# Food and Culture

## A Reader

### Fourth Edition

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Edited by

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	Barthes explains how food acts as a system of communication and provides a body of images that mark eating situations.	
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	This classic structuralist statement, often critiqued, shows how food preparation can be analyzed as a triangular semantic field, much like language.	
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Kitchens function as a crucial stage for cultural displays of heteronormativity and resistance to queer bodies. An analysis of *What Night Brings* illuminates power struggles to subvert traditional culinary roles and the literary wordplay between physical and sexual appetite present in Chicana lesbian literature.

12. "A WAY OUTA NO WAY": Eating Problems among African-American, Latina, and White Women

Becky Wangsgaard Thompson

Feminist theory interprets eating problems outside of their classification as appearance-based disorders, common in white heterosexual spaces. A more diverse study reveals how eating problems act as a form of coping when recovering from trauma—be it numbing pain, providing comfort, or diverting shame.

13. 'Mexicanas' Food Voice and Differential Consciousness in the San Luis Valley of Colorado

Carole Counihan

Food-centered life histories portray the voices and perspectives of traditionally muted Hispanic women of rural southern Colorado whose food stories reveal differential behaviors and consciousness which promote empowerment.

14. "I Haven't Eaten If I Don't Have My Soup and Fufu": Cultural Preservation Through Food and Foodways Among Ghanaian Migrants in the United States

Psyche Williams-Forson

Foodscapes change the ways immigrants connect with their homes, traditions, and collective identity. A study of Ghanaian immigrants in the US reveals how the substitution of food stuffs, and sharing among other ethnic populations, are key elements of cultural sustainability.

15. The Signifying Dish: Autobiography and History in Two Black Women's Cookbooks

Rafia Zafar

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