

FOOD AS NUTRIENT

DEFINING A CONCEPT OR KIND

Definition

the necessary and sufficient conditions for the application of a term or concept. A proper definition should specify all and only the defined objects.

CONCEPTS & KINDS

Natural Kind

a kind, term, or sortal concept (e.g. cat, dog, mammal) that corresponds to a grouping that reflects the structure of the natural world rather than the interests, actions, or practices of human beings

Socially Constructed Kind

Something is a socially constructed kind just in case it is an intended or unintended product of a social practice.

FOOD & NUTRIENTS

Calorie

The amount of energy needed to raise the temperature of 1 kilogram of water 1 degree Celsius

Nutrient

a component or element of a food stuff that an organism needs in order to develop and/or survive

"FOOD" DEFINED?

Food

Any substance or stuff that provides nutritional calories

Nutritionism

An ideology that conceives of food purely in terms of nutrients consumed for the maintenance & development of the organism's bodily health

WHAT IS WRONG WITH NUTRITIONISM?

1. Oversimplifies our relationship to food
 - Ignores context
 - isolates nutrients from each other
 - isolates food from diet
 - isolates diet from culture/life
2. Assumes food is only for bodily health

[the assumption that food is relevant for bodily health] is not shared by all cultures and...the experience of these other cultures suggests that, paradoxically, viewing food as being about things other than bodily health — like pleasure, say, or socializing — makes people no less healthy; indeed, there's some reason to believe that it may make them more healthy.

AN ALTERNATIVE TO NUTRITIONISM?

Scientists operating with the best of intentions, using the best tools at their disposal, have taught us to look at food in a way that has diminished our pleasure in eating it while doing little or nothing to improve our health. Perhaps what we need now is a broader, less reductive view of what food is, one that is at once more ecological and cultural. What would happen, for example, if we were to start thinking about food as less of a thing and more of a relationship?

