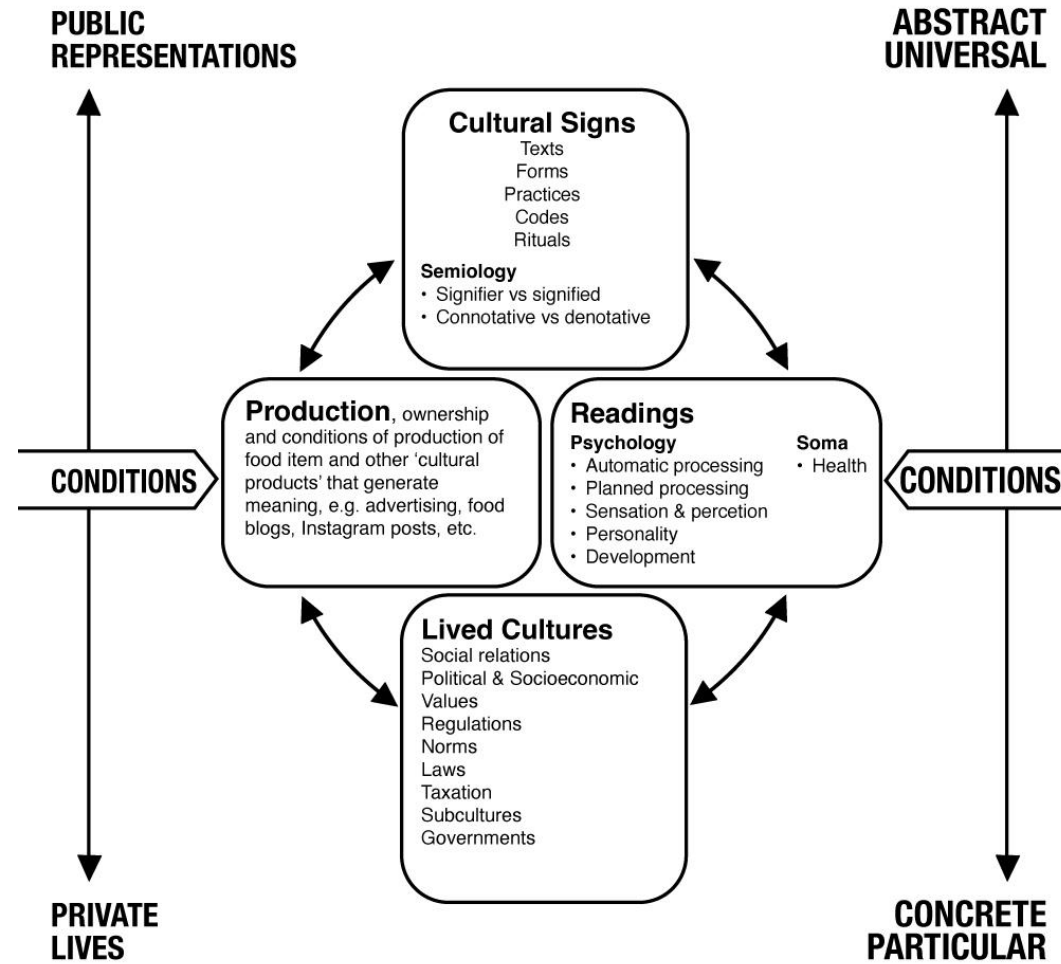


Food and Culture

FOOD MEANING AND PRACTICE

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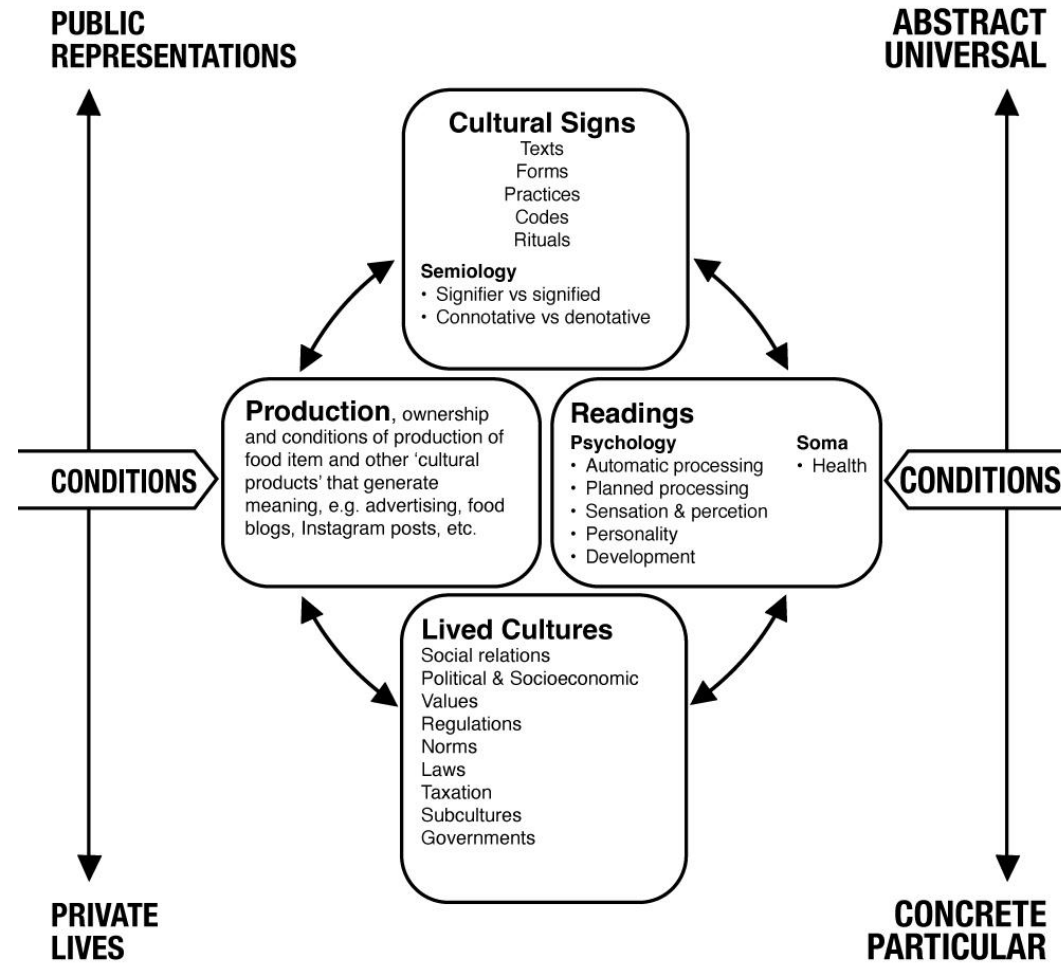


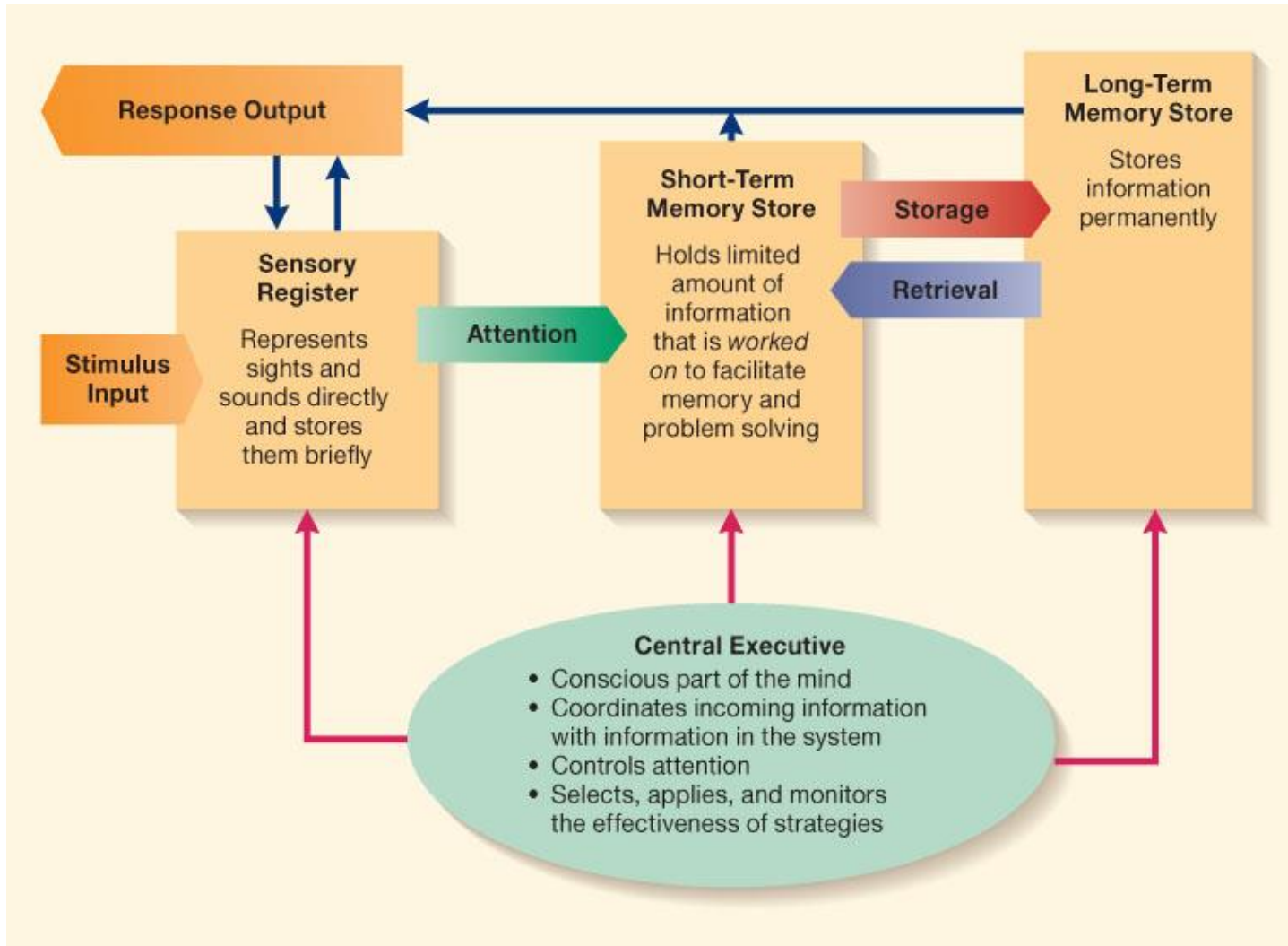












Information Processing Model

Automatic Thinking – Low Effort Thinking

Automatic thinking – Is thought that is generally unconscious, unintentional, involuntary, and effortless.

Schemas – Mental structures people use to organize their knowledge about the social world themselves and that influence the information people notice, think about, and remember.

- We tend to fill in the blanks with SCHEMA-CONSISTENT INFORMATION.

[How People are Affected By Profuse Amounts of Publicity? – Advertising and Priming](#)

Activity – Automatic Thinking!

SAY THIS WORD OUTLOUD 10 TIMES

ROAST

SAY THIS WORD OUTLOUD 10 TIMES

Answer the following question?

What do you put
in a toaster?



Coffee

Carrot

Salad

Bread

Eggs

Dessert

Soup

Rice

Sandwich

Cake

Breakfast

Cheese

Steak

Tomato

Fruit

Candy

Pizza

Fried Food

Corn

Potato

Reflecting on Food Practices

When you were young, what kind of food etiquette did your family follow while eating?

- Did you eat together?
- Did you have family conversations?
- Did you eat in front of a TV, computer or electronic device?
- What were the divisions of labour (i.e. cooking, cleaning dishes, preparation, etc.)?
- What kind of rules did you follow?
- What forms of dinner etiquette were not tolerated, i.e. language, preventing bodily functions, etc....
- Where there different rules for different meals?

What other kind of food rituals can you remember partaking in as a child (parties, barbecues, corn roasts, gatherings, etc.)?

Have these rules, rituals and practices changed now that you are older?

If you no longer live with your family, do you have different rules, practices and rituals with your friends or roommates?

For Next Week

Think about the answer to the following question...

What does it mean to eat like a Canadian?

Thanks!

Have a great week! Don't forget to keep your plant healthy!