

# Food rituals : an entrée into multiracial family culture

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## Abstract:

The meanings of food rituals among ethnic groups have become scholarly areas to explore using Sociological and Anthropological approaches. However, still missing in this analysis is what these rituals mean for and identified multiracial families. Using Ethnic Studies and Mixed Race Studies literature, this research weaves together cultural understandings of food rituals and theoretical concepts in Mixed Race Studies. This research seeks to answer the following questions: What function do food rituals play in multiracial families? How do these rituals help to create a sense of common culture in a multiracial family? Using focus groups with three multiracial families in the San Francisco Bay Area, the researcher found that food rituals function to provide a sense of cultural continuity and adaptation, and serve to challenge established gender roles.

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