Food provides human energy and satisfies our basic needs. We need food everyday and we use *food* in our everyday language as well. The relationship between food and metaphors, a type of embodiment expression, is considered an important issue in linguistics. Following Chap. 1, the introduction of the book, Part I presents studies on embodiment and emotion. In Part I, Chap. 2 explores the metaphorical expressions of food types in Hakka; examines the metaphorical categorizations of *food* concepts; and identifies the Hakka cognitive and cultural perceptions behind food metaphors. The metaphorical process of *FOOD* in Hakka, for example, is understood via three target domains: (1) *life*, (2) *personality*, and (3) *human relation*. Further, in Chap. 3, an investigation of food proverbs is illustrated to better understand the subsequent Taiwan Hakka cultural implications with the ultimate goal of facilitating Hakka language learning. Food-related expressions, *fruit* and other plants in Chap. 4 provide a comparative study of the embodiment expressions in Mandarin Chinese, German, and English to illustrate the cognitive model underlying these expressions. Language connects people with both the tangible and intangible and appears as macroscopic family resemblances. Various food sources are useful for linguistic vehicles and such embodiment was verified via linguistic research.