

## Words Reflection Based on Food Diary Exercise

Food and diet are major constituents of culture and tradition. This is the link that can be found between diet and anthropology (Mintz & Du Bois 2002). In this paper, I will give a reflection in words of the food diary. It shows why I eat what I do, the patterns that come out and why they exist.

From the diary, it is clear that the prominent type of food for most of the days is rice with instant noodles together with drinks. The instant noodles appear many times of the diary because they do not need a lot of time to prepare. Thai foods are taken almost every day. Instant noodles which are a major Thai food may be easy to cook but also its prominence on the diary is principally because of Thai culture. I live with Thais and I have therefore adapted their traditions and eating habits.

There is only one meal per day taken between 5.00 pm and 9.00pm on each day except for two days which have two meals each. Whenever two meals are served on a particular day, the major meal comes in the evening while the lighter meal is taken at 13.00 pm or a few hours later. This is meant to act as a snack as I wait for the evening meal.

For both the main and lesser meals, there is water, soda or juice to be taken at the time of eating. The use of juice, soda or water together with a meal is part of the Thai tradition (Fischler, 1988). Every solid meal taken in a Thai household must be accompanied by a drink. There is only one meal taken on 13th Jan at 13.35 pm that I did not take with any drink.

There are no meals taken before 13.00 pm and this means the diary does not have breakfast or a meal at 10.00 am. The evening and afternoon meals have no difference. Both have food and drink. All of them have some solid foods and a drink. This meal does not have noodles probably because it was taken in a restaurant (Bourdieu, 1984). It has new and unusual items such as German sausages, chicken wings and trotter. This was due to the influence from the friends I accompanied to the Hahndorf.

On 10 January at 19.30 pm, I also had another meal with no noodles and with totally new items such as eggplant, Chinese food, chicken soup and crispy pork. I took this meal in a restaurant as well and this is why the difference occurred (Finkelstein, 1989). It is clear that whenever I did not have a meal at home, I was having a meal at a restaurant and this meal was not going to have any noodles. Instead other foods were taken in place of the instant noodles.

The serving of the meals does not happen at any particular time because all the meals were served or taken at different times of the day except two which were taken at 18.00 pm on 11th and 14th of January.

In conclusion, from the discussion, it is obvious that the choices I make in my diet are based on the Thai culture and instant noodles feature prominently in my diet.

## Bibliography

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