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To cite this version:

HAL Id: hal-01505227
https://hal.archives-ouvertes.fr/hal-01505227
Submitted on 13 Feb 2018

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The culinary act in everyday life: definition and pilot study
Sarah Bastien1, Clémentine Hugol-Gential1 and Jean-Jacques Boutaud1

INTRODUCTION
Cooking at home, according to studies, newspapers and social networks, has become increasingly popular1. This is in contrast to a reduction in time spent on culinary preparation by 18 minutes in France between 1986 and 20102.

While health education programs promote consumer responsibility and invite them to consume a more balanced diet3, we question the place of cooking in everyday life in France.

CULINARY ACT: DEFINITION
The culinary act is a cycle of actions that leads to the realization of the desired dish. It is an integral part of the food act. A cycle starts either when you find an idea or a recipe, or when selecting the ingredients. These actions are followed by the realization of the recipe, by technical means, and by conceptual and perceptual skills. Subsequently, the preparation will be served or preserved4 i.e. jams. After the consumption, there may be leftovers that will need to be served again. Thus, a new cycle begins as a new idea can emerge from leftovers. Throughout this cycle, the individual might share steps with his family or friends.

OBJECTIVES
As part of a 3 years PhD project we aim to understand representations, constraints and levers for action of culinary act in consumers’ daily life.

PILOT STUDY
By following the culinary act cycle, a pilot study was developed for the first PhD year. The aim is to bring insights to the question: How does the daily culinary act evolve according to the representations, the constraints and levers for action of French food practices?
A qualitative pilot study is realized to test methodology and capture projections and representations of culinary organization of the week5.

Keys words: culinary act, cooking, culinary organisation, everyday life, domestic sphere

FOOD ACT

BIBLIOGRAPHY