

SECOND EDITION

THE CULTURAL FEAST

AN INTRODUCTION TO FOOD AND SOCIETY

Chapter 1

“Next Steps”

Tim Roufs

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“Setting the Table for a Cultural Feast”

**Biocultural Framework
for the Study of Diet and Nutrition**

Food Systems

Next Steps

The Cultural Feast is organized into three parts:

**Part I: “Evolutionary and Historical Roots
of Human Dietary Practices”**

**looks at the evolutionary and historical
roots of human dietary practices**

Part I: Ch. 2

examines

**primate and hominid diets
and their implications**

for diet and health today

Part I: Ch. 3
looks at
contemporary food systems
within a historical context,
focusing on the impact of a series of
dramatic changes in
the ways people interact with the
environment to obtain food

Part II: “Food and Culture”
covers modern human populations
and how the technology, social
organization, and ideology related to
food production, distribution, and consumption
form a set of interacting phenomena that
both influence and are influenced by the foods
and diets that people consume

Part II: Ch. 4
introduces the
concept of culture and describes
the influence it has on food
practices,
including what is considered edible and how
groups select certain items
to make up their diet

Part II: Ch. 4

is followed by a more detailed examination of
the major components of culture:

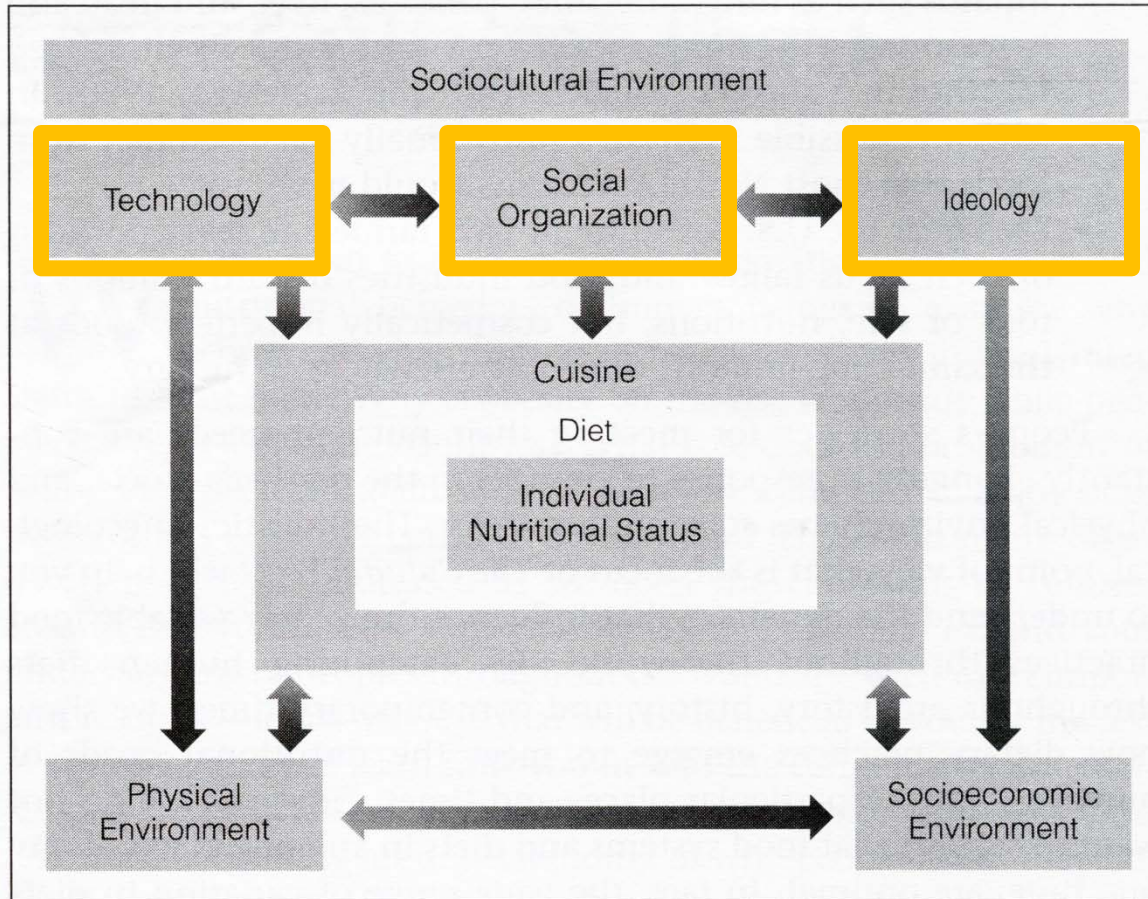
technology (Part II: Chs. 5 and 6)

social organization (Part II: Ch. 7)

ideology (Part II: Ch. 8)

Figure 1.1

Biocultural Framework for the Study of Diet and Nutrition



Source: Authors

Part III: “Strategies for Addressing Nutrition Challenges”

moves beyond the concept of culture to
**explore the need for and processes of
change in contemporary nutrition**
it examines some of the important issues
in hunger and dietary change and
examines issues and various ways to
improve human dietary patterns

Part III: Ch. 9

**describes the world food situation and
the numerous factors that contribute to**

...

undernourishment

undernutrition

micronutrient malnutrition

hunger

Part III: Ch. 10

examines the **types of solutions** that can be
implemented at the

international

national

household levels

to improve the food supply and make appropriate
food available to families and individuals

**and the units of analysis
with these latter topics,
topics which will be covered towards the
end of the semester,
are . . .**

“units of analysis”:

- one person
- **the family**
- the community
- a region
- a “culture area”
- a culture / “subculture”
- **a nation / several nations**
- an item or action itself
- a “cultural metaphor”

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next:

Chapter 2

“Diet and Human Evolution”

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