# Week 6 assignment: Feeding Work and You

**How do your childhood experiences align with the description of feeding work in this week's readings? Be specific and refer back to this week's materials.**

Looking back on how we handled food in my family when I was a kid, it's like a whole flashback of memories and lessons. I was born and brought up in New Delhi, India, carrying the traditional Indian roots from the start, which closely resembled the traditional gender roles depicted in this week's readings (Guptill et al., 2017, pp. 32-36). In our household, my mother, much like the women described in the texts, took on the primary responsibility for feeding work. I vividly remember the image of the old kitchen where my mother spent hours preparing delicious meals for the family, whereas Dad, on the other hand, would help out occasionally, but it was mostly Mom running the show. Her dedication to ensuring that we got the perfect diet and were satisfied with our meals resembles the historical expectations placed on women to fulfil the role of primary caregivers and cooks within the household (Zhen, 2018). Also, similar to the reading discussed by Brissette (2017) in "The Washington Post," societal perceptions influence our food choices. In our household, certain foods and cooking styles were associated with masculinity or femininity, reflecting broader cultural norms. But with time, our family's dynamics changed. The responsibility for "feeding work" is divided more evenly nowadays. In opposition to traditional gender norms, both of my parents actively prepare meals. This change reflects how gender roles are evolving, as discussed in the readings. My father has defied expectations by accepting cooking as a shared task, while my mother still enjoys cooking and takes pride in her culinary skills.

**Who takes on the burden of feeding work in your household today? Do you agree with the term "burden"? Why or why not?**

Maybe "burden" isn't the ideal word to describe the nature of feeding work in our modern home. Although cooking takes a lot of effort, it can now be a rewarding and team effort. We see it as an opportunity for creativity and connecting rather than as a burden. This perspective is in line with the concept discussed in the reading "Food Studies: A Hands-On Guide," which emphasises how food-related activities are complex and involve more than just labour (Zhen, 2018). Even while we have made progress towards equitable involvement in "feeding work", there are still situations in which our roles are influenced by cultural norms and expectations. For instance, it is automatically assumed that women will handle traditional meal preparation for religious events or family get-togethers. Even though we both want to use cuisine to celebrate our cultural history, we are conscious about eliminating gender stereotypes and encouraging diversity in our cooking.

In conclusion, thinking back on my childhood and analysing the changes in "feeding work" in my family demonstrates the significance that cultural influences and the complex nature of gender roles have in our culture. Our family's eating environment used to be controlled by traditional responsibilities, but changing social norms and individual decisions have made the distribution of responsibilities more equitable. We continue to reinterpret ideas of gender, tradition, and societal nutrition as we work our way through the complex chain of food and society.

**References:**

* Guptill, A. E., Copelton, D. A., & Lucas, A. F. (2017). Food & Society: Principles and Paradoxes. Polity Press.
* Brissette, C. (2017, January 25). How society pressures us to make gendered food choices. The Washington Post.
* Zhen, W. (2018). Food Studies: A Hands-On Guide. Bloomsbury.