

## Sweden's food culture then and now- Alma Gauffin, Tindra Heurlin, Desire Inglander

1. The food you ate back then was very simple and is the kind of food we serve to our kids now a days. For breakfast it was usually hot chocolate with the swedish sandwich. For lunch they ate very classic swedish dishes like meatballs and mashed potatoes and fried fish with potato. They ate a lot of potato. For dinner it was once again classic swedish food but for the weekends they spiced it up with some meat and bearnaise sauce.
2. The mother always cooked the food while the dad made the table ready for the food. The children never helped the parents with the cooking, they did homework or played with friends instead.
3. They usually had dinner at home because it was expensive to eat at a restaurant and the possibility to eat on a restaurant near your house was not so big and there was not so many different restaurants you could choose between.
4. As we said they could spice it up a bit on the weekends because on the schooldays they wanted to make as fast food as possible. They put more effort on the lunch and dinners on the weekend because they had more time and more energy. The family cooperated more on the weekends and they all helped each other, they never did that on the schooldays.
5. They always focused on the dinner while they ate. They never had music or tv on or something that could distract them, the dinner was supposed to be calm and cozy . But on the breakfast the parents could read the newspaper, they did not focus as much at breakfast.

Today in our generation we and some older persons are inspired by international food cultures and we do not only eat Swedish normal food as they did back then. For example we have thai, Mexican, Chinese and a lot of other foods included in our weekdays. We have also a lot of fast food shops near our homes and eat there instead of cooking because sometimes no one in the family have time for that because other things are more important. Our parent never ate sushi but today we eat that almost once a week. Of course we eat a lot of Swedish food and regular food and not only food we buy. But if you compare the food we eat now a days with the food we ate back in the times then we eat a lot of more food from different culture then back in the days.