
LESSON C

Roles and Food and Nutrition

FOCUS: In the United States, women traditionally assume the major responsibility for food related activities in the home...selecting and purchasing foods, budgeting money and shopping for food as well as cooking it. Regardless of gender, when a young adult moves away from home they become responsible for food choices and preparation.

ACTIVITIES:

1. Have students participate in the class survey outlined in Teacher Information "Roles in Food Preparation." Also use Teacher Information, "Differences of Opinion."
2. Using the Basic Biscuit Mix in the Student Handout "It's Easy with Quick Mix" prepare a variety of different foods. Take them into class to be sampled by the students. Ask students what they think the similar ingredients are, what ingredients makes each food different? Give each student a copy of the biscuit mix recipe. Have them look on the chart to identify the differences. Relate this to roles in food preparation. Point out that different decisions about roles lead to different end products.

Discuss how basic chores can be shared with all members of the household with special chores being assigned to a member with the most skill, time, or simply who's appointed responsible. It would be very boring and eventually unhealthy to use the same ingredients in the same way everyday just as having the same person in a household perform the exact same task can become boring and unhealthy. Challenge students to accept a variety of roles in selecting, preparing and storing foods.

"Roles in Food Preparation"

When we grow up in families, the refrigerator automatically has milk juice, or our favorite soft drink, sandwich fixings, fruit, and vegetables. Oftentimes tasks related to selection, preparation, and storage of food are performed by the mother. In some families these responsibilities are assumed by one or the other parent or they may be split, for instance—one buying, the other preparing. Your own background, then, may dictate the way you think things should be. (Most likely, you will have a roommate or partner who thinks differently.)

Survey class members by dividing the class into groups to represent family stages:

Stage 1: Married couple, at least one child less than 6 years; wife less than 45 years.

Stage 2: Married couple, all children aged 6 through 18; wife any age.

Stage 3: Married couple, no children at home; wife aged 45 through 59.

Stage 4: Married couple, no children at home; wife aged 60 or older.

Answer the following questions by circling the number that matches your hypothetical family and your present family stage.

1=husband always, 2=husband more than wife, 3=husband and wife about same, 4=wife more than husband, 5=wife always

| | Hypothetical | Present |
|-----------------------------------|--------------|-----------|
| 1. Who decides food purchases? | 1—2—3—4—5 | 1—2—3—4—5 |
| 2. Who budgets money for food? | 1—2—3—4—5 | 1—2—3—4—5 |
| 3. Who does the grocery shopping? | 1—2—3—4—5 | 1—2—3—4—5 |
| 4. Who should cook? | 1—2—3—4—5 | 1—2—3—4—5 |
| 5. Who does cook? | 1—2—3—4—5 | 1—2—3—4—5 |

Answer questions twice...

- as in hypothetical family stage.
- as in present family stage

Compare answers with findings from other population.

Younger, employed wives usually expect husbands to take more responsibility for cooking and husbands agree that they should do more. Husbands who are retired do actually help more. The longer couples are married, the less likely they are to disagree over who should do the cooking.

High school seniors think there are distinct advantages to traditional role arrangements.

- When it comes to their own future marriages, the majority prefer to maintain some traditional role distinctions.
- Both young men and women want a family arrangement in which husband works full-time outside the home; they rule out any other alternative.
- When small children are part of the family, teens say they want a wife who is not spending large portions of her time working in outside employment.

Discuss the difference between opinions of high school seniors, couples in various stages from early marriage to retirement. How do couples feel about food related tasks?

- wife should do it
- if wife works, husband should help more
- retired husbands tend to help more
- the longer couples are married, less likely to disagree over who cooks.

When you live on your own, who will plan? shop? prepare? store? serve food?
Give reasons for your answers.

Why women dominate household labor...

- ...better trained, socialized;
- ...society continues to place responsibility on women;
- ...employers less tolerant of family demands on men;
- ...wife's job pays less, is less prestigious, easier to interrupt for family needs.

DISCUSS: Why do women assume major responsibility for food related tasks in the home regardless of age, education, or employment?

DEBATE opposing points of view:

- Women should assume major responsibility for food related tasks.
- Men and women should share responsibility for food related tasks.

Differences of Opinion

For your information, younger, employed wives expect husbands to take more responsibility for cooking and husbands agree that they should do more. Husbands who are retired do actually help more. The longer couples are married, the less likely they are to disagree over who should do the cooking.

In contrast, high school seniors think there are distinct advantages to traditional role arrangements: 1) when it comes to their own future marriage, the majority prefer to maintain some traditional role distinctions, 2) both young men and women want a family arrangement in which husband works full-time outside the home; they rule out any other alternative, and 3) when small children are part of the family, teens say they want a wife who is not spending large portions of her time working in outside employment.

Discuss the difference between opinions of high school seniors and couples in various stages from early marriage to retirement. How do couples feel about food-related tasks?

- wife should do it
- if wife works, husband should help more
- retired husbands tend to help more
- the longer couples are married, less likely to disagree over who cooks.

When you live on your own, who will:
plan?
shop?
prepare?
store?
serve food?

Give reasons for your answers.

Discuss why women assume major responsibility for food related tasks in the home regardless of age, education, or employment. Use one of the following statements in a debate with opposing points of view.

- Women should assume major responsibility for food-related tasks.
- Men and women should share responsibility for food-related tasks.

It's Easy With Quick Mix Basic Biscuit Mix

8 cups sifted all-purpose flour
1 1/2 cups non-fat dry milk
1/4 cup baking powder

1 Tbs. salt
1 1/2 cup shortening

Stir dry ingredients until well mixed. Cut in shortening until well mixed.
Store in a tightly covered container in a cool place. Use within a month

| Product Time & Temp. | Amount of Mix | Sugar | Eggs | Water | Other Ingredients | Method |
|---|------------------|---------|------|---------------|--|--|
| Biscuits (1 doz.) 425 degrees / 10-15 min. | 3 C | | | 3/4 C | | Blend, 10 strokes |
| Pancakes (18 medium) | 3 C | | 1 | 1 1/2 C | | Just blend |
| Muffins (1 doz.) 45 degrees / 25 min. | 3 C | 2 T | 1 | 1 C | | Mix water and egg, dry ingredient. Few strokes. |
| Waffles (6) | 3 C | | 1 | 1 1/2 C | | Blend well |
| Drop Cookies (4 doz.) 350 degrees / 40 min. | 3 C | 1 C | 1 | 1/3 | 1 t vanilla 1/2 C nuts 1/2 C chocolate Chips | Blend and drop on greased cookis sheet. |
| Coffee Cake 400 degrees / 25 min. | 3 C | 1/2 C | 1 | 2/3 C | Top with 1/2 cup brown sugar , 3 T butter, 1/2 t cinnamon, nuts, rasins. | Blend. Cover with topping. |
| Yellow or Chocolate Cake (2 8" cake pans) 325 degrees / 25 min. | 3 C | 1 1/2 C | 2 | 1 C | 1 t vanilla 1/2 cocoa for chocolate | Blend dry ingredients. Add others and beat. |
| Cobbler (9" x 13" pan) 350 degrees / 25 min. | 3 C | 1/2 C | | 1/3 C Cold | 1/2 C butter or shortening. | Cut in shortening and sugar. Add water and stir till cumbly. Spread over any fruit filling. Sprinkle w/sugar and cinnamon. |
| Peanut Butter Cookies 375 degrees / 5-7 min. | 2 C | 2 C | 2 | | 1/2 C shortening 1 C peanut butter | Blend fat, peanut butter, sugar. Add eggs. Blend in gradually. |
| Brownies (1 1/2 doz. 8" x 8" pan) 350 degrees / 30 min. | 1 C | 1 C | 2 | | 1/3 C cocoa 1/2 chopped nuts 1 t vanilla | Beat eggs, combine dry ingredients. Add eggs, vanilla. Mix. |