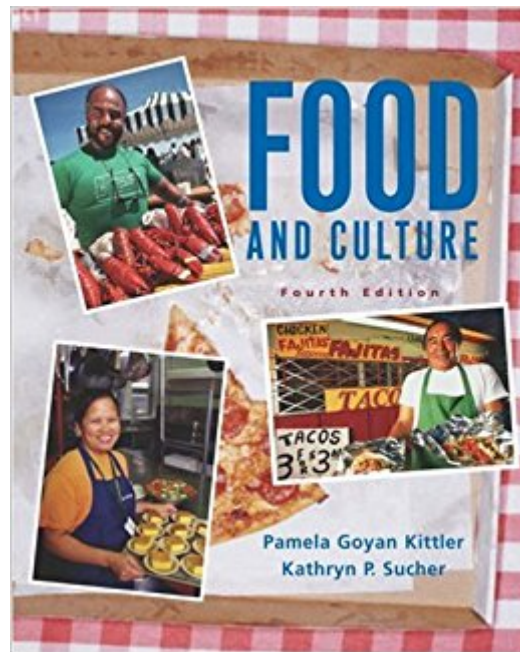


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# Food And Culture



## Synopsis

FOOD AND CULTURE provides information on the health, culture, food, and nutrition habits of the most common ethnic and racial groups living in the United States. It is designed to help health professionals, chefs, and others in the food service industry learn to work effectively with members of different ethnic and religious groups in a culturally sensitive manner. Authors Pamela Goyan Kittler and Katherine P. Sucher include comprehensive coverage of key ethnic, religious, and regional groups, including Native Americans, Europeans, Africans, Mexicans and Central Americans, Caribbean Islanders, South Americans, Chinese, Japanese, Koreans, Southeast Asians, Pacific Islanders, Greeks, Middle Easterners, Asian Indians, and regional Americans.

## Book Information

Paperback: 608 pages

Publisher: Brooks Cole; 4 edition (July 8, 2003)

Language: English

ISBN-10: 0534561128

ISBN-13: 978-0534561123

Product Dimensions: 1 x 7.8 x 9.8 inches

Shipping Weight: 2.3 pounds

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #684,013 in Books (See Top 100 in Books) #113 in [Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Nutrition](#) #160 in [Books > Medical Books > Nursing > Medical Nutrition](#) #301 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Nutrition](#)

## Customer Reviews

Many discussions of cultural difference gnaw on intangibles. Communication styles, values, equity, political correctness and globalization strategies may be cut up to be analyzed or chewed with passion, but often remain abstract, easy to deny, hard to concretize and forever shifting. Not so food. "You eat what you are," exclaim the authors of Food and Culture. The visible variety of the table gives a rich taste of the history, habits and behaviors of people, and often provide handles for grasping the less concrete aspects of culture. Kittler, a nutrition consultant, and Sucher, a professor of Food Science, have ostensibly written a textbook for health and food service professionals. Food and Culture, however, reaches far beyond ingredients and dishes on the table in diverse US households, cafeterias, restaurants and hospitals. Food in almost every instance transcends simple

nourishment. It has inevitably interpersonal, aesthetic, social, religious, demographic and even political implications. Food is the staff of life in the fullest sense of the word, whether it be anchored in bread, rice, tortillas or taro root. It deserves more attention from interculturalists and diversity trainers in general than it usually gets. The diversity of diet found among the various groups in the USA is the meat of this book. However, starting with Native Americans and moving through the waves of immigration, this means just about everybody in the world. The authors distill this breadth and complexity by a clear focus on health, broadly understood as physical, psychological and social. They describe how the diverse US population, both by ethnicity and region, express their traditional culinary preferences as well as lift the lid on what is being cooked up in the stew pot of assimilation.

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