

# You Eat what You are: A Study of Canadian Ethnic Food Traditions. McClelland and Stewart, 1979. Thelma Barer-Stein. 1979. 9780771082931

Canadians eat what most people around the world eat, much of which is imported from other countries. All of us have our diet we enjoy whether it is healthy or not. Bacon is big for many Canadians, but certainly not a food of choice. Canada is a very culturally diverse country and our food reflects that diversity. Also our food changes a bit according to the season. In the summer I eat Greek salad, barbecued stuff including steaks, chicken tikka, hamburgers, barbecued veggies, corn on the cob. Traditional ethnic food is defined as the ethnic group's or a country's cuisine that originated from a heritage and their culture which is prepared based on their knowledge on the local food sources (Kwon, 2015). Malay or Melayu is an ethnic that lives in Southeast Asia region (Fig. 1). ... This paper contributes to knowledge with an empirical study of food waste and its management in ethnic food restaurants in the UK, using Chinese cuisine as a case study. Ethnic food is understood in the context of this research as any foodstuffs originating from a heritage and culture of a particular ethnic group or a specific country that are culturally and socially accepted by consumers outside of the respective ethnic group and/or country of origin (Kwon, 2015). Comment: Book shows significant wear but is still a good reading copy. Cover and pages are in tact but may show creases, tears, water damage, handwriting, underlining, or highlighting. Supplemental items such as access codes and CDs not guaranteed. Fulfillment by Amazon (FBA) is a service we offer sellers that lets them store their products in Amazon's fulfillment centers, and we directly pack, ship, and provide customer service for these products. Something we hope you'll especially enjoy: FBA items qualify for FREE Shipping and Amazon Prime. If you're a seller, Fulfillment by Amazon can help Cultures and food traditions can be a part of healthy eating. Choose healthy foods that reflect cultures and food traditions. Shop in places that sell the ingredients you need to make traditional foods. Talk with others about where the foods you eat come from and where you get them. Preserve and share family recipes. Recipes and food traditions are a part of family history. Host a potluck where everyone brings a traditional dish and recipe from their family background. Spend time sharing the meaning of these foods. Celebrate occasions and special holidays with cultural food traditions. These are a chance to: learn about different foods around the world. promote a wider variety of healthy food choices. pass along food...