

Contents

Preface	ix
Acknowledgements	xiii
1 Biocultural perspectives on nutrition	1
Food and culture	1
Food habit research	17
A food selection paradigm	25
Summary	27
Further reading	28
Discussion questions	28
2 Food ideology	30
Ethnocentrism	31
Cultural relativism	32
Food categorization	32
Summary	48
Further reading	49
Discussion questions	49
3 Cuisine	51
The food exchange	51
Cuisine	52
Foods chosen for use	53
Meal patterns	63
Methods of preparation	66
Recipe repertoires	69
Summary	75
Further reading	76
Discussion questions	77
4 Social functions of food	78
Prestige and status	79
Food, friendship and communication	83
Food gifts and sharing	88
Feasts and festivals	93

	Rituals and sacrifice	100
	Summary	104
	Further reading	104
	Discussion questions	105
5	Food and gender	106
	Sexual division of labour	106
	Food-getting	109
	Food preparation	111
	Cooking	113
	Food serving	115
	Food consumption	116
	Summary	117
	Further reading	118
	Discussion questions	118
6	Religion	120
	The function of religious food practices	120
	The nature of religious food practices	123
	Origins of religious food practices	125
	The changing nature of religious food practices	128
	Food beliefs and practices in world religions	129
	Summary	147
	Further reading	148
	Discussion questions	148
7	Morals, ethics, cultism and quackery	150
	Morals and ethics	150
	Food reform, cults and quackery	155
	Summary	163
	Further reading	163
	Discussion questions	164
8	Myths, taboos and superstitions	165
	Food and magic	165
	Prohibitions and taboos	167
	Food, sex and symbolism	174
	Taboos – two examples	175
	Summary	182
	Further reading	182
	Discussion questions	183
9	Psychological aspects of food choice	184
	Food and emotions	185
	Weight disturbances	188

Food and psychological security	191
Food preferences	194
Biology and culture in taste development	198
Food aversions and cravings	199
Summary	203
Further reading	204
Discussion questions	205
10 Food for the masses	206
Fast food – the burger culture	206
Ekiben: Japanese railway food	215
Fly me – I'm hungry	223
Summary	232
Further reading	233
Discussion questions	233
References	234
Index	249