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# Food & meals

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**“Bioactive compounds and textural analysis”  
within  
‘CULTURAL HERITAGE OF SMALL HOMELANDS’**

# Meal

Definition?

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▪ **a structured event of eating** (eating occasion)

○ a social occasion organised by rules concerning time, place and sequence of action

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- **a snack =** unstructured food event without any rules of combination and sequence

# Meal

- **eating** contributes to **ordering our days into segments**:
  - morning – midday – afternoon – evening
- **food preparation** and meals interchange with work and other activities:
  - **work – break – work/leisure**

# Development of eating patterns

In **hunter-gatherer communities**:

- the **food supply was not so reliable** / regular that it would be wise to give up food to a certain predetermined hour of the day.

# Development of eating patterns

- **the Neolithic Revolution:** segmenting the day into **work - break - work**
- Break = the time to eat

## Development of eating patterns

- **Medieval doctors:** food intake „**before the previous meal completely left the stomach**“ was considered the most dangerous health practice.



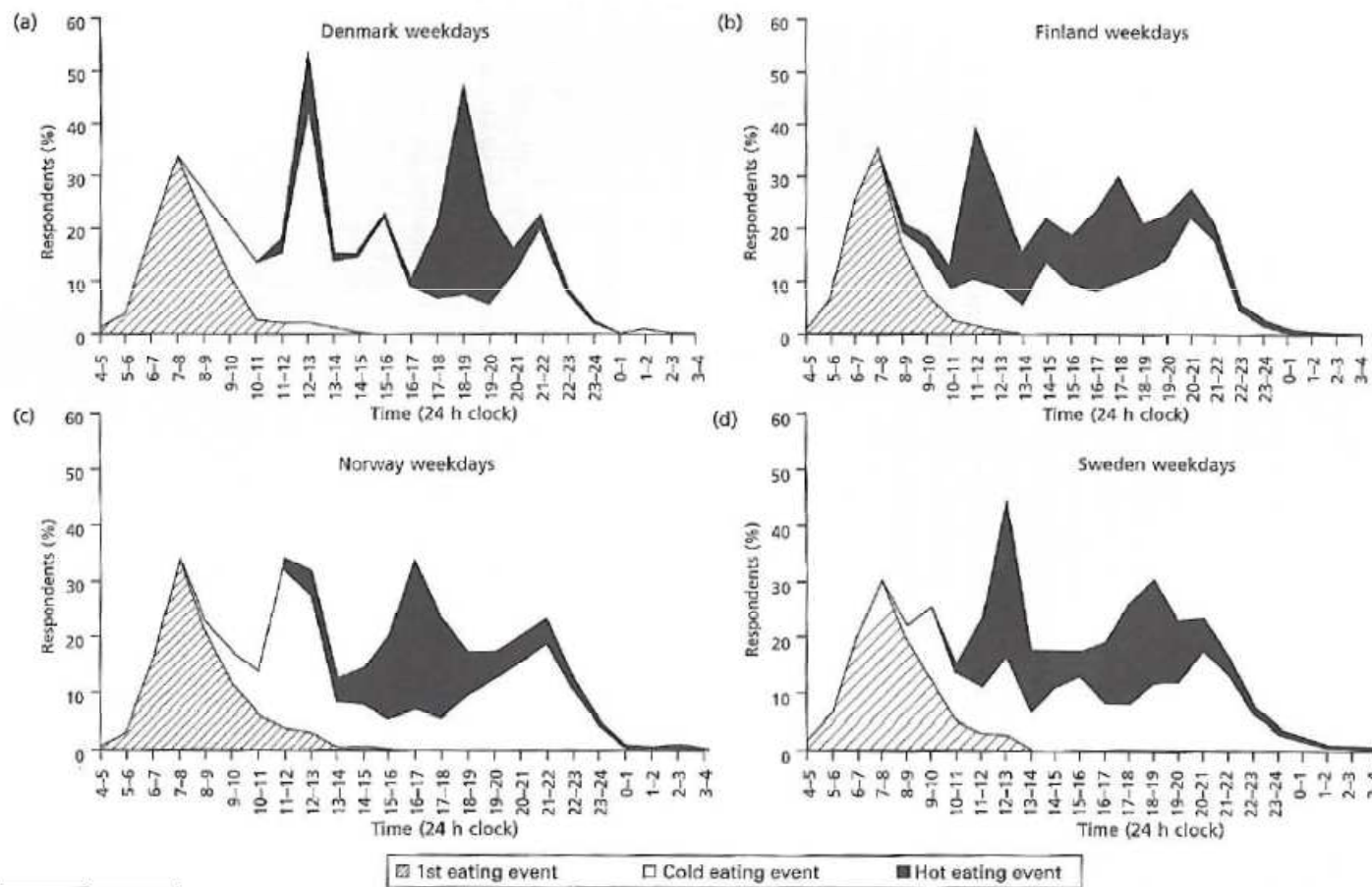
## Development of eating patterns

- According to this opinion, people were able **to eat two full meals a day**
- The **two-day meal pattern** (lunch - dinner) has become the **standard for medieval Europe.**

# The daily number of eating events (Percentage of respondents; Kjærnes et al., 2009)

No. of eating events	Denmark	Finland	Norway	Sweden
1	1	1	1	0
2	7	8	8	6
3	<b>29</b>	<b>26</b>	<b>31</b>	<b>31</b>
4	<b>36</b>	<b>36</b>	<b>41</b>	<b>35</b>
5	21	21	16	19
6+	8	7	3	8
Mean hot events	0,95	1,44	1,02	1,37

# The distribution of eating events during the day (Kjærnes et al., 2009)



# The cultural perspective of meals

## National cuisines:

- basic foods
- culinary techniques
- **flavor** (flavor principles)
  - lemon and oregano (Greece)
  - soy and sesame (China)
  - garlic, basil, oregano (Neapolitan)

# The cultural perspective of meals

## Czech national cuisine

- For centuries, **the coexistence of three basic types of cuisines** has worked:
  - **rural cuisine**
  - burgher cuisine
  - aristocratic cuisine



# Czech national cuisine from basic foods perspective

- a mash of crushed **cereal** grains
- **bread loaves**
  
- since the 17th century, **the proportion of meat in the diet has declined**
- in the 19th century: 20% of the meat consumed in the 16th century

# Czech national cuisine from basic foods perspective

- 18th century: **the proportion of dairy foods was rising**  
(black and white food: bread and milk)
- 19th century: **potatoes** in foothills replaced bread
- to the 19th century a high proportion of **legumes**
- **fermented cabbage in winter**

# Czech national cuisine from culinary techniques perspective





# Czech national cuisine from culinary techniques perspective



# Czech national cuisine from flavor perspective

- **dried herbs** and mushrooms
- **garlic, onion**, root vegetables
- **caraway seeds**, horseradish
- fruit, sour unripe fruit



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**Thank you for attention!**



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