

- Chapter 14
- Food Habits and Cultural Patterns
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 - Lesson 14.1
- Key Concept
- Social and economic change usually results in alterations in food patterns.
- Social Influences
- Social structure
 - Groups may be formed by economic status, education, residence, occupation, family.
 - Group affiliation influences food attitudes and choices.
- Food and social factors
 - Food symbolizes acceptance and warmth in social relationships.
 - Certain foods trigger childhood memories.
- Psychological Influences
- Diet patterns
 - Food has many personal meanings
 - Many psychological factors rooted in childhood
- Food and psychosocial development
 - Food relates closely to psychosocial development
 - Toddlers may become “picky eaters” to control parents
 - Food neophobia (fear of unfamiliar foods) is normal developmental factor
- Psychological Influences, cont'd

- **Marketing and environmental influences**
 - **Media**
 - **Peers**
 - **Convenience items**
 - **Grocery stores**
- **Economic Influences**
- **Family income**
 - **Low-income families suffer extreme needs.**
 - **Illness, hunger, and malnutrition are more common in this group.**
 - **Food habits more likely to be manipulated by media**
 - **Food assistance programs can help low-income families develop better food habits.**
- **Cultural Development of Food Habits**
- **Food habits grow from many influences**
 - **Personal**
 - **Cultural**
 - **Religious**
 - **Social**
 - **Economic**
 - **Psychological**
- **Cultural Development of Food Habits, cont'd**
- **Food habits are learned through everyday living and family relationships.**

- Food habits are primarily based on food availability, economics, personal food beliefs.
- Cultural background and customs largely determine what is eaten.
- Foods may take on symbolic meaning.
- Religious Dietary Laws
- Jewish
 - Different dietary laws depending on orthodox, conservative, or reform beliefs
 - Dietary laws are called Rules of Kashruth; foods prepared according to these laws are kosher
 - Meat should come only from animals that chew their cud and have cloven hooves; no pork or birds of prey
 - Meat and milk products are not mixed
 - Shellfish and crustaceans are avoided
 - No eggs with blood spots are eaten
- Religious Dietary Laws, cont'd
- Influence of festivals (Jewish)
 - Many traditional Jewish foods relate to festivals of the Jewish calendar
 - Examples: Bagels, blintzes, borscht, challah, gefilte, kasha, knishes, lox, matzo, strudel
- Religious Dietary Laws, cont'd
- Muslim
 - Dietary laws depend on restriction or prohibition of some foods, promotion of other foods
 - Ramadan: 30-day period of daylight fasting
 - Milk products are permitted at all times

- Fruits and vegetables are permitted unless fermented
- Breads and cereals are permitted unless contaminated
- Seafood and land animals are permitted
- Pork and alcohol are prohibited

- Religious Dietary Laws, cont'd

- Representative foods (Muslim):

- Bulgur
- Falafel
- Fatayeh
- Kibbeh
- Pilaf
- Pita
- Tabouli

- Religious Dietary Laws, cont'd

- Influence of festivals (Muslim):

- Ramadan
- Fasting

- Chapter 14

Lesson 14.2

- Key Concepts

- Personal food habits develop as part of a person's social and cultural heritage as well as individual lifestyle and environment.

- American eating patterns are influenced by many different cultures.

- **Spanish Influences**
- **Mexican**
 - Basic foods are dried beans, chili peppers, corn
 - Small amounts of meat and eggs are used.
 - Fruit consumption depends on availability and price.
- **Puerto Rican**
 - Food pattern is similar to Mexican
 - Tropical fruits and vegetables are added.
 - Basic foods include viandas (starchy vegetables and fruits), rice, beans
- **National Food Guides: Mexico and Puerto Rico**
- **Native American Influences**
- **Indian and Alaska Natives**
 - Many diverse groups
 - All have a spiritual devotion to the land
 - Food has great religious and social significance
 - Food differs according to what can be grown locally, harvested or hunted on the land, or fished from local waters
- **Southern Arizona American Indian Food Guide**
- **Southern U.S. Influences**
- **African Americans**
 - Food patterns developed through creative ability to turn basic staples into memorable food
 - Traditional breads include hot breads (biscuits, spoonbread, cornbread)

- Wide variety of vegetables and leafy greens (turnip, collard, mustard) are used
- Pork is a common meat
- Southern U.S. Influences, cont'd
- French Americans
 - Cajuns in southern Louisiana are descendents of the French colonists of Acadia (now Nova Scotia)
 - French culinary background blended with Creole cooking around New Orleans
 - Foods are strongly flavored, spicy
 - Seafood is abundant
- Asian Food Patterns
- Chinese
 - Use a wok for quick stir-frying with little fat
 - Vegetables and rice are staples
 - Meat, eggs, and tofu are sources of protein
- Japanese
 - Rice is basic grain
 - Many varieties of fish and shellfish used
 - Vegetables usually steamed
 - Diet is high in sodium, low in milk
- Asian Food Patterns, cont'd
- Southeast Asian: Vietnamese, Indonesian, Cambodian, Laotian

- Rice is a staple
- Soups are common
- Fish, shellfish, pork, chicken, and duck are common
- Red meat eaten only once or twice a month
- National Food Guides: China and Korea
- Mediterranean Influences
- Italian
 - Bread and pasta are basic ingredients
 - Cheese, meats, poultry, fish, sausages, cold cuts, and vegetables commonly used
 - Olive oil, garlic, herbs, and wine used in cooking
- Greek
 - Bread is the center of every meal
 - Cheese, yogurt, vegetables, rice, lamb, and fish commonly used
- Mediterranean Food Pyramid
- Changes in American Food Habits
- Basic determinants
 - Physical
 - Social
 - Psychological
- Factors influencing change
 - Income
 - Technology

- Environment
- Access to food
- Vision

- Changes in American Food Habits, cont'd

- Changing American food patterns
 - Households
 - Working women
 - Family meals
 - Meals and snacks
 - Health and fitness
 - Economical buying
 - Fast foods

- Summary

- People all inherit a culture and particular social structure, complete with food habits and attitudes about eating.

- The effects on health associated with major social and economic shifts must be understood as well as the social forces to help people make the best food choices.

- Summary, cont'd

- Food patterns of Americans are changing
 - Rely on food in new forms for fast, complex lifestyles
 - More women are working
 - Households are getting smaller
 - More are living alone

- Meal patterns are evolving
- People are generally more nutrition and health conscious