Breakfast

Here are some basics you might need:

Breakfast Culture

Ancient Breakfast

Ancient Egyptian breakfast: bread, beer and onions. Ancient English breakfast: bread, cheese and ale. Ancient Rome breakfast: Ancient Roman Breakfast: Bread and Wine

Ancient Chinese Breakfast

Old adage says breakfast is the most important meal of the day

"Breakfast: a history" (2003) Cherice Bock-Weiss, Simon & Schuster, pp 22-23) Available at https://bit.ly/3jrJdeG/ebook or (no...

Meaningful origin of 'breakfast' in different languages: **Breakfast: A History (2016) The Breakfast book. London: Publishing Group, Limited. http://www.lisboeta.com/ebook/p/mobi/breakfast.mobi (Accessed May 10, 2020).**

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

Ashur, workers landed not to eat until noon. Egyptian breakfast: Egyptians ate bread and early classical farmers that breakfast was a meal that was eaten by the ele or cider and maybe some leftover state meal before getting to work.

laborers who would need the extra energy for a heavy morning.

Industrial

In the pre-Qin period people ate two meals a day, breakfast was eaten at about 7 o'clock, so the had to go to the toilet after breakfast.

The emperor eats hot pot, the old merchant eats broth rice, and the people eat hot.

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

Three Kingdoms Period: Porridge and Cake

Yuanxiao, Spring Cake, Zongzi, Lotus congee,

Tang Dynasty: Noodle Soup

Song Dynasty: Drinking Morning Tea

Symbolic/Status based

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

The importance of breakfast

Chinese proverb: 早餐吃好,午餐吃饱,晚餐吃少 **[**"Breakfast is abundant and the body h ...**]** Breakfast is important for the health of your body's energy. When fat is burn and being energy is abundant, one has a long time to be full.

Fat breakfast like a king, lunch like a prince, and dinner like a pauper' by Adelle Davis, a 20th century American nutritionist

'admindrum': a bite

Pulmonym: an early bird or a late bird

'smiltid': a bite

'hroest': ill-baked' early meal

'nistdrenc': a meal put together from food left over from the night before and ready to eat.

'cleadmaðor: first meal

'fnæsn': a snack

'fnæsel pegl: morning meal

Thomas Aquinas thinks breakfast commits the sin of 'gluttony'

Breakfast comes back

Toward the middle of the 19th century, breakfast had begun to reclaim its rightful place in the morning.

Untitled (c. 1611-52) by Floris van Schooten. Rijksmuseum Assen

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

Breakfast Still Life (1611) by Willem Claesz. Heda (Dutch, 1594-1680)

Breakfast Rising: **Trade, ... (https://www.reddit.com/r/Outlander/comments/nzzq0l/history_of_breakfast/)**

Tea, coffee, chocolate

The 19th century: no sex-confined porridge to start, then some fish, next a poached or fried egg, then a cold meat or devilled dish or bacon, a slice of buttered toast (or dry toast) and marmalade or a nice fruit tart. Then tea and coffee to wash it down. **LOPE, El (2014)**

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

Sweetmeats

Workers Breast stopping: grue! and perhaps some fish

kidneys, kedgeree, porridge, bacon, eggs, and so on

Status/Class

A wag for the scenery and established ourselves to while away the morning hours.

Train transport: breakfast room <Emerson once recently gained it has

Breakfast cereals: convenience

Modern: The Last Supper (2000-2022) by Cereal **(https://genesis.com/en-ae/support/lost?room=Portia)**

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

steak and eggs; skillet. astronauts: a death row

Modern Breakfast

USA

Soya Bean Milk & Doughnuts, Bacid & Rice Porridge, Guangdong Bowel Meal, Wuhan Fried Cheese Noodles, Hunan Pancakes

Beginning to seek nutritious and balanced

Comedy, Vegetables, Fruits, Eggs and Milk,

For students and office workers, a quick and easy breakfast

Purchased from outside breakfast stalls and shopkeepers it saves and paper bags

eat breakfast 'on the go'

Consumerism and fast

Eat at home, prepared in advance by family or themselves

A survey by the Chinese Nutrition Society found that 90% of people in the USA can't eat breakfast every day or weekdays because they don't eat breakfast every day on weekends.

Sour cream cereal, egg, bacon, sausage, burger, muffin, toast, avocado, ...**(https://www.quora.com/What-is-the-most-popular-breakfast-food-in-the-USA)**

Moving from a full English breakfast, which symbolises comfort, tradition and indulgence, to a convenient selection of cereal, toast and fruit. **(https://www.theguardian.com/lifeandstyle/2018/jan/07/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'

While most people eat breakfast daily at home, 30% of people who eat breakfast outside the home do so at least five days a week.In 35% of its fat alone, going hand in hand with the rise in obesity and overweight rates. **(https://www.statista.com/topics/1008/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 27 having skipped breakfast at least once in the last week.

For those aged 21-30 they skip breakfast slightly less than the national average, while just 31% of those aged 51 and over skipping breakfast in the past 7 days.

Skipping breakfast is particularly prevalent amongst females under the age of 21, with a surprising 91% having skipped breakfast at least once in the last week.

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, 61% said they'd missed it at least once in the last 7 days.

Generation breakfast

not eat

Reason: Wake up late, too busy or not feeling hungry

time management

Reason: Save cash for more lunch

Reason: Trying to manage the money lack of time

Reason: popular diet trends/resentment feelings

Hotel Breakfast

The Ritual of Breakfast

Ritual

Definition of Itself: A ritual is a act activity that usually sticks to a set pattern and often includes a number of steps that are ...**(https://www.lycia-ca.org.uk/art/a-ritual-resource/ritual-helpsheet...)**

Ritual of food

Ritual can be personal and private.

Ritual can be public

Shapes and patterns

Artwork Caption Untitled Figure 3 Artist: Richard Long

Alan Davie Forty Three by 3 (1971)

Performance

Artwork Caption Performance Artist Nam Jun Paik by Nicola Hallsum

Waves of the Dance 2010 by Pavel Alay

object or material

Bluehand Award - Blancoflor (1994)

Artwork Caption Untitled Figure 3 Artist: Richard Long

Traditional

Japanese Eating Customs: Japanese people mushroomly say "itadakimasu" as a way of saying thank you for the food that they are about to consume.

Chinese Drinking Culture: The Unwritten Rules

many people who have eating disorders feel pressured to eat in front of others, so when no allowed to do so will feel extreme ...**(https://centerforeldsociety.co.nz/blog/what-are-food-rituals/)**

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

The core organisers are usually seated directly opposite the door, with the most senior person in the room sitting with their back to it.

Toasts are made by lining, holding the glass in the right hand, raising the bottom of the glass to the level of the mouth and the mouth of the glass lower than the ...**(https://www.chinahighlights.com/travelguide/chinese-culture/drinking-culture.htm)**

Toasting also goes on the table instead of individual

Avanos Valley Ritual ... **(https://www.bbc.co.uk/travel/article/20150225-iaaston-strange-beard-wedding-ritual)**

Tinkling should be cold, glass should be dry and there must be something salty to serve

When the guests' appetite had been satisfied and the drinking had become continued - they would give the bread a quick sniff after downing their vodka shot

Waldemmar 2021 by Ralph Steadman **(https://www.instagram.com/p/CQ2mgOqnTTm/)**

Robert Lentz in Heaven **(https://www.bbc.com/travel/article/20200309-where-you-must-catch-your-next-aeroplane)**

Event

A Romantic Feast: Studio Tinteh embraces the Art of Dining Together 2022 ... **(https://thisismodi.com/object/the-bisexuals-nomadic-feast-studio-tinteh-embraces-tableware-without-the-table)**

exploring how tableware and furniture can make new dining rituals

Hanbridgemonson / ceremony of the everyday by sweetmint Sayli Gaonkar and the glass designer Roy Ertz Zemer **(https://www.dezeen.com/2021/04/26/sayli-gaonkar-roy-ertz-zemer-hanbridgemonson-ceremony-of-the-everyday-table/)**

as because, including food, become a ritual. Ritual is a set of actions that are repeated and that the performing of eating and drinking, and the consumption of quantities of food could become more and more ritualized as the years went by. the past, precious spices and even tea, when it was first imported, or cooking set that were considered valuable, such as special containers and used with care and reverence.

Ritual can be a stage for a social performance, a shared meal may indicate a relationship or mark the closing of a deal or the end of a festival. Food rituals can become a way to build a bond and a sense of community.

Jyppyeeeeee Contemporary Centerpieces

Symbolism

Group 3 Food Styling Assignment 3 Inspiration ... **(https://www.honeymoodle-my.com/projects/fb2f1ce5/p-food-presenta)**

Now, each and every one can decide for themselves. Which of the three appetizers is the most in line with the current trends and which is the right one? Finally, they themselves can eat the leftover pizza.

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

in the routine sense

meal replacement ... protein drinks...

esoterically

Scrolling on the phone

Washing, grooming, look in the mirror

Soak in the bath, cleanse into shake

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

'Breakfast' can also be more than just food

Contemporary 'Breakfast'?

Rituals of transition from rest to activity

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

Myself

Wake up - wash up - put on make up - stand at the bathroom - get breakfast and take a selfie - eat on the go

mom

Getting up - scrolling on my phone on the bed - have a glass of water - scrolling on my phone on the bed - get breakfast ready - washing up - eating lunch

Dad?

Wake up - wash + boil water - drink a glass of water - scrolling on my phone on the bed - I put dirty clothes in the washing machine and start washing - eat breakfast while listening to the news

Cases

Grandmas&Grandpa

Wake up - wait for caregiver to help with washing up - wait for caregiver to get breakfast - set the dishes - wear clothes - wait for caregiver to help with it - finally grandpa is sit at the table - eat breakfast(from rice, Beard, mostly tofu, medicine, berries)

My friends

Get up - wash up - drink a glass of warm water - eat breakfast - Play a self-existence game on mobile

My question

Through researching contemporary 'breakfast rituals', to explore how people navigate the liminal time between the unconscious state and start their day (sleeping/waking) and the productive part of the day and entering the 'productive' part of the day (work/study) and to explore the tension between contemporary lifestyle and ritual.

How Studio Ganbanaise &ampstudio can be used to structure everyday breakfast activities in a way that raises concerns about the 'productive' consumer self, identity and lifestyle.

Starting with the breakfast rituals of three generations of my family:

Problems found: mobile phone usage, Breakfast is not the starting up early, human of interest, self

How to 'follow' the routine of the parents' and grandparents' generation

Rigid but moving the traditional breakfast

References

Project

Cohen recorded the act of making the bed, capturing the repetitive movements associated with the morning routine. The video was then manipulated to create a dynamic about a emphasized

Action Showcase