

Food and Culture

A Reader

edited by
Carole Counihan
and Penny Van Esterik

ROUTLEDGE
New York and London

Contents

Foreword from <i>The Gastronomical Me</i> M. F. K. FISHER	vii
Introduction CAROLE COUNIHAN AND PENNY VAN ESTERIK	1
FOOD, MEANING, AND VOICE	9
1. The Changing Significance of Food MARGARET MEAD	11
2. Toward a Psychosociology of Contemporary Food Consumption ROLAND BARTHES	20
3. The Culinary Triangle CLAUDE LÉVI-STRAUSS	28
4. Deciphering a Meal MARY DOUGLAS	36
5. The Semiotics of Food in the Bible JEAN SOLER	55
6. The Abominable Pig MARVIN HARRIS	67
7. Traditional Medical Values of Food E. N. ANDERSON	80
COMMENSALITY AND FASTING Giving, Receiving, and Refusing Food	93
8. Food as a Cultural Construction ANNA MEIGS	95
9. The Psychoanalytic Study of Infantile Feeding Disturbances ANNA FREUD	107

10.	Nutritional Processes and Personality Development among the Gurage of Ethiopia DOROTHY N. SHACK	117
11.	Hunger, Anxiety, and Ritual <i>Deprivation and Spirit Possession among the Gurage of Ethiopia</i> WILLIAM A. SHACK	125
12.	Fast, Feast, and Flesh <i>The Religious Significance of Food to Medieval Women</i> CAROLINE WALKER BYNUM	138
13.	The Appetite as Voice JOAN JACOBS BRUMBERG	159
14.	Conflict and Deference MARJORIE DEVAULT	180
	FOOD, BODY, AND CULTURE	201
15.	An Anthropological Approach to the Problem of Obesity HORTENSE POWDERMAKER	203
16.	Body Image and Self-Awareness HILDE BRUCH	211
17.	Anorexia Nervosa <i>Psychopathology as the Crystallization of Culture</i> SUSAN BORDO	226
18.	Que Gordita EMILY MASSARA	251
19.	The Sweetness of Fat <i>Health, Procreation, and Sociability in Rural Jamaica</i> ELISA J. SOBO	256
20.	Soul, Black Women, and Food MARVALENE H. HUGHES	272
	THE POLITICAL ECONOMY OF FOOD Commodification and Scarcity	281
21.	Bread as World <i>Food Habits and Social Relations in Modernizing Sardinia</i> CAROLE COUNIHAN	283
22.	Japanese Mothers and Obentōs <i>The Lunch Box as Ideological State Apparatus</i> ANNE ALLISON	296

23.	On the Civilizing of Appetite STEPHEN MENNELL	315
24.	Industrial Food <i>Towards the Development of a World Cuisine</i> JACK GOODY	338
25.	Time, Sugar, and Sweetness SIDNEY W. MINTZ	357
26.	The Politics of Breastfeeding <i>An Advocacy Perspective</i> PENNY VAN ESTERIK	370
27.	Hunger, Malnutrition, and Poverty in the Contemporary United States <i>Some Observations on Their Social and Cultural Context</i> JANET M. FITCHEN	384
28.	Beyond the Myths of Hunger <i>What We Can Do?</i> FRANCES MOORE LAPPÉ AND JOSEPH COLLINS	402
	Permissions	413
	Contributors	417
	Index	421