *Sub conclusion chapter 3*

Vietnamese culinary culture in Vinh Long is both diverse and rich with its own unique features, but also has typical values of Vietnamese culinary culture. It is the difference in natural and social conditions in the South West along with the exchange and acculturation with the culinary culture of other ethnic groups that took place in the past few centuries that has formed a list of rich dishes of the Vietnamese people.

On family or community rituals, offerings as an offering to show traditional morality, at the same time; it is also a sacred rope connecting the past with the present, connecting members with the family; personal connection with the community, homeland;

becoming the cultural consciousness of each person. Research result at this chapter is the basis for exploiting sustainable tourism in Vinh Long.

## **Chapter 4**

### **EXPLOITING VIETNAMESE CULINARY CULTURE IN VINH LONG**

#### **IN DEVELOPING SOUTHWEST TOURISM**

#### **4.1. Culinary culture in developing tourism**

##### **4.1.1. Economic value**

Culinary is not only a factor to stimulate the consumption of tourists to increase revenue for manufacture factories, household businesses related to tourism but also stimulate the development of agriculture, fisheries; expand food production and processing establishments to supply goods for the market. Culinary tourism is a great opportunity to promote the local and national economy, increase the values chain in agriculture, food production and processing, and preserve, promote local and national culture to the world, ...

##### **4.1.2. Social value**

Culinary culture has contributed to social stability, created employment opportunities, increased per capita income, improved the quality of physical and spiritual life, reduced social evils from poverty and unemployment.

##### **4.1.3. Cultural value**

Culinary culture connects with material and spiritual cultural elements. On the material aspect, it is enjoyment (eating and drinking) to satisfy biological needs; on the spiritual aspect, it is the perception of the human connection with the divine, is the behavior among people in an orderly hierarchical society and also to demonstrate class in the society.

Culinary culture is the concrete and vivid manifestation through the processing method, the exploitation of raw materials, the taste of the nation, region and even the know-how of processing and preservation, taboos in culinary use and social behavior called “rules” from daily meals to formal parties.

#### **4.2. Exploiting culinary culture’s value in Vinh Long tourism**

4.2.1. Current status of culinary exploitation from the culinary craft villages

4.2.2. Current status of exploiting culinary culture’s value at tourism household business

4.2.3. Current situation of culinary culture exploitation in homestay

#### **4.3. Comments about exploiting culinary culture in Southwest tourism**

4.3.1. Comments about achievements and limitation

*Achievements:* The position of Vietnamese culinary in the Southwest to domestic and international tourists; The abundance of raw materials affects promoted activities for tourism investment; The dynamism of tourism businesses in grasping the trend of culinary tourism development.

*Limitations:* Culinary tourism has not become a typical product; Food processing experience has not been properly exploited; Management and organization of activities for exploiting culinary culture tourism have not been synchronous; natural changes and environmental pollution affect the raw materials for culinary processing.

4.3.2. The route for building food tourism products in Vinh Long province

Based on practical conditions in Vinh Long, we propose some recommendations: building a legal basis for the exploitation of

culinary culture in tourism; establishing the consistency in the process of experimenting with the linkage model; linking relevant branches in creating specific products; training a team of exploiting culinary culture in tourism; protecting the natural ecological environment and humanities related to culinary; applying technology revolution 4.0 in cultural tourism and culinary culture; experimenting Vietnamese folk culinary tourism towards the formation of a culinary cultural tourism in Vinh Long.

#### ***Sub conclusion chapter 4***

With the abundance of raw materials, favorable natural conditions, gentle personality, hospitality, creativity and dynamic in labor and production, The Vietnamese people in Vinh Long all have the conditions to be able to bring their culinary culture to participate in the sustainable socio-economic development of the province through the tourism development route. Thus, recommendations and some concrete suggestions are conclusions based on practical conditions in Vinh Long.

From establishing a legal system to ensure the rights and obligations of subjects (branches, tourism household businesses, farmers, professional teams, ...) to building experimented models on the route to build specific products for Vietnamese culinary culture tourism in Vinh Long is not far from the actual conditions that have been and are in Vinh Long.

## **CONCLUSION**

National culinary culture is an interesting topic attracting many researchers not only in Culture but also in Agriculture, Ecology, Sociology, Ethnology, Cultural Anthropology, Nutrition, Medicine, ... and is important research subject of Tourism and other related branches. Scientific research: *Culinary culture of South West*

*Vietnamese people in developing tourism - Vinh Long province case* is done in the direction related to Culturology. Research problems raised in this research are resolved as follow:

1. Culinary culture is one of derivative terminology from the definition of culture. Each ethnic groups, each territory all has a unique culinary, reflecting natural conditions, historical processes and economic, cultural and social conditions. This is a multi-meaning term, in each perspective, the researcher has different perception and reflection. This is the different reflection that helps to identify the characteristics and values of Vietnamese culinary culture in the similarity and difference with other localities in the South. In addition to analyzing the connotations of the concepts, we have based on basic arguments of Cultural Ecology theory and Intercultural Communication theory to clarify the culinary of the Vietnamese in the Southwest and Vinh Long on historical, natural and social conditions and cultural environment that the Vietnamese community has been affected by for more than 300 years.

2. Vinh Long – case study, located in the South West, both has similarities with the whole region in terms of nature, history, culture, economic type and has its own characteristics, creating a unique nuance in two aspects: tangible culture and intangible culture. This is one of the three places in the South West that soon formed in the reclaiming history of the Vietnamese people, located in the area of “civilized garden” and has a developed material culture of which Vietnamese cuisine is the most vivid proof. Vietnamese exiles from Tonkin and the Central of Viet Nam to Vinh Long brought with them survival knowledge and a highly adaptive culinary skill as their luggage to set up a hamlet. With the spirit of “clinging to the land, building the village”, a dynamic mindset, like innovation, creativity and a high adaptability to all circumstances over 300 years, they have

created a rich and diverse culinary unexpectedly, adding to the cultural culinary asserts of the Vietnamese all over the country.

3. The reason why South West has a rich and diverse list of dishes, drinks imbued with regional cultural identity because this place inherits the favor of nature. On this land, Tien and Hau River, through the centuries, they have been transporting fertile alluvium to supply orchards and rice fields and have great role in agricultural economic development of the area. Vinh Long has a special geographical position,. This is an important foundation of a diverse and abundant material area that are exploited, utilized by many classes of Vietnamese people and constantly supplemented by farming methods to meet the survival needs of the community. Through that, building a culinary culture that is typical of the region but also has the unique characteristics of Vinh Long. On the other hand, over the past centuries, Vinh Long has also been one of the leading provinces in gardening, farming and aquaculture; creating food and essential food sources for domestic and foreign consumption markets; at the same time, it is also the main source of raw materials in the processing and culinary consumption of local people and tourists.

4. Vinh Long is not only endowed with a favorable geographical position for the development of agriculture – fishery but also the residential land of three long-standing ethnic groups: Vietnamese – Khmer – Chinese (in which the Vietnamese have over 97% of the total population); therefore, it left unique imprints in the process of cultural exchange and acculturation among ethnic groups. That process affects the formation of dishes with specific cultural and culinary characteristics of ethnic group but delicately and harmoniously integrated. The process of exchange and acculturation between ethnic groups is also the process of adapting, integrating and transforming culinary culture, which is vividly expressed from

daily meals at home to offerings ancestors and gods on holidays and New Year. With the spirit of openness, The Vietnamese has accepted the culinary cultural values of the ethnic groups and then further improved and created to enrich their culinary. This fusion is first and foremost stemming from the need for survival, but it also has a greater meaning that is the union for all people to coexist . Thus, Vietnamese culinary shows the spirit of communism with the ethnic groups living in Vinh Long.

5. Culinary culture of a nation or a land is recognized through its characteristics, role and value. In a developed area of rivers and agriculture, the types of animals and plants available in the wild or invested in farming have been a rich source of raw materials for the processing of dishes. Due to the advantage of owning a tangled canal system compared to other regions in the country, the “watery nature” takes shape in the culture in general and the culinary culture in particular of the Vietnamese people in Vinh Long. The Vietnamese have taken advantages of all the food – aquatic animals that nature bestows in the cooking process. To get this result, the ancestors had to refine their eating experience during the process of reclaiming the hamlet. It is the attitude of utilizing natural products of the Vietnamese has created an unique culinary culture shade the South West, including Vinh Long.

6. Vietnamese culinary culture in Vinh Long manifests in a specific and vivid way through the exploitation of raw materials of culinary; through processing techniques, preservation or know-how that are preserved in the family and community; creating a diverse list of dishes, drinks used in daily life or on important holidays. The Vietnamese in the South West has their own taste formed through the need for practical activities and cultural fusion with other ethnic groups to create unique characteristics of the culinary. The way of exploiting the raw materials, the way of processing has a great

impact on the appropriate place to enjoy. All create a cultural space, in which the team of exploiting, processing and enjoying is the subject deciding the existence of culinary culture.

7. Nowadays, tourism is a smoke-free industry, an industry-leading of country and local. South West in general and Vinh Long in developing a sustainable developing strategy always put tourism as an important role in all areas of social life, contributing to promoting economic growth of the province. Therefore; folk, traditional cultural values, traditions imbued with national identity has been focusing on exploiting and putting into tourism activities. Regardless of the type of tourism, culinary also plays an essential role, expressing the unique identity of the nation and satisfying the needs of enjoying the deliciousness and beauty of the people. However, to promote the link between farming and cultivation thereby promoting and propagating about the cultural and spiritual beauty of a nation; parallel to affirm the identity of the Vietnamese nation associated with the history of reclamation and development the South West, there is nothing as specific, lively and attractive as culinary culture. In other word, building a type of Vietnamese culinary tourism in Vinh Long is all geared toward those good and productive ends.

8. Until now, culinary culture has been welcomed by the tourism community as a support activity, not yet considered as a tourism product. This demonstrates in codifying normative documents about developing tourism in Viet Nam in general and the South West in general, Vinh Long in particular. The reality shows that culinary culture tourism is less developed than that of many countries around the world from strategy to action. To promote culinary culture tourism, it is necessary to have close coordination of private businesses, restaurant systems and professional associations, also the government's role in tourism management from the Central

to local. Based on practice and legal documents, the writer has given some proposals and recommendations revolving around problems: preserving the production area of specialty processing materials; preserving the way of processing and preserving traditional cuisine; preserving cultural and culinary space; training human resources and creating new products based on available ingredients and culinary specialties or the use of media; applying 4.0 technology to tourism activities and building specific cultural and culinary tourism products in Vinh Long province. Nature of proposals and recommendations is to diversity and specialize tourism products, set the core criteria to step by step develop tourism in Vinh Long sustainably in the future; minimize the influence and consequences between tourism and culinary culture according to the current globalized tourism trend. This is a problem that has not been mentioned from previous studies.

9. Building a tourism product or a new type of tourism requires a route. Based on practical research in the South West and Vinh Long to clarify that the research subject is Vietnamese culinary culture in tourism development, we are aware of the importance of the problem; that needs to take appropriate steps, creating sustainability on the route towards perfecting the type of Vietnamese cultural tourism in Vinh Long. These are explanations based on the practical conditions of Viet Nam, the South West. It is a synchronous combination between related branches (Culture, Agriculture, Tourism, Economy, Investment) in the perspective of state management so that the operation of each branch (with its own function) is oriented towards a common goal: culinary culture tourism. Those are the ways to experience some activities from low to high; from training a team of practitioners (guides, chefs, tour designers, ...) to establishing a network of close connections between restaurants, hotels, resorts, attractions, ... to help tourism products meet the needs of tourists the best.

10. Global climate change trend, environmental pollution, mechanical immigration has disturbed the structure of the rural population, the instability caused by the epidemic is significantly affecting the South West. As a region with a long-standing development of agriculture, accounting for a high proportion of the national economy, the development of culinary tourism here has a solid foundation. The agricultural economic development goes hand in hand with the development of tourism culture, including Vietnamese culinary culture tourism is an immediate and long – term solution in creating a sustainable human-ecological region; solving the problems posed about social management; solving problems of labor and employment; building landscape, green clean, beautiful agricultural environment; creating a friendly and rewarding destination in terms of material culture and spiritual culture for those who come to the South West and Vinh Long.

Finally, with the result of this dissertation, we hope to empower tourism in the South West and in Vinh Long in the future. The potential of this research's content is the aspiration towards a prosperous and stable life of the Vietnamese community in Vinh Long when participating in building a culinary tourism model. That is also the aspiration of the writer as a graduate student trained by Tra Vinh University.

**LIST OF  
SCIENTIFIC RESEARCH WORKS OF THE AUTHOR**

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