

A NATIONAL OBSESSION

I find this article in Spotlight, November 1995. It attracted me because I'm interested in healthy food and I was inquisitive what it is saying.

Americans' stereotype is that they eat fast food and they are overweight. And it is in mostly true, but some Americans are excellent cooks and aren't overweight.

Maybe it is true that Americans are obsessed with food, but there is also fitness craze. By the way, who wants to be fat?

Here are some reasons for obsession with food:

-American media produced a steady stream of cook books and magazines of food. There are a numerous cooking shows on television.

-Shopping in America is not a necessity, but a leisure activity.

-They don't have enough time. It is faster to eat a hamburger than to cook a lunch or a dinner.

-America is a melting pot in cooking (you can eat there regional cuisines from all over the world)

America is a consumer society and food, in short, is an activity, a sport and a pastime, rather than just a means of keeping alive.