PCR #2

PART ONE:

1. “But even as Tara’s past motivates her efforts to create the family meals she didn’t have; these meals aren’t a magic elixir that can wipe away her painful memories. Despite her attempts to right the wrongs of her childhood, the hour often turns into a power struggle around food.” p.83
2. I chose this quote as many of the women in this section of the book struggle with not having family meals or adequate meals when they were children but yet they strive to have better meals for their children even when on a low income. Mothers who are in lower SES, find cheap meals that they can cook and afford in order to make sure their families and children sit down every night and eat dinner together, making this apart of their children daily lives as they didn’t have this. It’s a strive to give their children better than they had. I also picked this quote as it mention the power struggle over food. Many low SES mothers try to find cheap new meals to cook for their children but, children typically don’t want to try things they aren’t use too. This puts a struggle on moms as they want their child to eat better or a wider variety of foods, but instead the child is refusing making this process harder on the mothers.
3. “I’ve been trying to introduce new things to the repertoire, but they’re not kind of taking with the kids.” p. 117
4. I chose this quote as the second part of PC is all about choosing the healthier food options and introducing them to children, with the side effect of the children not liking the new food options. Many parents try to introduce new healthier options for their children but getting the children to actually eating it is almost impossible without some sort of conflict. In Marta’s situation she has to try several different tactics just to get her son Sebastian try new foods. Greely also sees this in her situation as her daughter Adelle see what other children are eating. This cause conflict as now the healthier options Greely is introducing turn into a conflict as Adelle wants the unhealthy school food that the others are eating. On Marta’s side as well, Sebastian poses the same conflict wanting lunchables and chips likes the others instead of his moms’ fruits and vegetables. Many parents have the fight at supper time with healthy food options and almost always ends in a bribing of something unhealthy just so they can get the child to eat the healthier food.

 PART TWO:

1. How can we include lower class families in the “vote with your fork” option? Shouldn’t everyone be allowed to have an opportunity to eat healthier food options? Is there a way we could make organic foods affordable for those families as well, instead of just for the upper class?
2. How can parents get children to eat healthier foods without having the disputes over it? PC mentions that sociologist suggest not to have dispute with children over those food but then again letting children have the choice ultimately leads to the healthy food not being ate, so how can that change? What better ways are there to improve eating skills without bribing children or sitting there forcing them to eat it?
3. What are ways parents can get on the same page of what they need to cook/feed for their children? Or How can both parents get involved with preparing these healthy meals for the children as many mothers are the ones who do the preparing instead of the husbands? How can parents go around the influences of other children in societies food choice and teach their children reasoning behind the healthy foods to where they understand? Many children want to do what they see others do so how do we prevent that when it comes the unhealthy snacks and obesity in America?