

LESSON 2: FOOD, CULTURE, AND IDENTITY

Multiple Choice

1. Tastes and food preferences are
 - a. socially constructed.
 - b. an essential symbol of culture and identity.
 - c. a way to make sense of who we are and why we do the things we do.
 - d. intricately related to memories.
 - *e. All of the above
2. Bourdieu demonstrated that consumers' eating habits and taste preferences
 - a. reflect class or privilege status.
 - b. indicate social boundary markers and group distinction.
 - c. result from their education and cultural capital.
 - *d. All of the above
3. Food is often an essential part of holidays and celebrations. This is because
 - a. food is cheap and thus accessible across socio-economic classes.
 - *b. food conveys meaning.
 - c. eating is fun and thus, something all people enjoy.
 - d. because food is culturally neutral.
4. Ethnic foods are increasingly popular in the United States. True or false?
 - *a. True
 - b. False
5. The slow food movement seeks to
 - a. reinvigorate family dinners.
 - *b. preserve and promote local food cultures and traditional forms of production.
 - c. teach people on how to cook.
 - d. promote vegetarian diets.
6. Authentic foods and cuisines
 - a. are agreed upon.
 - b. can only be found in their countries of origins.
 - *b. are contested and malleable.
 - c. do not change over time.

7. Gastronationalism refers to
- *a. the relationship between food production, distribution, and consumption practices and nationalist sentiments.
 - b. the cultural appropriation of food by people of other nationalities.
 - c. people that only eat a single specific national cuisine.
 - d. the growing popularity of ethnic restaurants.
8. The Edible Schoolyard in Berkeley is an
- a. example of eating locally and sustainably.
 - b. organic garden and kitchen classroom for urban public school students.
 - c. example of a classroom which utilizes food production to teach lessons on the environment, civic and community responsibility, and cultural awareness.
 - *d. All of the above
9. Food choices are an outcome of
- a. only culture and preferences.
 - b. only structural factors that affect accessibility and availability.
 - *c. culture, preferences, and structural factors that affect accessibility and availability.
 - d. individual preferences .
10. Pho from Vietnam, kimchi from Korea, paella from Spain, and injera from Ethiopia are examples of
- *a. national iconic dishes.
 - b. industrialized foods.
 - c. culinary tourism.
 - d. terroir.
11. Which of the following is a leading trend in gourmet restaurant dining?
- a. Import expensive ingredients to prepare exotic recipes.
 - b. Present lavish and opulent experiences in specialized foods gathered globally.
 - *c. Pursue the use and application of local ingredients.
 - d. Serve larger portions to maintain higher prices.
12. Trying unknown dishes with esoteric ingredients in a foreign land
- a. gives a sense of bravado and achievement.
 - b. provides a less “touristy” experience.
 - c. allows one to engage more deeply with a unique local culture.
 - *d. All of the above
13. Whom a food item represents or who gets to be represented by a national food often reflects
- *a. status inequalities and colonial tendencies.
 - b. tourist preferences.
 - c. corporate preferences.
 - d. farmer preferences.

14. “You are what you eat” reveals deep sociological implications about
- a. dining in restaurants with foreign chefs.
 - b. food as stagnant and unchanging.
 - *c. the interwoven relationships between food, family, culture and nation.
 - d. nutritional science.
15. As a cultural product, food is a double-edged sword because it
- *a. appeals simultaneously to parochial inclinations and the progressive notions of cultural diversity and difference.
 - b. is subject to both corporate control and individual preference.
 - c. is form if nutrition and identity.
 - d. tastes good while making you obese.
16. The relationship between culture and food has caused an increasing number of tourists to
- a. demand the improvements in food safety and quality regulations.
 - b. avoid eating local cuisines.
 - *c. base their points of destination on eating and drinking adventures.
 - d. eat at chain restaurants that are globally standardized.
17. Cultural legitimation can lead to attempts to fulfill patrons’ expectations of authentic food by
- a. using culturally appropriate decorations.
 - b. dressing wait staff in culturally appropriate costume.
 - c. enhancing the “realness” of the eating experience.
 - *d. All of the above
18. Ethnic foods are not a recent phenomenon in the United States. They became integrated into the American diet
- a. with the growing popularity of the Ethnic Dieting Program in 1974.
 - *b. as various immigrants settled and assimilated in American society.
 - c. as a means to influence governmental policies through the Department of Agriculture.
 - d. during the Great Depression.
19. Although eating organically, locally and sustainably are laudable goals, they remain out of reach for millions of Americans
- *a. because of socio-economic inequalities.
 - b. because of personal preference for industrialized foods.
 - c. because of nutritional deficiencies.
 - d. All of the above
20. Denominazione di Origine Controllata in Italy and Appellation d’origine Contrôlée in France are examples of
- a. the industrialization of food.
 - b. iconic dishes.
 - *c. terroir.
 - d. status inequalities and colonial tendencies.

Short Answer

1. Provide two examples of the ways that taste and food preferences are socially constructed.
2. Chi argues, “authenticity is contingent and malleable.” Explain what she means by this and provide an illustrative example.
3. Explain and provide an example of how food can be a form of “nation building to articulate a country’s distinctive and collective national identity.

Essay

1. Write an essay that examines the relationships between food, culture, and identity are intimately connected. First, provide an overview of the ways that taste is socially constructed, and the ways that culture affects food preferences. Second, examine ways that identity is often expressed through food and eating. Lastly, discuss how food can become a form of representation and identity politics.
2. Food consumption can be understood as politics of representation. First, explain what this means. Second, using the example of culinary tourism, national cuisines, and local foods, discuss the contested character of politics of representation.