

APPETITE
 Hunger - needs
 Taste mechanisms
 Digestion capabilities
 Health
 Diets
 Allergy

BODY TYPES AND METABOLISM
 If your metabolic rate is low, depending on your exercise level, the higher the tendency to carry extra weight.
 Sheldon (1898-1977) identified three people/body types:
 1 The **Endomorph** has the tendency towards **plumpness**
 2 The **Mesomorph** has the tendency towards **muscularity**
 3 The **Ectomorph** has the tendency towards **slightness**.
 The lover of food is No. 1, No. 2 is assertive and No. 3 has a large brain. (Just one characteristic among many for each type.) Since, but not from 1977, the main dietary (therefore gastronomic) problem in Western society is **obesity**.

CULTURE

HISTORY
 Traditions & taboos
 Knowledge of food
 Nutrition education***

EDUCATION
 Legal requirements
 Provision of school meals
 milk ...?

LEGAL
 Restrictions on:
 The sale of liquor
 The types of liquor
 Age of consumption
 The lack of restriction on the price of liquor encourages binge-drinking.

SOCIAL
 Distribution of the population over the class system. Work patterns. Entertainment. Values
 Facts such as the decline in the family as the basic unit in Western society.

ETHNIC
 Immigration
 Distribution of the population according to origin

LEISURE
 Work-leisure ratios.
 Food as entertainment.

All the cultural factors on the right.
 The national cuisine is the sum of ethnic, regional, fashionistic* etc cuisines.

Food availability and sustainability

National Cuisine

A "Cuisine" definition**.

Human Physiology

Human considerations

Gastronomy^Ω of a Nation

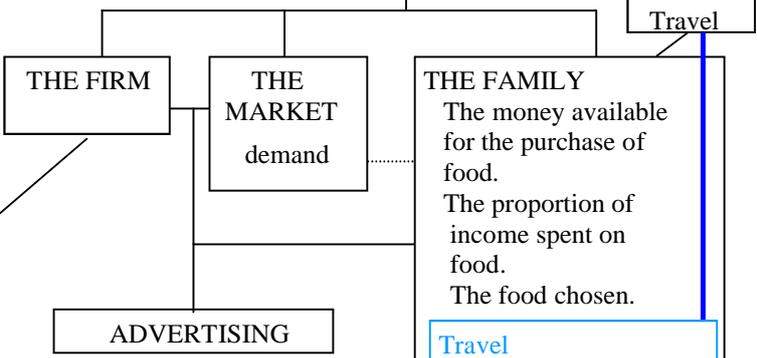
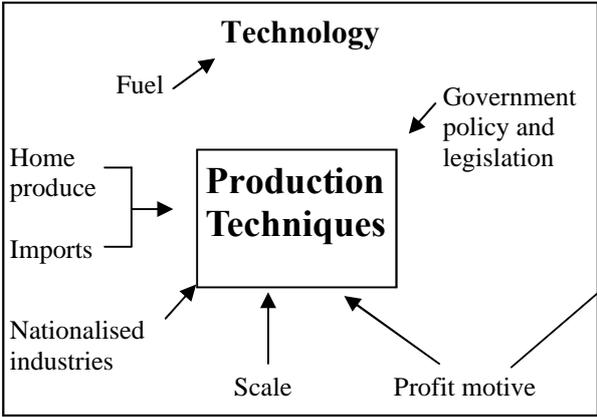
Material considerations

Techniques Profit Legislation

Agriculture
 Imports

Geography

ECONOMIC CONSIDERATIONS



* such as "Nouvelle Cuisine" in its day and "Molecular Gastronomy" [see side panel] in the first decade of the 21st century.

** "... a specific set of cooking traditions and practices, often associated with a specific culture. It is often named after the region or place where its underlining culture is present. A cuisine is primarily influenced by the ingredients that are available locally or through trade. Religious food laws can also exercise a strong influence on cuisine."

Web links are given elsewhere..

Ω "Being a gastronome in the 21st century means first and foremost only eating and drinking enough to satisfy your hunger and thirst. ..."

See elsewhere for comment and source.

Travel
 The increase in UK foreign travel during the last three decades has widened the range of foreign dishes which appear on household and restaurant tables.

*** See elsewhere re nutrition education

Little religious influence on UK gastronomy except within ethnic groups.