

## TRAINING FICHE

### 03. FOOD AND THE CITIZENS, THE SOCIETY AND THE CULTURE

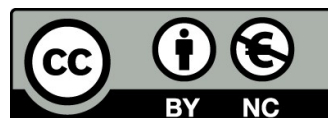
<b>Area</b>	Food										
<b>Level</b>	ADVANCED										
<b>Topic</b>	<table border="1"> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td>3. Social and cultural concerns and implications</td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> </table>						3. Social and cultural concerns and implications				
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<b>Module</b>	<table border="1"> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td>Food and the citizens, the society, the culture</td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> </table>						Food and the citizens, the society, the culture				
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<b>Keywords</b>	Food consumption - eating in season - fair trade - awareness - inequality - food justice – food cultural values										
<b>Introduction (500-1000 characters including spaces)</b>	<p>The global policy debate on sustainability and health has called for dietary reforms, which will need a variety of coordinated measures from governments and organizations.</p> <p>From a policy standpoint, organizing dietary change needs significant work. While significant nutritional changes have occurred, they have occurred in tandem with profound modifications in livelihood, food production, and distribution.</p> <p>Material and ideational (cognitive) components that give birth to distinct eating habits within a</p>										

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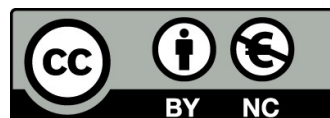
	<p>geographic region or social group are referred to as cultural food practices.</p> <p>Food behaviours are mostly passed on from parents to children. Social groups teach people about meal structure and scheduling, where food may be consumed, and how to eat.</p> <p>The learning process is both explicit, such as vocal communication about what to eat and information exposure, and implicit, such as in organized daily routines for children and modelling of eating behaviour.</p> <p>But many of these teachings are being lost because the transmission of knowledge is reduced and parents share less and less time of preparation and consumption of food with their children, who are acquiring eating habits based on imported and standardised models with abundant processed and unhealthy foods. Reversing these trends is essential to have more socially and environmentally sustainable ways of eating ourselves.</p>
<b>Impacts/Benefits</b> <b>(1000-1500 characters</b> <b>including spaces)</b>	<p>Systems of food production are influenced by food consumption. The whole population is fed through agriculture, which also contributes to other forms of environmental deterioration.</p> <p>Due to the influence of food intake on habits and behaviours, consumers have a significant impact on consumption patterns.</p> <p>Food represents a person's identity, values, and way of life. Consumers' buying decisions may be influenced by sociocultural factors including cultural capital, social stratifications, and inequality. The influence of several elements, including foodscapes, social settings, preferences, and even nutritional knowledge, have led to the tendency for consumers to make impulsive or misinformed purchases that are typically harmful.</p> <p>Socio-cultural variables may have an impact on how sustainable healthy diets are seen and desired. For instance, eating insects is virtually impossible to</p>

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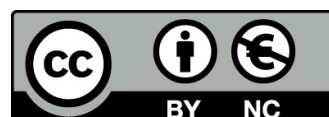
	<p>picture in North America and Europe nowadays due to the "disgust" factor.</p> <p>Fashions also influence the consumption of food and the so-called 'superfoods' that are imported from other cultures often affect their original communities by depriving them of their ancestral ways of eating, for the pleasure of the 'foodies' of rich countries, as has been happening with quinoa. Additionally, in multireligious communities, investigating religious eating behaviours would be important when taking systemic measures into account, such as taxing goat or lamb meat, which are emblems of religious affiliation and have substantial greenhouse gas emissions.</p>
<p><b>Good practices</b> (1000 -1500 characters including spaces)</p>	<p><a href="#">Slow Food International</a> is a global grassroots organization founded in 1989 to prevent the extinction of local food cultures and traditions, to combat the rise of fast food, and to combat people's waning interest in the food they eat, where it comes from, and how our food choices affect the world around us.</p> <p>Slow Food argues that food is inextricably linked to many other elements of life, such as culture, politics, agriculture, and the environment. We can alter the world by jointly influencing how food is farmed, produced, and distributed via our dietary choices. Slow Food envisions a society in which everyone has access to and enjoys food that is good for them, good for the farmers who grow it, and good for the environment.</p> <p>Their method is founded on a culinary idea defined by three interrelated principles: good, clean, and fair.</p> <ul style="list-style-type: none"> <li>• Good: high-quality, flavourful, and nutritious food</li> <li>• Clean: environmentally friendly manufacture.</li> </ul>

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	<ul style="list-style-type: none"> <li>• Fair: accessible pricing for consumers and fair working and compensation conditions for producers.</li> </ul> <p><a href="#">FOODTANK</a> the think tank for food. It is a community of healthy, nourished eaters from across the world. We want to push for change, educate people, and inspire people. They promote and support environmentally, socially, and economically sound methods of reducing hunger, obesity, and poverty and build networks of individuals, groups, and content to promote changes in the food system. The 7 billion people who must eat each day are the focus of Food Tank. By building a network of connections and information for all of us to use and exchange, they will provide solutions and environmentally friendly ways to alleviate hunger, obesity, and poverty. Farmers, producers, policymakers, government officials, academics, media, and members of the financing and donor communities may all work together through Food Tank to develop sustainable solutions for our most pressing environmental and social problems.</p>
<p><b>Current and future challenges (1000 -1500 characters including spaces)</b></p>	<p>The current global food policy discourse on sustainability and health sees good diets as critical to reducing all types of malnutrition. Individual food decisions that result in dietary patterns are seen as critical for meeting sustainability goals. Scientists are pushing for dietary changes, encouraging governments and organizations to take a variety of coordinated initiatives. Our food choices are not only influenced by our bodies' physiological or nutritional requirements. People's diets are shaped and limited by external factors that are mostly social and cultural in nature. Population studies reveal that socioeconomic classes clearly differ in terms of food and nutritional consumption. Poor diets can lead to undernutrition</p>

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	<p>(micronutrient deficiency) and overnutrition (energy excess resulting in overweight and obesity); issues that affect different facets of society and need for varying degrees of knowledge and intervention strategies.</p> <p>Cultural factors affect how people eat habitually, how food is prepared, and in certain situations, whether or not they are allowed to have specific foods in their diets. Examples of these limits include not eating meat or milk.</p> <p>Cultural influences may, however, be modified. For example, while relocating to a new nation, people frequently adopt some native dietary customs. The education of people, particularly youngest generations, for encouraging them to consume local, natural and traditional food, is a key challenge.</p>
<b>Language</b>	English
<b>Partner</b>	IDP
<b>Further references</b>	<p><a href="https://www.greenofficemovement.org/sustainability-campaign/">https://www.greenofficemovement.org/sustainability-campaign/</a></p> <p><a href="https://www.theus.org.uk/article/responsible-food-consumption">https://www.theus.org.uk/article/responsible-food-consumption</a></p> <p><a href="https://www.freshplaza.com/europe/article/9375621/high-demand-for-responsible-consumption-in-the-food-service-industry/">https://www.freshplaza.com/europe/article/9375621/high-demand-for-responsible-consumption-in-the-food-service-industry/</a></p> <p><a href="https://www.weforum.org/agenda/2019/09/why-responsible-consumption-is-everyone-s-business/">https://www.weforum.org/agenda/2019/09/why-responsible-consumption-is-everyone-s-business/</a></p> <p><a href="https://www.theguardian.com/commentisfree/2013/jan/16/vegans-stomach-unpalatable-truth-quinoa">https://www.theguardian.com/commentisfree/2013/jan/16/vegans-stomach-unpalatable-truth-quinoa</a></p>

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