

## FDNU 1620 Lecture Outline #5

- I. Introduction to Pacific Islands and Japan
  - A. Many small islands with similar geography and racially and culturally diverse people
  - B. Hawaiians
  - C. Samoans
  - D. Guamanians
  - E. Tongans
  - F. Japanese
- II. Ingredients and Common Foods
  - A. Staples of Polynesia (have Japanese influence)
    - Taro (a root vegetable)
    - Seaweed
    - Fish/seafood
    - Pork (*imu* in Hawaii, *hima'a* in Samoa, *umu* in Tonga)
    - Fruits and vegetables
  - B. Staples of Japan
    - Rice (short grain)
    - Sushi (*nigirisushi*, *makisushi*, *chirashisushi*)
    - Rice/buckwheat noodles
    - Soybeans
    - Green tea
    - Fruits and vegetables in season
    - Seaweed
    - Foods named by how they are cooked (*sukiyaki*)
- III. Meal composition/cycle
  - A. Polynesia
  - B. Japanese
- IV. Japanese cuisine
  - A. THINK seasonally, fresh, ingredient, technique to make presentation count

B. Commonly used ingredients

C. Cooking Equipment

V. Food Ideology

A. Food ideology – Sum of attitude, beliefs, customs, and taboos affecting the diet of a given group

B. Ethnocentrism – belief that one's own patterns of behavior are preferable to those of all other cultures

C. Cultural relativism – approach to understanding cultures which attempts to overcome the built-in prejudice of ethnocentrism

D. Categorization

- Nutritional value
- Nutritional deficiencies/excesses
- Business influences

E. Categorization by researchers/consumers

- High calorie treats
- Specialty meal items
- Common meal items
- Refreshing foods
- Inexpensive filling foods
- Cultural super foods
- Prestige foods
- Body-image foods
- Sympathetic magic foods
- Physiologic group foods
- Core foods
- Secondary foods
- Peripheral foods