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Food and ife Life

Eating is a very private act. But it becomes public when what we eat communicates to others information about our beliefs, social and cultural background and sometimes even our experiences. What is more interesting is the fact that what we eat is a very important factor in constructing the person within us. Yes, strange but true. This construction can be seen in psychological and anthropological thinking and also semantically that is in the way we communicate or express a meaning.

This is all because of the fact that what we eat is not only the physical constitution of our bodies but also makes up for the conceptual formation of our perspectives. The fact that we are cautious about the food ^{that} we eat and ~~that all of us~~ ^{preferences} have personal ~~likings~~ for some definite cuisines or types of food, clearly explains the fact that what we consume is a part of our identity. This identity includes connections we have in regards to other people and food functions as markers for us to inertly accept our individuality as well as actively articulating our connections and disparities with others.

The most important question is ~~why food has~~ ^{how does} the strange ~~capability of~~ ^{have} representing something ~~as important and significant as identity, something other than itself?~~ ^{to} The notion of food being a form of such representation has been widely thought of and discussed in



other than itself; something as important and significant as identity.

literature. In his work, *Toward a Psychosociology of Contemporary Food Consumption*, Roland Barthes ~~considered~~ ^{Compared} food to being a “system of communication, a body of images, a protocol of usage, situations, and behavior”. He also specifically examined the idea of food being the “functional unit of a system of communication”. He argued ~~the fact~~ that accumulation of information carried along with food can lead to expressing situations. But this is not it.

The story does not end here. I think that when it comes to the individual recognition of identity, the definition tends to become relative and ~~narrower~~ ^{more narrow}. This means ^{Meaning} that a certain food may be authentic according to someone while it may not be so for ~~some other~~ ^{another} person. In such circumstances, the idea that I want to communicate is that food may not be enough to determine the identity or ethnicity of a group. But it will be enough to determine an individual’s identity.

Now, coming to my preferred cuisine ~~or type of food~~, it definitely has to be Chinese food! Yes! All my near and dear ~~ones~~ ^{loved} know my ~~love~~ ^{affinity} for this particular cuisine and ~~it is~~ ^{I am} so ~~hyped~~ ^{Obsessed} that people often call me Chinese! Now, this joke has a deeper meaning which people may not always realize. Not that I say I am a Chinese but ~~owing~~ ^{due} to all the arguments made above, my love and preference for the food has definitely got something to do with who I am.

Now, Chinese food is something that is definitely out of the way or ~~should I put it like~~ ^{very} ~~too~~ mainstream for the people of my race. I believe that I agree ~~to~~ ^{with} all the arguments made in favor of a relationship existing between food preferences and one’s identity. ~~And, in~~ ^{of} which ways? Well, ~~this is what I am going to explain below.~~ ^{In}

ways, you ask, this is what I will explain next.

So now, Chinese food is basically popular for its color, aroma and excellent taste. Now you must be wondering how this can have a connection with me as an individual. But it does make sense. This is because just as color is very important in Chinese food, in the same way, different shades of life are essential for me to be able to enjoy life. I hate ~~that~~ ^a monochrome life with no colors in it. For me, life has to be full of variety with a new chapter opening every ~~new day~~. Secondly comes aroma. Now this would be pretty hard to explain. But in ~~my best set of words~~ I would say that my life is also full of aroma because aroma is ~~that~~ ^a distinct ~~feel~~ ^{sense} which you cannot physically touch or see but you know it's ~~just~~ there. The same is with me as an individual. I have various characteristics which you might not be able to measure physically but you can just feel ~~it~~ ^{them}.

Then comes taste. And this is easy! This is because as I already said, I hate ~~that~~ ^a monochrome life and hence my identity prompts me to color my life which in turn gives ~~it~~ ^{me} a new taste or ~~a~~ new feel every day. With something new to do every day, I gather new and various experiences which are just like the vibrant and exemplified taste of any Chinese dish. Other very important features of Chinese cuisine are innovation and artistic skill.

These also form a part of my immediate identity because just like Chinese food is not very mainstream, being cooked in a simple, basic way but out of the way, ^{in the} same way I like doing things none other would do. It's like I enjoy walking the path less travelled ~~by~~! Artistic skill also forms an important part of me because people who know me say that I am a perfectionist.

Even though I am not one, I like and prefer doing things close to perfection and in a new way every time, even if that's a repeat of something I have done before. The last but most important feature of the cuisine is basic raw materials. And that's me! I like doing small

I didn't see a "First"?

things but ^{in a} ~~the~~ big way. Digging ~~out~~ big ventures out of small opportunities is a challenge I like taking up.

So, the above discussion clearly explains the saying, "You are what you eat". ^{That} Doesn't mean I am ~~a~~ Chinese! But it definitely means that the basic features of Chinese food has ^a close resemblance and in fact defines my identity.