

Research Paper Proposal:

Research Question: Does one's upbringing and or/socioeconomic standing affect their relationship to food and food culture? Thus, is "food culture" inherently classist?

In today's day and age, one's environment growing up in addition to their socioeconomic standing in society tend to affect not only their personality, growth, and mindset, but also their relationship to food and food culture. This is probably due to the social inequalities in food consumption around the world where people who are wealthier generally have better diets and eat healthier food than people who are less wealthier, therefore creating a difference in food culture. This research paper will focus on the socio-economic factors impacting food culture and food choices while examining and researching the food and cultural phenomenon between the rich and poor. Finally, determining if food culture has a "class difference" in its own context. I chose to research this topic because I have seen a compelling disparity in food culture between the rich and poor not only in the U.S. but all around the world. I'm also very interested to see if this research question is inherently true to all of us. From what I know, one's surroundings do affect their relationship to food and food culture just like how the environment affects one's personality. I want to learn how important and significant food and food culture is to all people, even though their upbringing and socioeconomic standing is different. After browsing on ProQuest and Google for sources, I have found a few scholarly research papers and a few online articles discussing my topic. So I expect the research process would be straightforward, however, I think connecting the sources to my topic and finding important arguments from these sources might be challenging.

2 Annotated Sources:

Hupkens, Christianne L.H., et al. "Social Class Differences in Food Consumption: The Explanatory Value of Permissiveness and Health and Cost Considerations." *The European Journal of Public Health*, vol. 10, no. 2, 1 June 2000, pp. 108–113., doi:10.1093/eurpub/10.2.108.

Christianne Hupkens, a professor from the Department of Medical Sociology at Maastricht University analyzes the social class differences in food consumption especially mothers in the Netherlands, Belgium, and Germany. The journal is written to narrow the gap between large-scale population studies that indicate class differences in food intake and primarily qualitative sociological research on class differences in food principles. I believe this source has a strong overall argument for my topic as it examines and analyzes women from three different countries on the European continent where each of them comes from different cultural backgrounds. Also, the source is valid as the author of this study: Christianne Hupkens is a socioeconomic and spatial statistics professor at Maastricht University in the Netherlands and is also the author of *Social Class Differences in Eating and Drinking Behaviour: An International Study*. After looking through the journal study, it appears that this source supports my argument. The results of this study showed that in general, there were more pronounced differences in food intake between lower-educated and middle-educated women than differences between middle-educated and highly educated women. Highly-educated mothers considered health more often and cost significantly less than less-educated mothers, while the latter

limited fewer foods, suggesting a more permissive dietary diet. I plan to find a quote in the journal that clarifies my point, then connect it back to my topic.

Darmon, Nicole, and Adam Drewnowski. "Does Social Class Predict Diet Quality?" *The American Journal of Clinical Nutrition*, vol. 87, no. 5, 1 May 2008, pp. 1107–1117., doi:10.1093/ajcn/87.5.1107.

Nicole Darmon, a research director at the French National Institute for Agriculture analyzes how socioeconomic standards (SES) affect people's diet and consumption of food. The research journal is written to compare the mediating factors that influence people's food choices based on their financial situations. Darmon's study also evaluates each subjects' fiber, energy, vitamin and mineral, and macronutrient intakes on the food that people consume. I think this source does have a strong argument overall to my topic because it takes into consideration the aspect of "food access and food environment" and "education and culture", which correlates substantially to my topic. It's detailed analysis and explanation of the study not only supports my topic argument but also adds a different perspective to the researcher. The source is definitely valid, considering its origin as a peer-reviewed journal. Nicole Darmon, along with Adam Drewnowski: professor of epidemiology at the University of Washington and also the director of the Center for Public Health Nutrition at the University of Washington's School of Public Health, conducted a journal study that included all factors that affect people's way of buying and consuming food. This source supports my argument because it talks about

how socioeconomic standings affect people's food and essentially food culture. In the study's conclusion, better quality diets are commonly eaten by people who are better educated and more affluent. In comparison, lower-quality diets appear to be consumed by lower SES individuals with more restricted economic resources. For this source, I will try to dissect all the data and research then find a quote that ties back to my topic.