Breakfast

Here are some basics you might need:

Breakfast Culture

Ancient Breakfast

Ancient Egyptian breakfast: bread, beer and onions. Ancient English breakfast: porridge made from ground barley or oats. Ancient Roman Breakfast: bread and wine.

- Aztec workers tended not to eat until several hours after beginning work, while medieval and early colonial farmers may have eaten breakfast at dawn, such as pulque or cider and maybe some leftover plain bread before getting to work.
- laborers who would need the extra energy of at least a fast meal

Infolinks

Ancient Chinese Breakfast

In the pre-Qin period people are two meals a day, the first meal is usually served at about 7-7 o'clock, as they had to go to the fields to work

The emperor eats hot pot, the salt merchant eats bird's nest, and the people eat hoki

On special festivals, the morning meal is also changed to seasonal foods

- Three Kingdoms Period: Porridge and Cake
- Tang Dynasty: Noodle Soup
- Song Dynasty: Drinking Morning Tea
- Yuanxiao, Spring Cake, Zongzi, Laba congee...

carbohydrate based

Variety, eaten differently in different historical periods, regions and classes

Old adage says: breakfast is the most important meal of the day. **"Breakfast: a history" (2013) Choice Reviews Online, 51(04), pp. 51-2141. Available at: https://doi.org/10.5860/CHOICE.51-2141**

Meaning/origin of 'breakfast' in different national languages: **__Dailey, A. (2013) Breakfast: A History. London: Reaktion Books. Available at: http://www.vlebooks.com/Vleweb/product/openreader?id=none&isbn=9781780231211 (Accessed: May 15, 2023).**

- Chinese proverb: 清晨吃大方宵晚餐成昭恩 意 Breakfast is abundant and the body is strong; lunch is like a prince and dinner like your body's energy. When life is short and Yang energy is abundant, one lives a long and healthy life.
- 'Eat breakfast like a king, lunch like a prince, and dinner like a pauper' by Adelle Davis, a 20th century American nutritionist

The importance of breakfast

- 'admonisham': a bite
- 'Prohaksis': an early bit or bite
- 'onnijot': a bite
- 'frokost' &'frukost: early meal
- 'dobzdravie' a meal put together from food that was already prepared and ready to eat
- 'dabdhbhila' first meal
- 'matan pagi' morning meal

Reasons for the disappearance of breakfast in the Middle Ages: religion

Thomas Aquinas thinks breakfast commits the sin of 'gluttony'

Breakfast comes back

Toward the middle of the 15th century, breakfast had begun to reclaim its rightful place in the morning

- Ornbol, c. 1615-1622 by Floris van Schooten (1587/1588-1656)
- Breakfast Still Life 1640 by William Claesz Heda (Dutch, 1594-1680)

In 17 century, The morning meal inspired an entire subgenre of art the Dutch still rifles known as 'breakfast paintings'

Breakfast Rising Trade, ___**https://www.reddit.com/r/AskHistorians/comments/ug5ih3/history_of_breakfast/**

- Tea, coffee, chocolate
- The 18th century no less oatmeal porridge to start, then some fish, next a poached or fried egg, then some cold meat, then cheese or bacon, a slice of buttered bread (or dry toast, if one is watching one's figure), a dollop or two of marmalade or a nice fruit compote, all washed down with tea. Coffee or cocoa.

For the average businessman who was too busy for a substantial lunch.

navigation

The industrial revolution sealed the status of breakfast as an essential meal

- Workers: Bread, dripping, gruel and perhaps some fish
- kidneys, kedgeree, porridge, bacon, eggs, and so on
- A way for the panemu and established socialites to while away the morning hours.
- Train transport: breakfast room =showcase one's recently gained riches
- Breakfast cereals: convenience

Status/class

During World War II. Breakfast is the first meal of the day and, sometimes, the last meal of one's life

Steak and eggs: soldier, astronauts, a death row

Modern: The Last Supper (2000-2022) by Julie ___, **https://greenjulie.com/last-supper/list?view=florida**

Modern Breakfast

China

Soya Bean Milk & Doughnuts, Baozi & Rice Porridge, Guangdong Brown Meat Vermicelli Hot Dried Noodles, Tianjin Pancakes...

Beginning to seek nutritious and balanced

Cereals, Vegetables, Fruits, Eggs and Milk...

convenient and fast

For students and office workers, a quick and easy breakfast

- Purchased from outside breakfast stalls and packaged in plastic and paper bags
- eat breakfast "on the go"
- Eat at home, prepared in advance by family or themselves

A survey by the Chinese Nutrition Society shows that 16 per cent of people in China can't eat breakfast every day on weekdays and 23 per cent don't eat breakfast every day on weekends.

UK

Sour cream cereal, egg, bacon, sausage, burger, muffin, toast, avocado...

Moving from a full English breakfast, which is traditionally a meal of excess and indulgence, to a convenient selection of cereals, toast and quick **https://www.bbc.co.uk/news/uk-england-london-36818023 The evolution of the great British breakfast**

Health-conscious vegetarian

For students and office workers, a quick and easy breakfast

Fast food: McDonald's, Starbucks,...

eat breakfast "on the go"

White most people eat breakfast daily at home, the share of those who eat breakfast often-aways is up from 10% in 2018. This rises to 55% of 16-34 year-olds, going hand in hand with the 16-34 year reported inconvenient eating **https://store.mintel.com/report/uk-breakfast-eating-habits-market-report**

The data shows that this change in our morning eating habits could well be a generational shift, with 71% of those aged under 0 having skipped breakfast at least once in the last week.

For those aged 2) 50 they skip breakfast slightly less than the national average, while just 31% of those aged 50 and over skipping breakfast in the past 7 days.

Skipping breakfast is particularly prevalent amongst females under the age of 21, with a surprising 81% having skipped breakfast at least once in the last 7 days.

The results also show that for many in the UK, breakfast may actually be a luxury, with those who are unemployed far more likely than average to skip breakfast in the week. 82% said they'd missed it at least once in the last 7 days.

Generation breakfast

https://www.askattest.com/blog/research/uk-breakfast-trends

not eat

- Reason: wake up late, too busy or not feeling hungry...
- Reason: Save stomach for more lunch.
- Reason: Saving money/no money,lack of time, health issues
- Reason: popular diet trends/intermittent fasting/

time management

Hotel Breakfast

The Ritual of Breakfast

Rituals of Food

Ritual

Definition of itself: A ritual is a an activity involving a series of actions or special acts, typically involves a set of actions, words, and objects. Rituals are often repeated at intervals, ___**https://www.tate.org.uk/art/art-terms/r/ritual**

Ritual can be personal and private.

- Raphael Absent-Bikinullah (1988)
- Artwork Caption: Untitled Figure 3 (002), Richard Wright, Contemporary Art
- Alan Dane Fairy Tree No. 5 (1971)
- Artwork Caption: Untitled (Ritual) 1985-95 by Mona Hatoum

Shapes and patterns

Performance

Rebels of the Dance - 2002 by Pavel Kopp

Traditional

Japanese Eating Customs, Japanese people ritualistically say "itadakimasu" as an expression of appreciation for the food they are about to consume.

many people who have eating disorders take abnormally small bites of food, and are not allowed to do so will feel ashamed

arranged on the plate, or the order or pattern in which food is eaten

Chinese Drinking Culture: The Unwritten Rules

- The core organisers are usually seated directly opposite the door, with the most honoured guests to the right of the main party.
- Toasts are made by rising, holding the bottom of the glass with the left hand, placing of the glass in the left hand, and keeping the mouth of the glass lower than the other person's as a sign of respect.
- Tap your glass on the table instead of clinking.

Russia's vodka ritual, ___**https://www.bbc.co.uk/travel/story/20190222-russias-strange-bread-sniffing-ritual**

"Vodka should be cold; glass should be tiny and there must be something salty to follow"

Artistic

Midsommar 2022 by Ingmar Bergman, **https://www.instagram.com/p/CjYUVwsgQ2T/?img_index=1**

Kagami: screen in Japanese, **https://www.bbc.com/travel/article/20200206-where-you-must-catch-your-meal-with-chopsticks**

A Nomadic Feast: Studio Tilleke embraces tableware without the table print ___**https://thisisnormal.com/objects/a-nomadic-feast-studio-tilleke-embraces-tableware-without-the-table**

exploring how tableware and furniture can shape new dining rituals.

How the future of cutlery could influence food rituals

Inentaspervorm / Ceremony of the everyday by ceramicist Sarah Gasman and the glass designer Maj Britt Zimmer **https://www.dutchdesignweek.nl/en/blog/2019/5/the-ritual-and-conventions-of-the-dining-table**

- as resources, including food, become scarce then the amount eaten might be restricted and then the ceremony of eating it may be more elaborate. Conversely, as quantities of food could become more significant in much the same way that, in the 18th century, sugar was a luxury but when it was first imported, or cooking salt in poorer communities were kept in special containers and used with care and deference.
- Appearance Contemporary Centerpieces<

symbolism

"A meal can be a stage for a social performance. A shared meal may indicate a relationship or mark the closing of a deal ... In a shared meal, the basic need for food becomes a way to build a bond and a sense of community."

Honey & Bunny by sonja stummerer & Julia Haldenwanger ___**https://www.honeyandbunny.com/projects/kk/rituals-food-preserve**

Now, each and every one can decide for themselves what is right for their household, so they give to the left table companion and which to the right one! Finally, they themselves can eat the leftover place.

Rituals of transition from rest to activity

- Scrolling on the phone
- Washing, grooming, look in the mirror
- Listen to the radio, passive info intake
- Lying in bed with thoughts
- Tidy up and clean up the desktop
- Making tea
- Listening to songs, making phone calls
- Water the plants

Everyone's morning ritual of reconnecting with themselves

Contemporary 'Breakfast'?

Many people in modern times are neglecting breakfast and replacing it with...

- meal replacement: protein drinks...
- Breakfast' can also be more than just food
- Rituals of transition from rest to activity

abstractly

The liminal time between waking and entering the 'productive' part of the day

My Family

My question

Subtopic 1

References

Sol Gonnes de Cataldi 'Ja Selbstverstandlich ___**Die Ehren-mit Cola. Celebrate Fasnung der Original'ascaglas (2024), Köln: TASCHEN.**

Textbooks

'Our data confirm that three daily meals is still the most common pattern, although there is a significant decrease in the number of eating occasions on weekdays. Breakfast takes place immediately after getting up, lunch is eaten at the middle of the day and dinner is served at the end of the working day.' Ruth Ahnen, Sarah Jenni, **"Disappearance of the traditional meal: Temporal, social and spatial dimensions of meals", Appetite, v.120, pp. 62-71. Available at: https://doi.org/10.1016/j.appet.2005.03.00**

Lil the Habitat NFT by Sorel Cohen, ___**https://sorel-cohen.squarespace.com/s/lx-the-habitat**

Cohen recorded the act of making the bed, capturing the repetitive movements associated with the morning routine. The performative and ritualistic nature of domestic labour is emphasized

Semiotics of my Kitchen 1975 by Martha Rosler, ___**https://www.youtube.com/watch?v=ZuZumpvOGC8**

Project

A critique of the commodified versions of traditional women's roles in modern society.

In my project, The Semiotics of Breakfast Rituals!

'theatrical' food parody'

Presented with xmind AI