Chapter 14

Food Habits and Cultural Patterns

Chapter 14

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

• 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 Arcadia (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