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Food Preferences, Food Intake, and Food Prestige of Some Selected Black Women in Knoxville, Tennessee

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To the Graduate Council:

I am submitting herewith a thesis written by Verdis Lee Taylor entitled "Food Preferences, Food Intake, and Food Prestige of Some Selected Black Women in Knoxville, Tennessee." I have examined the final electronic copy of this thesis for form and content and recommend that it be accepted in partial fulfillment of the requirements for the degree of Master of Science, with a major in Food Science and Technology.

Mary A. Bass, Major Professor

We have read this thesis and recommend its acceptance:

Ira Harrison, Betty Beach, Marjorie Penfield

Accepted for the Council:

Carolyn R. Hodges

Vice Provost and Dean of the Graduate School

(Original signatures are on file with official student records.)

To the Graduate Council:

I am submitting herewith a thesis written by Verdis Lee Taylor entitled "Food Preferences, Food Intake, and Food Prestige of Some Selected Black Women in Knoxville, Tennessee." I recommend that it be accepted in partial fulfillment of the requirements for the degree of Master of Science, with a major in Food Science.

Mary A. Bass
Mary A. Bass, Major Professor

We have read this thesis and
recommend its acceptance:

Joe E. Harrison
Betty L. Beach
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Accepted for the Council:

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FOOD PREFERENCES, FOOD INTAKE, AND FOOD PRESTIGE OF SOME
SELECTED BLACK WOMEN IN KNOXVILLE, TENNESSEE

A Thesis
Presented for the
Master of Science
Degree
The University of Tennessee

Verdis Lee Taylor

August 1975

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Rev. Frank Gordon	Rev. Henry Green
Rev. Richard Anderson	Rev. Byron Ragsdale
Elder Fred Bates	Rev. E. W. Cook
Rev. Alfred Hill	Rev. Brady Johnson
Rev. J. P. Jones	Rev. W. D. Booth
Rev. W. T. Crutcher	

I am much in debt to those black women who responded to my questionnaire and to the Agricultural Experiment Station for my research assistantship.

ABSTRACT

The food preferences, meanings of foods and food intake patterns, of black women with incomes ranging from \$6,000 to more than \$15,000 and educational levels ranging from the 10th grade through the Doctor of Philosophy degree were studied through a hand-out questionnaire.

Results indicated that as the preference for a food was related positively to the perceived food intake. Milk was the most highly preferred food for the women (78%) and the perceived intake was high. However, the 24-hour recall revealed that the women used milk only with cereal and coffee. A positive correlation ($p < 0.05$) was found between preference and perceived intake for most foods. Some foods were more highly preferred by older women, others by younger women. There were positive relationships between prestige and preference, prestige and age, and prestige and intake for some foods. For a few foods, there were negative correlations between the variables.

The women did assign prestige to some of the foods. Roast beef, macaroni and cheese, biscuits, and cottage cheese had high prestige value.

Sixty percent of the women reported eating a breakfast meal which agreed with those they reported usually having. For the noon meal, only 40% ate what they said they usually had. Eighty-eight percent had 24-hour recalls that agreed with their usual evening meal.

The terms breakfast, lunch, and dinner were used by over one-half of the women. Dinner was sometimes used for the noon meal and supper

The terms breakfast, lunch, and dinner were used by over one-half of the women. Dinner was sometimes used for the noon meal and supper was sometimes used for the evening meal.

Terms for meals, meal patterns, and foods eaten were those associated with the region and generally used in the United States rather than those reported to be associated with blacks. The complexity and diversity of foods eaten, meanings attached to foods, and meal patterns seemed to reflect the total culture in the United States. However, regional influences were exhibited. Further research needs to be conducted in both of these areas to examine forces in the culture influencing food and nutrient intake.

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CHAPTER I

INTRODUCTION

Food preferences are an integral part of an individual's life style. Because food preferences are related to food choices (Needham, 1974; Gladney, 1972) and, therefore, nutrient intake, it is important to investigate preferences for ethnic populations.

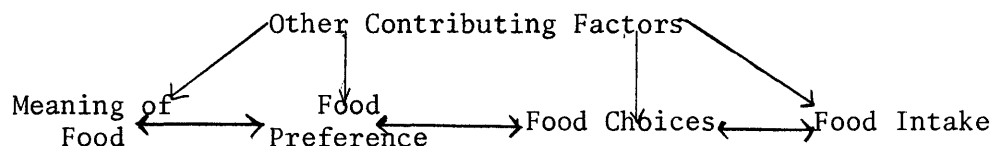
Schorr et al. (1972) found that as complexity of dietary pattern increased, the extent of diversification of other behavioral patterns increased. Data reported indicated that the variety in the teenagers' diet increased significantly with an increase in their fathers' and mothers' occupation level, the mothers' education level, and the extent of social participation.

Studies reported in the literature (Einstein and Hornstein, 1970; Leverton and Coggs, 1951; Eppright, 1947; and Young and LaFortune, 1957) showed that different degrees of life-style complexity exist among families in the same community and that the complexity of the dietary pattern and the nutrient intake increased with the life-style diversity.

The food and nutrition educator needs to know and to understand the factors influencing food intake patterns as well as the nutritional inadequacies in a population. Blacks comprise 9% of the Knox County, Tennessee, and 22% of the national population (Currence, 1974). Many studies have been done with low-income black families and their food preferences and practices. The middle class black food intake practices

for the most part have been neglected. This work is an attempt to fill the gap in the literature on middle-class blacks and their intake practices.

Food preferences are related to the meaning of food (McConnell, 1974) and to food choices (Needham, 1974). The schematic figure below illustrates this concept. Some of the other contributing factors are age (Dickins, 1965), ethnic, (Cussler and de Give, 1952), and geographical location (Pilgrim, 1957).



For the purpose of this study, the objectives were:

1. To study food preferences among black women,
2. To study food intake practices of these women, and
3. To study prestige values assigned to foods by black women.

It was hypothesized that:

1. There is no association between black women's food preferences and the prestige values they assign to the foods,
2. There is no association between food preferences and food intake practices of black women,
3. There is no association between food preferences and age of black women,
4. There is no association between prestige values assigned to the foods and age of black women, and

5. There is no association between prestige values assigned to the foods and food intake.

CHAPTER II

REVIEW OF LITERATURE

I. FOOD PREFERENCES AND FOODS CONSUMED IN BLACK FAMILIES

Culture and group attitudes and beliefs are influential in the development of the individual's preferences and attitudes toward food. Pilgrim (1961) stated that people characterize food in three ways: (1) the classes to which a food belongs, such as meats, fruits, or pastries; (2) the method of preparation, such as raw, creamed or combined with other foods; and (3) the composition of the food in terms of the major nutrients and the caloric density. People who eat food can be characterized by demographic factors such as age, sex, level of education, and region of country in which they grew up.

Laird and Breen (1939) in a study on the relation of sex and age to taste preference found that women tolerated higher levels of sour and bitter taste. Studies done by Meiselman (1972) found that taste thresholds changed from early childhood and during adolescence. In the span of adult life, little change appeared to take place, but in the later years of life there was a decline in the taste buds, both structural and functional. These basic changes may contribute to the alteration in food preferences as the individual passes from childhood into maturity. However, many environmental factors are changing throughout the life span and interacting with the physical changes in the individual in relation to food preferences.

Food preferences have been looked at in terms of their change with particular changes in the characteristics of the population (Pilgrim and Kamen, 1959; Kamen and Peryam, 1960). Researchers found that food preferences for about half of the food classes varied with age. For two classes (soups and vegetables), preference increased with age while for the other four (beverages, cereals, desserts and fruits), the preference decreased with increasing age. These results did not apply for every food within a given class.

Region of birth or locale in which respondents grew up influenced the food preference. The differences in food preferences for people from the North and South were noted in particular. However, lower income and education level respondents chose fewer vegetables and dairy products.

Pangborn and Bruhn (1971) observed that our socioeconomic and cultural backgrounds influence the types of food we select and consume. The mother is usually the family sole spokesman when it comes to buying food. Lackey (1974) found that family food preference was an important factor to the mother when purchasing food.

Food preferences vary with such factors as the age of the individual or the method of preparation. In an earlier study, Pilgrim and Kamen (1959) used factor analysis to determine whether food preferences fit into eating patterns for individual respondents. They found that an individual's food preferences fell into four specific groups. For example, a person either liked or disliked fruit in general and not just specific fruits. They found that some people liked their meat in the

solid state, that is, roast or steak, while others preferred creamed or casserole types of dishes.

A study done by Eindhoven and Peryam (1959) demonstrated that food preferences were not capricious, despite the tremendous variations within the population. People with similar preferences for food and methods of preparation of food tend to modify preferences in the same way when confronted with similar stimuli for change.

Jerome (1969) reported on blacks who had moved from the South to the North and how their eating patterns in most cases remained the same. The traditional diet of Negroes who migrated from the rural South during the past six decades reflected the foodways of the region in which they resided as well as the peculiar socioeconomic circumstances in which they were placed. Some of the local food products that formed the core of their meals were pork and pork products, chicken, fish, wild meats, collard, turnip, and mustard greens, poke salat, kale, cabbage and cabbage sprouts, dandelions, green beans, sweet potatoes, dried beans and peas, corn, cornmeal, corn grits, syrup, molasses, butter and buttermilk. The data gathered in an investigation in a large northern metropolitan area revealed that the basic core diet had undergone little change in the first 18 months. Later, many of the same foods were used but in different intake patterns, conforming with the new schedule and environment.

Steelman (1974) reported that blacks living in Northern Louisiana consumed a greater percentage of calories at breakfast than did blacks living in Southern Louisiana or those of the white groups studied in

each area. The Southern black group consumed more bacon, pork sausage, breakfast cereals, eggs, and milk than did homemakers in the other three groups. This group also ate more cornbread, greens and gravy ("soul" foods) than did the others.

Foods that were listed as ones their mother prepared (traditional) were the foods that appeared most often as distinctive of the north Louisiana blacks (Steelman, 1974). Tradition seems to be influential in their food choices. Certain foods express values of identification in different ways, having high or low prestige connotations. Familiarity of foods may be a factor also.

In studies done (Schuck and Tartt, 1973; Owen and Kram, 1969; and Futrell et al., 1971) on food consumption in low-income rural black families in Mississippi, information was obtained on incomes, education, employment, foods purchased and used, and food expenditures. Their findings agreed with Jerome (1969) and Steelman (1974) as to foods used by black families.

II. FOOD MEANINGS

Group influences play an important part in the meaning of food for each ethnic group (Pangborn and Bruhn, 1971). Gelfand (1971) and Whitten and Szwed (1970) point out that all cultures have established foods of high and low status and that the meaning attached to food is related to the individual's self-image.

Malcom X Little (1966), in his autobiography, describes how his mother used food to maintain her family's self-respect in the community

by being self-sufficient in providing food for her family, although the community considered the foods she was serving low status. These included dandelion greens, muskrats, and rabbits. Malcom X stated:

We couldn't understand why, if the state was willing to give us packages of meat, sacks of potatoes and fruit, and cans of all kinds of things, our mother obviously hated to accept. We really couldn't understand. What I later understood was that my mother was making a desperate effort to preserve her pride and ours.

As the depression continued, Malcom X's family began receiving commodity foods. He relates how this affected his family.

Late in 1934, I would guess, something began to eat away our pride. Perhaps it was the constant tangible evidence that we were destitute. We had known other families who had gone on relief. We had known, without anyone in our home ever expressing it, that we had felt prouder not to be at the depot where the free food was passed out. And, now, we were among them. At school, the "on relief" finger suddenly was pointed at us, too, and sometimes it was said aloud.

Even when families are eligible for commodity foods, they do not necessarily use them. Kaufman et al. (1973), in a study that included black families in Florida, found that commodity foods were not used by 64% of the eligible families. Low prestige status was associated with them. Though these families were told they had poor eating habits, the commodity foods were not accepted because of their low prestige value.

In a study of a Mississippi black community, Roberts (1969) not only observed prestige foods included the secondary and core foods, but also observed that they were reserved for special treatment. They were used with various high prestige foods for ceremonial occasions. Potatoes, beans, salmon salad, boiled ham, roast turkey, chicken and others were served for church suppers, holidays and during visits by the preacher.

These foods were never served on ordinary days. Some of these foods were expensive, but the majority were staple items prepared in a more complicated way. Their infrequent use helped to preserve their prestige value.

Bennett et al. (1942), in their study on food and culture, show how certain foods have prestige within a given group of people. He observed that these prestige foods lie in the area of peripheral foods in the diet, since many of the prestige foods represent expensive, hard to get items, associated with a higher economic level.

Food and eating practices are symbolic of interpersonal acceptance, friendliness, sociability or warmth (Leverton and Coggs, 1951).

Harrison (1970) observed in his study on migrant farm workers that most migrant workers had no variety in their diet. The lack of variety in the diet did not stimulate good eating habits and didn't encourage them to eat regularly. Therefore, their associations of friendliness and sociability with food were very low and did not encourage consumption.

When Moore (1957) investigated the meaning of foods, he found that every food has a meaning, sometimes undramatically, sometimes so important that its very mention suffices to define the occasion (e.g., champagne). Meaning and reactions to foods say many things about people, either as they choose food to eat or offer it to others. These meanings are rarely esoteric—they are part of one's cultural heritage.

III. THE MIDDLE CLASS BLACK FAMILY

The term "middle class" is difficult to define. Among the lower economic levels of blacks, the term may be used to denote those black

individuals who have become integrated and achieved success financially and/or socially.

Santos (1970) identifies social classes as:

basic groupings of individuals in a society, opposed to one another by virtue of the role they play in the productive process from the point of view of the relations they establish among themselves in the organization of labor and in respect to property.

The term "middle class" has many meanings in the black community besides income and educational levels. Sowell (1972) points out that only a very small proportion of the black population of the United States is "middle class" in the sense of being doctors, lawyers, or other well-paid professionals, and almost none are upper class in the sense of having large hereditary wealth. Blacks may be labeled middle class simply because they have such "old-fashioned" traits as perserverance, hard work, responsibility, and a desire to be judged as an individual.

Sowell (1972) says that in most discussions regarding middle class black families there is remarkable ambivalence in the definition of middle class. To those ideologically committed, anyone not agreeing with their ideology may be called middle class though their own philosophy may be different from that of most black people at all income levels. He states that a Columbia University study defined middle class for black people as "white collaremployment assuring an income above poverty level." The blacks in this middle class study had occupations as clerical help, guards, postal employees, bus drivers and mechanics.

In the report of the National Advisory Commission and Civil Discorder (United States Riot Commission Report, 1968), although the

Negro population in our country is as diverse in income, family composition and many other variables as the white communities, three major economic groups can be identified. The first and smallest group consists of middle- and upper-income individuals and households where educational, occupational and cultural characteristics are similar to those of middle- and upper-income white groups. The second and largest group contains blacks whose incomes are above "the poverty level," but who have not attained the educational, occupational or income status typical of "middle class" Americans. The third group has very low educational, occupational and income attainments and lives below the "poverty level." In the past few years, as Negroes' incomes have risen, the size of the lowest income group has grown smaller and the upper groups have grown larger both relatively and absolutely (United States Riot Commission Report, 1968).

Frazier (1969) says that the Negro middle class signalized its achievement of self-consciousness in the organization of the National Negro Business League in 1900 under the leadership of Booker T. Washington. While achievement in the world of business has steadily increased over the years, so have achievements in other areas. Frazier (1969) includes in his middle-class group those in business enterprises and white collar occupations, men and women engaged in professional pursuits, and those employed in regional positions in public service. This would include ministers, doctors, lawyers, nurses, dietitians, engineers and any other professional.

Frazier (1969) says,

The family life of the middle class, as well as its ideas and aspirations and even its physical characteristics, reflect the different elements in the Negro population from which it springs.

The middle class and upper class is comprised largely of men and women of mixed ancestry. A study of leaders in practically every sphere of Negro life revealed that the vast majority were of mixed blood, coming from families that were established in the society with at least one parent having some college education (Billingsley, 1968; Frazier, 1969). This is the result of this group's closer contact with white groups in the past and thus the assimilation of some of their values, the "know how" to get ahead in their world and the acquisition of some of the habits, such as getting to work on time, etc.

According to Billingsley (1968) and Goode (1966), the middle-class Negro families account for 40% of all Negro families and there are three distinct groupings. The first is the upper middle class, then the solid middle class and the precarious middle class. The educational level, the income, occupational achievement, as well as family life-style and the security of their hold on middle class status determine into which of these classes they will fall. Billingsley (1968) points out the special place of importance and prestige that the ministers have had in the upper middle class.

Frazier (1969) believes that the black middle class in many cases follows the tradition of the mulatto families as well as the folk culture of the masses. Personal achievement was the chief requirement

for admission into this class. In this group, there is much striving involving debts on houses, clothes and furniture, to maintain an appearance of wealth. Bernard (1966) says that upward mobility takes the traditional American form. Attendance at school, hard work and a little bit of luck is considered to be the means by which most blacks get into the middle and upper classes. Spectacular success in sports or in the entertainment world may also result in upward mobility. However, in most cases, the hard work and luck are necessary along with some talent.

Billingsley (1968) points out that while the middle-class black family shares similarities with the lower-income black family, a common sense of peoplehood is not likely shared as with other blacks on the same level, due to different levels of economic security and very different status.

Siegel (1970) found that blacks and whites evaluate occupations in the same way as everyone else evaluates them, employing the information and some combination of criteria. He questions the idea of a black subculture. Drake and Clayton (1962) stated that education is weighted heavier in determination of prestige than in the white population. Glenn (1963) agrees that education has been the most important determinant of prestige among blacks until recently. Occupation and income among whites have been as important as education.

The black church has been, and remains, an important social center for the black community (Frazier, 1948; Billingsley, 1968; Drake and Clayton, 1962). The women's club in the church serves as a social

outlet for the women. Eating is recognized as a part of most activities within the church (Drake and Clayton, 1962). The women take pride in preparing food of high status, during special occasions.

CHAPTER III

PROCEDURE

I. DEVELOPMENT OF QUESTIONNAIRE

The questionnaire consisted of two parts. One section measured food preferences and one section measured connotative meanings (Appendix B). The questionnaire was adapted from Carlisle's (1975) study on the food preferences and connotative meanings of food of Alabama high school students.

Foods listed on the questionnaire included meats, fruits, green and yellow vegetables, salads, desserts and beverages. Some foods thought to be used by blacks often were included, such as "ham hock," "chitterlings," and "dandelion greens." McConnell (1974) used the double entry to identify some food terms which were commonly used by high school students in Hancock County, Tennessee. Some food items appeared on the list more than once but with a different name. Gelatin and Jello salad were both listed, mashed and creamed potatoes were both included as well as deer meat and venison.

Food Preferences

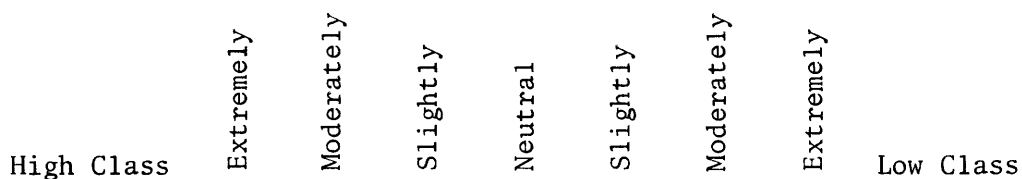
One hundred twenty-two foods were listed on the questionnaire. Food preferences were measured by the frequency with which the food would be chosen by the homemaker. Choices of responses were "everytime," "most times," "sometimes," "never," "number of times served," "never

tasted," and "don't know food." The foods included were some that were considered to be used especially by black families. These foods were randomly inserted into the questionnaire to prevent bias (Einstein and Horstein, 1970).

Connotative Meanings

A modification of the semantic differential measurement was used for the connotative meanings. This method was tested for reliability in measuring connotative meanings by Fewster et al. (1973). The semantic differential is a tool for obtaining multidimensional measures of the connotative aspects of meanings (Osgood et al., 1957). The connotative meaning of a word includes all the ideas, feelings, and attitudes that an individual associates with that word or concept (Krech et al., 1962). The polar terms used were those found by the researcher to have meaning in the black community; that is, high class and low class. The data provided information about the direction and intensity of the women's association for each pair of adjectives as it relates to each food item (Appendix B).

The choice of responses was as follows:



The space in the middle was classified as neutral; that is, food for both, or had no opinion of the food.

The women were asked to give an immediate response rather than one that was thought through and carefully chosen. For that reason, the question was asked, "Would you consider this food to be . . . ?"

Twenty-Four-Hour Recall

Studies have shown that the 24-hour recall can be an effective method for obtaining diet information for a group if the sample is large enough (Young et al., 1952; Young and LaFortune, 1957).

Past researchers, Chalmers et al. (1952) and Trulson (1960), believed that the 24-hour recall could give information concerning a person's diet. They believed that the foods eaten are still fresh on the person's mind and will be recalled more actually.

The 108 women used in the study were asked to record what they had eaten in the previous 24-hour period, listing the foods most recently eaten first. The foods were categorized into food groups to determine the meal patterns. Frequencies were used to record the breakfast, lunch, and dinner meal patterns of each woman.

II. PRETESTING

The questionnaire was pretested at Mount Zion Baptist Church in the ladies' Moses Club. The questionnaire was tested for clarity and simplicity and the length of time it took to administer it. It was revised to improve directions. It took approximately 45 minutes to administer the questionnaire to the group.

III. SAMPLE

Black ministers were contacted by telephone and visited by the researcher and the major professor to solicit their cooperation in the study. A follow-up letter was sent to ministers of selected local churches in Knoxville, Tennessee, to explain the purpose of the study and the involvement needed by women in the churches (Appendix A). Fifteen ministers were visited and cooperated in contacting the women's church clubs. Eighteen women's clubs from these churches volunteered to have the questionnaire administered to their group. These groups ranged in number from five to fourteen.

The questionnaire was administered by the researcher to 112 women. One hundred eight completed the questionnaires which were used for the analysis. The women were able to complete the questionnaire in approximately 45 minutes.

IV. IMPLEMENTATION OF QUESTIONNAIRE

The questionnaire was administered in two parts to each woman in the participating women's church clubs during the months of March and April 1975. Oral directions were given by the researcher at the beginning of each part. The food preferences and 24-hour recall section of the questionnaire were completed first. This was followed by the completion of the instrument on connotative meanings of food (Appendix B). Respondents were asked to indicate their age and income in the provided space.

V. ANALYSIS OF DATA

Pearson's "r" correlation or product-moment correlation coefficient was used to measure association between:

1. Food preference and number of times foods were used.
2. Food preferences and age of black women.
3. Food preferences and prestige values assigned to food.
4. Prestige value assigned to food and the number of times served.
5. Prestige value assigned to food and age of black women.

A frequency distribution was used to rank foods according to frequency of choice and for prestige values assigned to foods.

The number of times served was based on a yearly basis. Those foods used only when in season were given frequencies based on the United States Department of Agriculture Chart on Fruit and Vegetable Availability (Devine and Pimental, 1975). For example, because fresh peaches are in season two months in a year, a woman stating consumption of this fruit everyday in season would perceive that she eats it sixty times per year.

Meal patterns were ascertained from the 24-hour recall. Each meal was evaluated according to patterns and foods served. The total meal pattern for the day was then ascertained.

CHAPTER IV

RESULTS AND DISCUSSION

I. SAMPLE

The sample consisted of 108 black women in Knoxville, Tennessee. Appendix C contains information concerning age, income, and education of the sample. The education of the women ranged from ten to eighteen years. Income ranged from \$6,000 to \$15,000, and the age range was 23 to 68 years. The responses of the women will be discussed in terms of food preference, connotative meaning of food, relationships of these variables to intake and age, and the food-intake patterns.

II. FOOD PREFERENCES

Preference responses for all foods are listed in Appendix D. Table 1 ranks foods from highest to lowest for combined choices of "every time" and "most of the time." Selection of one of these two responses suggested preference for the food. Milk, lettuce salad, fried chicken, and pintobbeans were chosen by more than 75% of the women. No food was chosen more often than milk (78%). Bacon, fresh oranges, green beans, and orange juice were chosen by over 70% of the women.

Beverages chosen by more than 50% were iced tea, soda pop, Kool-aid, milk, orange juice, and coffee. Milk may have been chosen so often because of the attention given in nutrition education to its food value.

Table 1—Percentage of women indicating food preferences by ranking foods as "Choose Most of the Time" or "Choose Every Time"

Food	%	Food	%
milk	78	Jello salad	43
lettuce salad	78	rice	42
fried chicken	76	sweet potato pie	42
pinto beans	76	chocolate cake	42
green beans	73	English peas	42
orange juice	71	bananas	41
fresh oranges	71	candied yams	41
bacon	71	spaghetti	39
iced tea	68	mixed greens	39
fresh apples	66	chicken and dumplings	39
mashed potatoes	66	broccoli	37
roast beef	66	okra	37
macaroni and cheese	66	bologna (baloney)	37
scrambled eggs	64	beef liver	37
coffee	64	banana pudding	37
corn	63	gelatin salad	36
cornbread	62	chocolate ice cream	35
rolls	62	vegetable soup	35
soda pop	58	hot chocolate	32
green peas	55	strawberry ice cream	32
chicken and dressing	55	cheddar cheese	32
potato salad	54	cottage cheese	30
Kool-aid	53	pizza	30
cantaloupe	53	grits	30
fresh peaches	53	spinach	29
vanilla ice cream	52	collards	29
fried eggs	51	watermelon	27
hamburger on bun	51	cat fish	27
country fried steak	50	ham hocks	26
cabbage slaw	49	cooked carrots	26
blackberry cobbler	48	hot dogs	25
barbecued ribs	48	baked beans	24
creamed potatoes	48	carrot strips	24
corn flakes	47	chili	24
fresh strawberries	47	tomatoes, cooked	23
sausage	45	neck bones	22
apple pie	44	peanut butter cookies	20
pork chops	44	pork liver	20
biscuits	44	blackberries	20
cabbage	44	buttered beans	19
turkey	43	Tang	19
turnip greens	43	buttermilk	19

Table 1 (continued)

Food	%	Food	%
oatmeal	19	sliced tomatoes	9
applesauce	18	muscadines	9
black-eyed peas	18	carrot-raisin salad	8
lima beans	18	poke salat	7
chocolate pudding	18	oxtail	5
chocolate pie	18	souse	5
sorghum mollasses & biscuits	16	hominy	4
chitterlings	15	kidney beans	4
yellow squash	14	dandelion greens	3
nut ice cream	14	rabbit	3
butter beans	14	huckleberries	3
navy beans	12	hog jowl	2
acorn squash	10	squirrel	1
pig's feet	10	brains and eggs	1
cauliflower	9	scuppernongs	1

Vegetables preferred by more than 50% of the women were pinto beans, green beans, lettuce salad, mashed potatoes, corn, green peas, and potato salad. Cabbage slaw was chosen by 49%. Fruits preferred by more than 50% of the respondents were oranges, apples, orange juice, fresh peaches, and cantaloupe.

Scrambled and fried eggs were preferred by more than 50% of the women. Meats preferred by more than 50% were fried chicken, bacon, roast beef, chicken and dressing, hamburger on bun, and country fried steak. Cornbread and rolls were equally preferred by 62% of the women.

Table 2 lists foods that would never be chosen by more than 20% of the respondents. Meat items that would not be chosen by 50% or more of the respondents were those items commonly associated with blacks. Two were wild game meats such as deer and rabbit. Vegetables and fruits which would not be chosen included some wild plants.

Foods reported as those that would never be chosen by more than 20% of the respondents were listed also as being chosen most of the time and every time by less than 42%. Brains and eggs was the food most often not chosen (67%).

Table 3 shows that pinto beans and fried chicken, two foods associated with the region (Steelman, 1974) ranked highest in preference of those foods associated with blacks. Kool-aid and soda pop ranked high and are beverages associated with the southern region. Pork products such as barbequed ribs, pork sausage, and pork chops, frequently associated with the Southeast region, were chosen by 44 to 48% of the blacks. Foods which the literature frequently associated with blacks

Table 2—Foods ranked as "Never Chosen" by more than 20% of respondents

Food	%	Food	%
ham hocks	24	scuppernongs	25
squirrel	63	chocolate pudding	31
souse	46	nut ice cream	34
hog maws	53	brains and eggs	67
poke salad	43	buttermilk	33
chitterlings	42	yellow squash	41
peanut butter cookies	27	hog jowl	58
muscadines	44	chocolate pie	30
hot tea	31	spinach	28
acorn squash	50	sorghum molasses and biscuits	40
deer meat	51	carrot strips	24
grits	26	hominy	55
dandelion greens	60	Tang	34
cooked carrots	37	kidney beans	53
buttered beans	26	vegetable soup	22
oxtails	60	sliced tomato	51
pork liver	53	cauliflower	51
blackberries	22	neck bones	37
collards	22	huckleberries	57
rabbit	53	carrot-raisin salad	57
oatmeal	31	cooked tomatoes	41
lima beans	38	navy beans	36
English peas	24	pig's feet	40
gelatin salad	23	cat fish	32
beef liver	21		

Table 3—Percentage of women ranking foods associated with blacks as "Choose Most of the Time" or "Choose Every Time"

Food	%	Food	%
pinto beans ^a	76	watermelon ^c	27
fried chicken ^a	76	ham hocks ^a	26
soda pop ^d	58	cooked tomatoes ^c	23
Kool-aid ^b	53	neck bones ^a	22
barbecue ribs ^a	48	pork liver ^a	19
pork sausage ^a	45	chitterlings ^a	15
pork chops ^a	44	pig's feet ^a	10
turnip greens ^a	43	poke salat ^a	7
sweet potato pie ^a	42	oxtail ^d	5
rice ^b	42	souse ^a	5
candied yams ^a	41	rabbit ^a	3
bologna ^d	37	hog jowl ^a	2
beef liver ^b	37	brains and eggs ^a	1
collards ^a	29	squirrel ^a	1
catfish ^a	27		

^a(Jerome, 1969)

^b(Steelman, 1974)

^c(Cussler and de Give, 1952)

^dFoods generally associated with blacks by common usage.

such as pork liver, chitterlings, and neck bones were given a low preference. The latter foods are traditionally associated with the blacks in the region (Jerome, 1969). Rabbit, squirrel, souse, and variety meats such as brains ranked low on the preference list.

Vegetables most highly preferred were turnip greens and sweet potatoes. Turnip greens, a food associated with the region, ranked higher on the preferred list than the collard greens that have been associated with blacks in the literature. Approximately one-fourth of the women ranked watermelon and cooked tomatoes high in preferences. Wild foods such as squirrel, rabbit, and poke salat were ranked high by less than 10% of the women. In general, foods associated with the region and with blacks seemed to be as preferred as those associated traditionally only with blacks.

Table 4 shows that foods associated with this region are preferred by many of the women. Table 4 shows that those wild foods such as scuppernongs, muscadines, and huckleberries that are grown farther south are preferred by only a few of the women. However, 89 women did not know these foods. Cornbread and soda pop were preferred by more than one-half of the women. Turnip greens, mixed greens, chicken and dumplings, and English peas (green peas) were preferred by approximately 40% of the women.

The preferences for foods called by more than one name are listed in Table 5. Some differences in preferences were noted; however, most people knew both names. All foods identified by regional name, with the exception of butter beans, were ranked high by most people than the foods for which a common term was given.

Table 4—Percentage of women ranking foods commonly associated with the Southeast region as "Choose Most of the Time" or "Choose Every Time"

Food	%	Food	%
cornbread ^a	62	butter beans ^a	19
soda pop ^b	58	buttermilk ^a	19
turnip greens ^a	43	blackeyed peas ^b	18
English peas ^a	42	sorghum molasses and biscuits ^a	16
mixed greens ^b	39	muscadines ^b	9
chicken and dumplings ^a	39	hominy ^b	4
okra ^a	37	dandelion greens ^b	3
grits ^a	30	huckleberries ^a	3
blackberries ^a	20	scuppernongs ^a	1

^a(Cussler and de Give, 1952)

^bFoods generally associated with the Southeast by common usage.

Table 5—Comparison of food preferences general terminology and regional terminology for selected foods

Regional Terminology ^a	%	General Terminology	%
creamed potatoes	48	Mashed potatoes	66
English peas	55	green peas	42
Jello salad	43	gelatin salad	36
butter beans	14	lima beans	18

^aTerms generally used in the Southeast Region.

III. CONNOTATIVE MEANINGS

Frequencies of choice for extremely high class, neutral, and extremely low class for all foods are in Appendix E. Foods listed as extremely high class for 50 or more of the respondents are roast beef and milk. Many foods were listed as being extremely high class by 20 or more of the respondents. Ham hocks, squirrel, souse, hog maws, blackeyed peas, cabbage, poke salat, chitterlings, watermelon, acorn squash, deer meat, rabbit, brains and eggs, neck bones, navy beans, pig's feet, and catfish were listed as being extremely low class. It should be noted that these foods are associated with blacks or the poor in the Southeast region (Fathauer, 1960). Each food listed was considered high class by one or more individuals. There were foods that did not receive an extremely low-class score. They were macaroni and cheese, fresh peaches, mashed potatoes, fried eggs, creamed potatoes, and sliced tomatoes.

Table 6 contains the mean prestige values for all of the foods investigated. Foods with means in the moderately low and slightly low class (3.9-2.0) were wild foods or those commonly associated with blacks or low-income people in the region. No foods were given mean values with moderately high prestige (6.9-6.0). Regional foods having slightly (5.9-5.0) were pork chops, fried chicken, chicken and dressing, barbecue ribs, beef liver, candied yams, corn, and corn muffins. All of these foods are association with this region, but not exclusively.

Table 6—Means for prestige values of all foods

Food	Mean Score	Food	Mean Score
country fried steak	5.9	spaghetti	5.0
roast beef	5.9	candied yams	5.0
fresh peaches	5.8	iced tea	5.0
chicken and dressing	5.8	beef liver	5.0
fried chicken	5.8	vegetable soup	5.0
turkey	5.8	carrot strips	5.0
ground beef (hamburger meat)	5.6	cottage cheese	5.0
barbecued ribs	5.6	hamburger on bun	5.0
lettuce salad	5.6	Jello salad	5.0
fresh oranges	5.5	chocolate pudding	4.9
orange juice	5.5	sausage	4.9
cantaloupe	5.5	sweet potatoes	4.9
milk	5.5	hot tea	4.9
fresh strawberries	5.5	bananas	4.9
green beans	5.4	nut ice cream	4.9
mashed potatoes	5.4	spinach	4.9
cheddar cheese	5.4	pizza	4.9
macaroni and cheese	5.4	cabbage slaw	4.9
creamed potatoes	5.4	blackberry cobbler	4.8
apple pie	5.4	English peas	4.8
rolls	5.3	fish sticks	4.8
chocolate cake	5.3	blackberries	4.8
chocolate pie	5.3	baked beans	4.8
fresh apples	5.3	corn flakes	4.8
corn muffins	5.3	carrot-raisin salad	4.8
corn	5.3	French-fried potatoes	4.8
chocolate ice cream	5.3	Tang	4.8
sliced tomatoes	5.3	cornbread	4.8
bacon	5.3	biscuits	4.7
vanilla ice cream	5.3	applesauce	4.7
pork chops	5.2	sweet potato pie	4.7
broccoli	5.2	cooked carrots	4.7
fried eggs	5.2	mixed greens	4.6
potato salad	5.2	tomatoes, cooked	4.6
chicken and dumplings	5.1	peanut butter cookies	4.6
gelatin salad	5.1	cauliflower	4.6
green peas	5.1	coffee	4.6
strawberry ice cream	5.1	butter beans	4.5
hot chocolate	5.1	deer meat	4.5
scrambled eggs	5.1	turnip greens	4.5
banana pudding	5.1	balogna (baloney)	4.5
		rice	4.5

Table 6 (continued)

Food	Mean Score	Food	Mean Score
soda pop	4.5	pork liver	3.9
okra	4.5	huckleberries	3.9
acorn squash	4.5	scuppernongs	3.7
yellow squash	4.5	sorghum molasses & biscuits	3.7
chili	4.4	muscadines	3.6
hot dogs	4.4	kidney beans	3.6
pinto beans	4.4	oxtail	3.5
watermelon	4.4	pig's feet	3.5
catfish	4.2	dandelion greens	3.5
grits	4.2	rabbit	3.4
collards	4.2	brains and eggs	3.4
Kool-aid	4.2	chitterlings	3.4
buttermilk	4.2	neck bones	3.4
cabbage	4.2	hominy	3.3
navy beans	4.1	squirrel	3.1
lima beans	4.1	hog jowl	3.0
oatmeal	4.1	poke salat	2.9
butter beans	4.0	souse	2.8
blackeyed peas	4.0	hog maws	2.7
ham hocks	4.0		

IV. CORRELATION OF VARIABLES

Table 7 presents the correlation coefficients of significant relationships among the variables, preferences, prestige, intake and age. Over 75% of the foods had a significant correlation between the food preference and the perceived intake measured.

V. PREFERENCE VERSUS PRESTIGE

Preference for a food was not related to the prestige assigned to that food for most foods. Table 7 lists those foods with significant correlations between preference and prestige. The preferences for yellow squash, cheddar cheese, pinto beans, acorn squash, strawberry ice cream, vanilla ice cream, fried eggs, and scuppernongs were related positively to the respective prestige values assigned the foods. For these foods, if the prestige was high, the preference was high.

VI. PREFERENCE VERSUS AGE

The preferences for cottage cheese, lettuce salad, spinach, gelatin salad, and brains and eggs were related positively to the age of the black women. French fried potatoes, pizza, Kool-aid, fish sticks, nut ice cream, scuppernongs, cheddar cheese, biscuits, iced tea, rolls, fresh strawberries, rabbit, hominy, and chicken and dumplings were foods for which preference was associated negatively with the age of the women. These findings also agree with those of McConnell (1974) and Needman (1974).

Table 7—Correlation coefficients among the variables, preferences, prestige, intake and age

Food Item	r				
	Preference versus Intake	Preference versus Prestige	Preference versus Age	Prestige versus Intake	Prestige versus Age
hot dogs	0.48* (N=106)	-0.05 (N=107)	-0.10 (N=106)	-0.05 (N=106)	0.11 (N=107)
applesauce	0.17* (N=97)	-0.01 (N=102)	-0.10 (N=106)	-0.02 (N=97)	0.20* (N=107)
orange juice	0.60* (N=103)	0.10 (N=106)	-0.04 (N=105)	-0.07 (N=104)	0.18* (N=107)
ham hocks	0.19* (N=80)	0.12 (N=106)	-0.01 (N=105)	-0.07 (N=80)	0.02 (N=106)
butter beans	0.47* (N=71)	-0.10 (N=105)	0.05 (N=104)	-0.03 (N=71)	0.12 (N=107)
milk	0.35* (N=101)	-0.02 (N=107)	0.13 (N=106)	-0.14 (N=101)	0.05 (N=107)
squirrel	-0.45* (N=26)	-0.03 (N=94)	0.16 (N=94)	-0.07 (N=26)	0.03 (N=107)
cottage cheese	0.34* (N=81)	-0.12 (N=107)	0.18* (N=106)	-0.15 (N=81)	0.08 (N=107)
bananas	0.48* (N=100)	0.06 (N=107)	0.09 (N=106)	0.02 (N=100)	0.28* (N=107)
souse	0.68* (N=45)	0.07 (N=96)	-0.04 (N=96)	-0.06 (N=45)	0.12 (N=107)
green beans	-0.32* (N=107)	0.09 (N=107)	0.01 (N=106)	0.02 (N=107)	0.17 (N=107)
lettuce salad	0.41* (N=103)	-0.04 (N=106)	0.21* (N=105)	0.07 (N=103)	-0.03 (N=107)
cabbage	-0.20* (N=100)	0.07 (N=106)	-0.09 (N=105)	-0.12 (N=100)	0.00 (N=107)

Table 7 (continued)

Food Item	r				
	Preference versus Intake	Preference versus Prestige	Preference versus Age	Prestige versus Intake	Prestige versus Age
poke salat	0.35* (N=51)	0.02 (N=96)	-0.11 (N=96)	-0.04 (N=51)	1.00 (N=0)
chili	0.19* (N=)	0.04 (N=107)	0.03 (N=106)	0.01 (N=104)	0.05 (N=107)
chitterlings	0.44* (N=56)	0.90 (N=102)	-0.06 (N=101)	-0.06 (N=56)	-0.20 (N=107)
rice	0.39* (N=99)	0.08 (N=107)	0.04 (N=107)	-0.02 (N=99)	0.11 (N=107)
fresh peaches	0.29* (N=101)	0.12 (N=107)	0.04 (N=106)	-0.10 (N=101)	-0.06 (N=107)
corn flakes	0.57* (N=92)	-0.50 (N=107)	-0.01 (N=106)	0.07 (N=92)	0.23 (N=107)
french-fried potatoes	0.35* (N=101)	-0.08 (N=107)	-0.17* (N=106)	0.06 (N=101)	0.07 (N=107)
peanut butter cookies	0.23* (N=77)	-0.00 (N=106)	0.16 (N=105)	-0.00 (N=77)	0.06 (N=107)
pizza	0.44* (N=84)	-0.20 (N=105)	-0.23* (N=104)	-0.20 (N=85)	0.01 (N=107)
Jello salad	0.32* (N=95)	-0.04 (N=106)	-0.07 (N=105)	-0.10 (N=95)	0.22* (N=107)
Kool-aid	0.57* (N=94)	-0.04 (N=107)	-0.20* (N=106)	0.07 (N=96)	0.37* (N=107)
hot tea	0.51* (N=74)	0.10 (N=107)	0.04 (N=106)	0.04 (N=74)	0.21* (N=107)
mashed potatoes	0.30* (N=100)	0.04 (N=107)	0.11 (N=106)	0.02 (N=100)	0.04 (N=107)
watermelon	0.37* (N=95)	-0.06 (N=107)	-0.03 (N=106)	0.03 (N=95)	0.04 (N=107)

Table 7 (continued)

Food Item	r				
	Preference versus Intake	Preference versus Prestige	Preference versus Age	Prestige versus Intake	Prestige versus Age
acorn squash	0.26* (N=)	0.26* (N=94)	-0.10 (N=94)	0.22 (N=36)	0.20* (N=107)
strawberry ice cream	0.46* (N=85)	0.21* (N=105)	0.04 (N=104)	0.51* (N=85)	0.06 (N=107)
deer meat	0.33* (N=34)	0.08 (N=90)	0.04 (N=90)	0.29* (N=34)	0.06 (N=107)
cabbage slaw	0.30* (N=95)	-0.05 (N=106)	0.00 (N=105)	0.03 (N=95)	-0.13 (N=107)
sweet potato pie	0.40* (N=92)	0.00 (N=104)	0.02 (N=103)	0.12 (N=92)	-0.04 (N=107)
coffee	0.42* (N=88)	-0.10 (N=107)	-0.14 (N=106)	0.10 (N=88)	-0.00 (N=107)
blackeyed peas	-0.13 (N=87)	-0.13 (N=106)	-0.00 (N=105)	-0.01 (N=87)	0.16* (N=107)
biscuits	0.40* (N=95)	-0.07 (N=107)	-0.17* (N=106)	0.05 (N=95)	1.00 (N=0)
dandelion greens	0.92* (N=17)	-0.30 (N=83)	0.12 (N=83)	0.10 (N=17)	-0.06 (N=107)
cooked carrots	0.41* (N=64)	0.02 (N=104)	-0.09 (N=103)	0.00 (N=64)	0.02 (N=107)
iced tea	0.37* (N=101)	0.01 (N=107)	-0.26* (N=106)	0.02 (N=101)	1.00 (N=0)
fresh straw- berries	0.32* (N=103)	-0.06 (N=107)	-0.18* (N=106)	0.05 (N=103)	-0.01 (N=107)
sweet potatoes	0.19* (N=100)	-0.01 (N=106)	0.12 (N=105)	0.07 (N=100)	-0.06 (N=107)
country fried steak	0.43* (N=102)	0.05 (N=107)	-0.00 (N=106)	-0.07 (N=102)	-0.00 (N=107)

Table 7 (continued)

Food Item	r				
	Preference versus Intake	Preference versus Prestige	Preference versus Age	Prestige versus Intake	Prestige versus Age
butter beans	0.34* (N=75)	0.00 (N=103)	0.11 (N=102)	0.04 (N=75)	0.10 (N=107)
cornbread	0.42* (N=106)	-0.09 (N=107)	0.102 (N=106)	0.07 (N=100)	0.05 (N=107)
pork chops	0.41* (N=98)	-0.17* (N=107)	0.09 (N=106)	0.03 (N=98)	0.01 (N=107)
rolls	0.39* (N=105)	-0.01 (N=107)	-0.17* (N=106)	-0.03 (N=105)	-0.00 (N=107)
fresh oranges	0.55* (N=101)	-0.11 (N=107)	0.19 (N=106)	-0.11 (N=101)	0.08 (N=107)
soda pop	0.52* (N=101)	-0.09 (N=107)	0.12 (N=106)	0.16 (N=100)	1.00 (N=0)
turnip greens	0.19* (N=89)	-0.15 (N=106)	0.00 (N=105)	0.22* (N=89)	0.10 (N=107)
pork liver	0.30* (N=50)	-0.08 (N=106)	-0.06 (N=105)	-0.05 (N=50)	-0.12 (N=107)
okra	0.33* (N=89)	-0.03 (N=107)	0.10 (N=106)	-0.06 (N=89)	-0.01 (N=107)
fried chicken	0.35* (N=107)	-0.01 (N=107)	-0.03 (N=106)	-0.00 (N=107)	0.07 (N=107)
blackberries	0.25* (N=78)	-0.00 (N=105)	-0.00 (N=104)	-0.05 (N=78)	0.00 (N=107)
chicken and dressing	0.23* (N=104)	-0.08 (N=107)	0.01 (N=106)	-0.01 (N=104)	-0.02 (N=107)
chocolate cake	0.24* (N=98)	-0.05 (N=107)	-0.00 (N=106)	-0.00 (N=98)	0.06 (N=107)
fish sticks	-0.50* (N=86)	-0.01 (N=107)	-0.16* (N=106)	-0.11 (N=86)	0.08 (N=107)

Table 7 (continued)

Food Item	r				
	Preference versus Intake	Preference versus Prestige	Preference versus Age	Prestige versus Intake	Prestige versus Age
collards	0.46* (N=79)	-0.01 (N=106)	-0.01 (N=105)	-0.04 (N=79)	0.10 (N=107)
rabbit	0.30* (N=40)	-0.07 (N=98)	-0.21* (N=97)	0.10 (N=40)	0.04 (N=107)
oatmeal	0.50* (N=72)	0.13 (N=106)	0.13 (N=105)	0.01 (N=72)	0.20* (N=107)
barbecued ribs	0.25* (N=101)	-0.07 (N=107)	0.01 (N=106)	-0.08 (N=101)	-0.12 (N=107)
balogna	0.40* (N=95)	0.08 (N=107)	-0.02 (N=106)	-0.03 (N=95)	-0.03 (N=107)
vanilla ice cream	0.48* (N=98)	0.17* (N=107)	0.06 (N=106)	0.33* (N=98)	-0.00 (N=107)
lima beans	0.51* (N=62)	0.09 (N=104)	0.13 (N=103)	0.02 (N=62)	0.18* (N=107)
fried eggs	0.45* (N=93)	0.17* (N=106)	0.01 (N=105)	0.14 (N=93)	0.03 (N=107)
English peas	0.29* (N=77)	-0.125 (N=105)	0.05 (N=104)	0.12 (N=77)	0.09 (N=107)
gelatin salad	0.31* (N=79)	-0.12 (N=107)	0.17* (N=106)	0.03 (N=79)	-0.00 (N=107)
creamed potatoes	0.19 (N=98)	-0.06 (N=107)	0.04 (N=106)	-0.03 (N=98)	0.01 (N=107)
scuppernongs	0.72* (N=8)	0.30* (N=34)	-0.30* (N=34)	0.31 (N=11)	0.02 (N=107)
chocolate pudding	0.23* (N=73)	0.01 (N=107)	0.05 (N=106)	0.04 (N=73)	-0.00 (N=107)
nut ice cream	0.40* (N=67)	0.02 (N=105)	-0.19* (N=104)	-0.03 (N=68)	-0.02 (N=107)

Table 7 (continued)

Food Item	r				
	Preference versus Intake	Preference versus Prestige	Preference versus Age	Prestige versus Intake	Prestige versus Age
brains and eggs	0.57* (N=20)	-0.05 (N=94)	0.22* (N=93)	0.08 (N=20)	0.08 (N=107)
sausage	0.49* (N=95)	0.06 (N=107)	-0.08 (N=106)	0.00 (N=95)	0.09 (N=107)
cornflakes	0.10 (N=106)	0.07 (N=106)	0.02 (N=62)	0.01 (N=95)	0.24* (N=85)
buttermilk	-0.40* (N=70)	-0.10 (N=107)	-0.00 (N=106)	0.16 (N=70)	0.00 (N=70)
yellow squash	-0.12 (N=62)	0.16* (N=-0.15)	0.02 (N=105)	-0.02 (N=62)	0.89* (N=107)
fresh apples	0.49* (N=102)	0.11 (N=107)	-0.01 (N=106)	0.20* (N=102)	0.24* (N=107)
spinach	0.38* (N=76)	-0.09 (N=106)	0.29* (N=105)	0.01 (N=76)	0.24* (N=107)
chicken and dumplings	0.19* (N=95)	-0.10 (N=107)	-0.17* (N=106)	-0.03 (N=95)	-0.27 (N=107)
cantaloupe	-0.04 (N=99)	-0.03 (N=106)	0.02 (N=105)	-0.06 (N=99)	-0.23 (N=107)
scrambled eggs	0.42* (N=95)	0.01 (N=106)	-0.01 (N=105)	-0.03 (N=95)	-0.20 (N=107)
carrot strips	0.44* (N=77)	0.01 (N=104)	0.10 (N=103)	-0.04 (N=77)	-0.19 (N=107)
hominy	0.37* (N=42)	-0.07 (N=101)	-0.17* (N=100)	-0.10 (N=42)	-0.26 (N=107)
Tang	0.59* (N=63)	0.03 (N=101)	0.02 (N=100)	-0.22* (N=63)	-0.23 (N=107)
kidney beans	0.25* (N=48)	0.07 (N=106)	0.05 (N=105)	-0.10 (N=48)	-0.18 (N=107)

Table 7 (continued)

Food Item	r				
	Preference versus Intake	Preference versus Prestige	Preference versus Age	Prestige versus Intake	Prestige versus Age
banana pudding	0.22* (N=97)	-0.01 (N=107)	-0.11 (N=106)	-0.01 (N=97)	-0.13 (N=107)
potato salad	0.18* (N=106)	0.08 (N=107)	-0.07 (N=106)	-0.01 (N=106)	-0.21 (N=107)
chocolate ice cream	0.32* (N=94)	0.23 (N=107)	-0.06 (N=106)	0.58 (N=107)	0.24 (N=107)
cheddar cheese	0.25* (N=85)	0.20* (N=107)	-0.20* (N=106)	0.07 (N=85)	0.01 (N=107)
vegetable soup	0.26* (N=98)	-0.08 (N=107)	-0.12 (N=106)	-0.02 (N=98)	-0.07 (N=107)
blackberry cobbler	0.25* (N=83)	-0.10 (N=107)	0.02 (N=106)	-0.07 (N=83)	-0.06 (N=107)
pinto beans	0.59* (N=96)	0.17* (N=106)	0.01 (N=105)	-0.07 (N=96)	-0.07 (N=107)
sliced tomatoes	0.36* (N=104)	-0.01 (N=107)	-0.13 (N=106)	0.11 (N=104)	-0.07 (N=107)
neck bones	0.54* (N=62)	-0.10 (N=102)	0.04 (N=101)	-0.08 (N=62)	-0.09 (N=107)
huckleberries	-0.05 (N=26)	0.17 (N=89)	-0.02 (N=89)	0.10 (N=26)	0.18 (N=109)
spaghetti	0.17* (N=101)	-0.05 (N=107)	0.06 (N=106)	-0.07 (N=101)	-0.01 (N=107)
candied yams	0.37* (N=101)	-0.06 (N=107)	-0.10 (N=106)	-0.07 (N=101)	0.00 (N=107)
hot chocolate	0.20* (N=85)	-0.06 (N=107)	-0.13 (N=106)	-0.15 (N=85)	0.17* (N=107)
corn	0.33* (N=104)	0.13 (N=107)	-0.02 (N=106)	0.18* (N=104)	0.08 (N=107)

Table 7 (continued)

Food Item	r				
	Preference versus Intake	Preference versus Prestige	Preference versus Age	Prestige versus Intake	Prestige versus Age
navy beans	0.56* (N=65)	0.02 (N=105)	-0.05 (N=104)	-0.00 (N=65)	0.04 (N=107)
catfish	0.44* (N=70)	-0.10 (N=105)	-0.12 (N=104)	-0.00 (N=70)	0.00 (N=107)
corn muffins	0.33* (N=100)	-0.08 (N=107)	-0.14 (N=106)	-0.05 (N=100)	0.14 (N=107)
muscadines	-0.02 (N=24)	-0.03 (N=74)	0.10 (N=74)	0.34* (N=24)	0.36 (N=107)
hog jowl	0.23 (N=39)	0.10 (N=103)	0.12 (N=103)	-0.30* (N=39)	0.02 (N=107)
pig's feet	0.16 (N=57)	-0.10 (N=106)	0.10 (N=105)	-0.24* (N=57)	0.06 (N=107)
cauliflower	0.08 (N=44)	0.07 (N=101)	0.10 (N=100)	-0.08 (N=44)	0.21* (N=107)
turkey	0.03 (N=105)	0.06 (N=107)	0.07 (N=106)	-0.00 (N=105)	-0.00 (N=107)
hog maws	0.08 (N=23)	0.08 (N=81)	0.04 (N=81)	-0.04 (N=23)	-0.00 (N=107)
broccoli	0.16 (N=86)	0.10 (N=105)	0.15 (N=104)	-0.02 (N=86)	-0.07 (N=107)
green peas	0.12 (N=94)	-0.06 (N=107)	-0.10 (N=106)	-0.00 (N=94)	0.05 (N=107)
grits	0.41 (N=78)	0.02 (N=107)	0.11 (N=106)	-0.05 (N=78)	0.01 (N=107)
hamburger on bun	0.13 (N=106)	-0.08 (N=107)	-0.00 (N=106)	-0.08 (N=106)	-0.02 (N=107)
bacon	0.08 (N=102)	0.00 (N=107)	0.05 (N=106)	-0.02 (N=102)	0.06 (N=107)

Table 7 (continued)

Food Item	r				
	Preference versus Intake	Preference versus Prestige	Preference versus Age	Prestige versus Intake	Prestige versus Age
oxtails	0.17 (N=25)	-0.05 (N=91)	-0.06 (N=90)	0.28 (N=25)	0.13 (N=107)
mixed greens	0.14 (N=91)	0.08 (N=106)	-0.05 (N=105)	0.07 (N=92)	0.05 (N=107)
baked beans	0.03 (N=93)	-0.02 (N=106)	-0.05 (N=105)	-0.03 (N=93)	0.04 (N=107)
beef liver	0.08 (N=83)	0.08 (N=106)	0.07 (N=105)	-0.01 (N=83)	0.08 (N=107)
buttermilk	0.39 (N=70)	-0.10 (N=107)	-0.00 (N=106)	0.16 (N=70)	0.02 (N=107)
sorghum molasses and biscuits	0.21 (N=53)	0.11 (N=97)	-0.02 (N=97)	-0.05 (N=53)	-0.07 (N=107)
cauliflower	0.08 (N=44)	0.06 (N=101)	0.09 (N=100)	-0.07 (N=44)	0.21 (N=107)
tomatoes, cooked	0.12 (N=62)	0.01 (N=106)	-0.00 (N=105)	-0.04 (N=62)	0.05 (N=107)
apple pie	0.10 (N=101)	-0.08 (N=107)	0.02 (N=106)	-0.11 (N=101)	-0.06 (N=107)
ground beef (hamburger)	0.09 (N=104)	-0.00 (N=107)	-0.06 (N=106)	-0.11 (N=104)	-0.05 (N=107)

*Significant at $P \leq 0.05$

VII. PRESTIGE VERSUS INTAKE

Prestige is related positively to intake for some foods. Deer meat and muscadines both wild foods are in this category. Turnip greens was the only food associated with the Southeastern region and blacks that had a positive relationship between prestige and intake (Roberts, 1969).

VIII. PRESTIGE VERSUS AGE

Kool-aid, blackeyed peas, and yellow squash were foods associated with the region and blacks in which the prestige of the food was related positively with the age of the women. Other foods for which the prestige value of the food and the black women's age were associated positively were applesauce, orange juice, bananas, Jello salad, oatmeal, hot tea, acorn squash, lima beans, cornflakes, fresh apples, spinach, hot chocolate, and cauliflower.

IX. FOOD INTAKE PATTERNS

Some source of nutrients was eaten by most women for the breakfast meal. Twenty-four women did not eat any breakfast at all (Table 8). Coffee was consumed by 54 of the women during breakfast. When coffee was consumed alone, usually two cups or more were consumed. Two of the women had only juice for breakfast. Two others had coffee and juice.

Hot cereal, including oatmeal, grits, and rice, were consumed by four of the women. Sausage was the most common meat used for the breakfast meal. Bacon was used second most frequently. The breakfast

Table 8—Breakfast meal patterns of black middle-class women as indicated by a 24-hour recall

Breakfast Meal Pattern	Number	%
No breakfast	24	22.2
Coffee	9	8.3
Fruit Juice	2	1.9
Coffee and juice	2	1.9
Hot cereal	4	3.8
Cereal and coffee	6	5.6
Coffee and doughnut	3	2.8
Cold cereal and juice	1	0.9
Bacon and toast	1	0.9
Egg, meat, toast, coffee	15	13.9
Juice, cold cereal, coffee	8	7.4
Juice, not cereal, coffee	2	1.9
Juice, toast, coffee	4	3.8
Juice, toast, coffee, eggs	4	3.8
Bacon, lettuce, tomato sandwich	1	0.9
Ham, eggs, milk	1	0.9
Grits, fish, juice, toast	1	0.9
Pancakes, eggs, milk, bacon, orange juice	1	0.9
Juice, meat, eggs, bacon, toast	12	11.5
Hominy, biscuits, sausage, coffee, juice	1	0.9

meal usually included eggs, most often prepared scrambled. Only one person had hominy for breakfast. One of the women consumed fish for breakfast.

Table 8 shows that a breakfast of eggs, meat, toast, and coffee often was eaten by the women. The researcher noted for the 24-hour recall that milk was not consumed frequently at breakfast unless it was used in the form of cream for coffee, or served on dry and hot cereals.

Fresh fruits were not used frequently by the women except in the form of grapefruit halves. Cantaloupe was available, though expensive, during the study and was eaten by four of the women. One woman used fresh strawberries on her cereal and two used a half banana on dry cereal.

The most popular form of bread consumed by the women was toast with margarine or butter. Biscuits were reported as the bread second most frequently eaten.

The researcher noticed that the same 24 women who skipped breakfast also skipped the noon meal. Seven of the women, listing housewife as occupations had only soup for lunch. Chef salads were eaten by eight of the women. Meat sandwiches were consumed most frequently by these women (Table 9). They consisted of luncheon meat, bologna, hamburger, hot dogs, and fish sandwiches. One woman ate ham, and another ate roast beef.

It was noted that 12 of the women consumed heavy meals at noontime, consisting of meat loaf, fried chicken, pork chops, pig's feet or chitterlings as main dishes. The researcher observed in conversation with these women that some of them would go to black-owned eating places

Table 9—Patterns of noon meals eaten by black middle-class women as indicated by a 24-hour recall

Noon Meal Patterns	Number	%
No lunch	24	22.2
Soup	7	6.4
Chefs salad, iced tea	8	7.4
Meat sandwich	25	23.1
Sandwich, fruit	8	7.4
Meat sandwich with soup	6	5.6
Meat and salad	8	7.4
Meat, starch, vegetable, dessert, drink	12	11.1
Sandwich, potato chips, cookies, milk	9	8.3
Cookies, iced tea	3	2.7
Corn chips, coke, hot dogs	3	2.7
Leftovers	3	2.7

for lunch. One women who was retired ate a heavy meal at noon and called this meal lunch. Other reasons for variety in meal patterns could be the region where the women were reared, the type of work they did and how long they had lived in the city. It was observed that four of the women who had heavy lunch meals worked in factories. It was noted that some of the single women might have chosen to do this because they had someone to eat with at the noon meal. Some women were from rural areas or had rural backgrounds and might be accustomed to eating heavy meals served at noontime. Some sources of protein other than meat were used. These included vegetable soups, chili, dried beans, and salads containing some source of meat.

Cottage cheese and fruits, such as apples and oranges were consumed by 30% of the women at the noon meal. Cokes, iced tea, and soda pop were consumed by one-third of the women. No milk was reported consumed by any of the women. Green vegetables, such as greens, green beans, spinach, and English peas were consumed. Tomatoes, peppers, lettuce, cheese, and onions were mentioned only on sandwiches.

The evening meal contained a variety of different meats, beans, and vegetables. Meats were served in the evening meal in one form or another for most women (Table 10). The meats included chicken, organ meats, ham hocks, turkey, roast beef, pork chops, and country fried steak. Five women served ground beef in one form or another.

Rice was consumed by seven of the women at the evening meal. These women were not the same women who consumed rice at breakfast. Macaroni and cheese was prepared by 12 of the women along with the meat they ate

Table 10—Patterns of evening meals eaten by black middle-class women as indicated by a 24-hour recall

Evening Meal Patterns	Number	%
Meat, potato white, beans pinto, biscuits, milk	16	14.8
Meat, potato, green vegetable, dessert, iced tea	24	22.2
Meat casserole	4	3.8
Ground beef, fruit salad, nuts]	1.9
Meat and Potatoes	5	4.7
Meat, rice, green vegetable	7	6.4
Meat, vegetable	8	7.4
Meat, macaroni and cheese, green vegetable, rolls, Kool-aid	12	11.1
Vegetable plate	3	2.7
Beans, vegetable, starch, cornbread	6	5.5
Meat only	9	8.3
Nothing	8	7.4
Greens and cornbread	4	3.7

that day. Table 10 shows a wide use of green and yellow vegetables. These included turnips, collards, sweet potatoes, corn, green beans, okra, cole slaw, yellow squash.

Of all the meats prepared, chicken was the most often consumed. Perhaps this is due to the southern tradition (Gladney, 1972; and Jerome, 1969), including good memories of a Sunday afternoon spent with family or company. Most women ate chicken once a week.

Three of the women ate a vegetable plate only. Fruits were consumed in the evening meal mainly in the form of desserts. These included apple pie, fruit puddings, peach cobbler, strawberries and banana pudding. Cakes were also consumed for desserts. Cornbread was consumed by some of the women, usually with a boiled vegetable, potato, and meat. Kool-aid, soft drinks, and iced tea were consumed in generous amounts. Sixteen of the women had milk as their beverage at the evening meal.

The evening meal pattern for the black women studied indicated that the women do have a set meal pattern. Traditional foods for this region play an important role in what was eaten for dinner. The women included the traditional southern vegetables and desserts. A large evening meal was the main meal of the day for 92% of the women in this study.

X. AGREEMENT BETWEEN 24-HOUR RECALL AND DAY'S MEAL PATTERN

Each woman's 24-hour recall was compared to her usual meal pattern. Three respondents stated that the 24-hour recall did not represent a typical day.

Breakfast Meal

Sixty-three of the women's breakfast recalls agreed with their usual patterns of what they ate for that meal. Forty-five of the women's recalls did not agree. The breakfast meal patterns for those reporting agreement with usual meal pattern are listed in ranked order in Table 11.

Of the 45 women whose breakfast meal patterns and 24-hour recall were not in agreement, eight listing breakfasts in their usual pattern did not have breakfast. All but one woman called the morning meal breakfast. "Brunch" was the name used by the one exception.

Noon Meal

Fifty-two of the women had what they said they would have for the noon meal. Fifty-six of the women's recalls did not agree with their usual meal pattern. The noon meal patterns for those whose 24-hour recalls were in agreement with usual meal patterns are listed in ranked order in Table 12.

Two of the respondents referred to the noon meal as dinner. The other respondents called it lunch.

Evening Meal Pattern

Seventy-seven of the women's evening meal recalls agreed with their usual pattern of what they ate for that meal. Thirty-one of the respondents had not eaten what they said they usually had for the evening meal. The evening meal patterns for those reporting agreement with usual meal pattern are listed in ranked order in Table 13.

Twenty-eight of these women called the evening meal supper.

Table 11—Breakfast meal patterns for which there was agreement between the 24-hour recall and the usual eating pattern of black women

Breakfast Meal Patterns	Number
No breakfast	20
Juice, meat, eggs, bacon, toast	14
Coffee, egg, meat, toast	11
Juice, toast, coffee	7
Coffee, juice	4
Fruit juices	4
Cold cereal	3

2 coffee & egg & toast

Table 12—Noon meal patterns for which there was agreement between 24-hour recall and the usual eating pattern of black women

Noon Meal Patterns	Number
No lunch	24
Meat sandwiches	15
Meat, starch, vegetable, dessert, drink	10
Sandwich, potato chips, cookies, milk	3

Table 13—Evening meal patterns for which there was agreement between 24-hour recall and the usual eating patterns of black women

Evening Meal Patterns	Number
Meat, potato, green vegetables, dessert, iced tea, cornbread	52
Meat, potato, beans, biscuits, milk	16
Meat, macaroni and cheese, green vegetables, rolls, Kool-aid	9

Meal Patterns for 24-Hour Period

The combinations of meal patterns for the 24-hour period were summarized for all three meals, breakfast and noon, breakfast and night and noon and night. There appears to be much diversification in the total meal pattern for the day. Only 26 had the same meal pattern for all three meals. Fourteen had breakfast and noon meals that follow the same pattern. Twenty-nine had noon and evening meals following the same pattern while 63 had breakfast and evening meals following the same pattern.

Some of the women mentioned that they had home grown or home prepared foods that they listed on their 24-hour record. This information was volunteered by the women, perhaps indicating status attached to home-produced items. These foods included pickled okra, green beans, jelly and biscuits. Table 14 shows foods associated with blacks that were listed as being eaten by some of the women on their 24-hour recall.

Table 14—Foods on 24-hour recall associated with blacks^a

Food	Number of Persons Using Food
rice	10
grits	11
bologna	11
oxtails	1
ham hocks	6
chitterlings	3
pig's feet	1
barbeque ribs	4
fried chicken	13
ham	1
beef liver	1
pinto beans	7
blackeyed peas	4
candied yams	2
turnip greens	3
cabbage	4
collards	2
poke salat	2
biscuits	6
cornbread	6
hominy	1
gravies	5

^a(Jerome, 1969)

CHAPTER V

SUMMARY

Information about food intake for 108 black women with incomes of \$6,000 to more than \$15,000 and educational levels of 10 to 18 years in school (39 college graduates, 12 Master's, 6 Ph.D.'s) in Knoxville, Tennessee, was obtained through the use of a hand-out questionnaire. It was found that these women's food preferences were related to their perceived intake of foods and the meaning that they assigned to foods. Those foods that traditionally have been associated with blacks were preferred the least. Those foods that were associated with the Southeastern region were preferred most often. These foods included turnip greens, candied yams, fried chicken, pork chops, country fried steak, Kool-aid, and soda pop. Milk was the highest preferred food for the women (78%) and the perceived intake was high. However, the 24-hour recall revealed that milk was used primarily with cereal and coffee. Perhaps, they were reporting that they knew milk was a nutritious food but it didn't seem to influence their behavior.

The meanings assigned to foods by these women were also studied. It was found that these women do assign meanings to some of their foods. Foods such as roast beef, macaroni and cheese, biscuits, and cottage cheese were given higher prestige values. It was found that a high preference for some foods was associated with a high prestige value of the food also.

A positive correlation ($p < 0.05$) was found between preferences and perceived intake for most foods. Some foods were more preferred by younger women while other foods were more preferred by older women. There was a positive relationship for some foods between prestige and preference, prestige and age, and prestige and intake. For a few foods there were negative relationships between these variables.

Foods called by more than one name were English peas, creamed potatoes, butter beans, and Jello salad. Though these foods were called by different names, there appeared to be a difference in the scoring for these foods. Both names seemed to be known by the women.

The "24-hour recall" and "what you usually eat" sheet were used to study the meal patterns. The information was summarized according to the number of times the person's usual meal pattern agreed with his 24-hour recall.

It was found that 58% of the women had breakfast meals agreeing with those they reported usually having. For the noon meal, only 48% had what they said they usually had. For the evening meal 71% had what they said they usually had. Dinner seems to be a traditional meal pattern of meat, starch, vegetable, cornbread or rolls. There was diversity in the meal patterns for each meal. Different patterns were followed for breakfast, for the noon meal, and for the evening meal.

The terms breakfast, lunch, and dinner were used by over one-half of the women with the others calling meals "brunch," "dinner," and/or "supper." Terms for meals, meal patterns, and foods eaten were those

associated with the region and generally used in the United States rather than those traditionally thought to be associated more with blacks.

The complexity and diversity of foods eaten, meanings attached to foods, and meal patterns seem to reflect the total culture in the United States. However, regional influences are exhibited. Further research needs to be conducted in both of these areas to examine forces in the culture influencing food and nutrient intake.

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APPENDIXES

APPENDIX A

COLLEGE OF HOME ECONOMICS
THE UNIVERSITY OF TENNESSEE
KNOXVILLE, TENNESSEE 37916

Department of
Food Science, Nutrition
and Food Systems Administration

February 26, 1975

Dear

The acceptance of food and the preferences for foods are areas in which much information is needed. We think we know a lot about it, but when we approach teaching a diabetic how to incorporate his diabetic diet into his everyday living pattern, we find we know very little. Because of our interest and concern in how food preferences are developed, we are studying food preferences and food intake practices of the homemaker.

Would your homemakers be willing to help us by taking 30 to 45 minutes to check a food preference list and to complete a questionnaire? All information will be kept strictly confidential and names will not be used nor asked for. The questionnaire will be numbered only and the data will be analyzed as a total rather than for individuals.

In return, if we can be of service to you with programs in the area of foods and nutrition or with special diets, we shall be glad to do so. We shall be glad to do this on a group basis or as a dietitian consulting with an individual. We shall be happy to share the results of our study with you.

We would appreciate your cooperation very much. If you have further questions, you may contact us at 974-5445 or 637-4320.

Sincerely,

Verdis Taylor
Graduate Student Research Assistant

VT/MAB/mkr
FSNFSA

Mary A. Bass
Assistant Professor

APPENDIX B

No. _____

Organization _____

VT/MAB
FSNFSA
College of Home Economics
University of Tennessee, Knoxville

FOOD PREFERENCES

If you could choose your food, how often would you choose this food when it is available. Place a check mark under the number of times you would choose the particular food. Please note number of times served in your home as number of times per day, week, month, or year (i.e., 1-month, 1-day, 9r 2-month).

	Every Time	Most Times	Some Times	Never	No. Times Served	Never Tasted	Don't Know Food
apple pie		✓			1-month		
grapefruit	✓				1-day		
hot dogs							
applesauce							
orange juice							
roast beef							
macaroni and cheese							
ham hocks							
butter beans							
milk							
squirrel							
cottage cheese							
bananas							
souse							
turkey							
hog maws							
green beans							

	Every Time	Most Times	Some Times	Never	No. Times Served	Never Tasted	Don't Know Food
lettuce salad							
black-eyed peas							
cabbage							
poke salat							
chili							
chitterlings							
rice							
fresh peaches							
corn flakes							
french fried potatoes							
peanut butter cookies							
broccoli							
pizza							
Jello salad							
muscadines							
Kool-aid							
hot tea							
green peas							
mashed potatoes							
watermelon							
acorn squash							
strawberry ice cream							
deer meat							
cabbage slaw							
sweet potato pie							
coffee							
grits							

	Every Time	Most Times	Some Times	Never	No. Times Served	Never Tasted	Don't Know Food
hamburger on bun							
biscuits							
dandelion greens							
cooked carrots							
iced tea							
fresh strawberries							
sweet potatoes							
country fried steak							
buttered beans							
cornbread							
pork chops							
rolls							
fresh oranges							
bacon							
soda pop							
oxtail							
turnip greens							
pork liver							
okra							
mixed greens							
fried chicken							
blackberries							
chicken and dressing							
chocolate cake							
fish sticks							
collards							
rabbit							

	Every Time	Most Times	Some Times	Never	No. Times Served	Never Tasted	Don't Know Food
oatmeal							
barbecue ribs							
bologna (baloney)							
vanilla ice cream							
lima beans							
fried eggs							
English peas							
gelatin salad							
baked beans							
beef liver							
creamed potatoes							
scuppernongs							
chocolate pudding							
nut ice cream							
brains and eggs							
sausage							
buttermilk							
yellow squash							
hog jowl							
chocolate pie							
fresh apples							
spinach							
sorghum molasses and biscuits							
chicken and dumplings							
cantaloupe							
scrambled eggs							
carrot strips							

	Every Time	Most Times	Some Times	Never	No. Times Served	Never Tasted	Don't Know Food
hominy							
Tang							
kidney beans							
banana pudding							
potato salad							
chocolate ice cream							
cheddar cheese							
vegetable soup							
blackberry cobbler							
pinto beans							
sliced tomatoes							
cauliflower							
neck bones							
huckleberries							
carrot-raisin salad							
tomatoes, cooked							
spaghetti							
candied yams							
hot chocolate							
corn							
apple pie							
navy beans							
pig's feet							
cat fish							
ground beef or (hamburger meat)							
corn muffins							

No. _____

JCMAB/FSNFSA/UTK

WHAT I HAVE EATEN

ORGANIZATION _____

What did you eat this morning?

What did you eat before going to bed last night?

List foods eaten at the evening meal yesterday.

List foods eaten between evening meal and noon meal yesterday.

List foods eaten at the noon meal yesterday.

Was this a typical day? Yes _____ No _____
If not, what made it different?

No. _____

VT/FSNFSA/UTK

What do you usually eat when you get up in the morning? _____

What is this meal called in your home? _____

Which of the following persons usually eats with you in the morning?

No one _____	Mother _____	Daughter _____
Husband _____	Son _____	Others _____

What do you usually eat at noon time? _____

What is this meal called in your home? _____

What do you usually eat for the evening meal? _____

What is this meal called in your home? _____

Which of the following persons usually eats with you in the evening?

No one _____	Mother _____	Daughter _____
Husband _____	Son _____	Others _____

Are you on a special diet? Yes _____ No _____

If so, what diet? _____

Please put a ✓ by the word for every food listed below which describes how you feel about that food. You will find this an interesting way of expressing your opinion and that it will be easier if you mark the one word for each food fairly quickly, concentrating just on the food item you are marking. Please do not look back at the items you have already marked. Here is an example for you to follow:

EXAMPLE:

Would you consider this food to be—

		Extremely	Moderate	Slightly	Neutral	Slightly	Moderate	Extremely	
apple pie	High Class	_____	_____✓_____	_____	_____	_____	_____	_____	Low Class

If you consider apple pie to be high class, put a ✓ in the column labeled either Extremely, Moderate, or Slightly. If you consider apple pie to neither be high class or low class, put a mark in the column labeled neutral. If you consider apple pie to be a low class food, mark in either the Extremely, Moderate, or Slightly column on the low class side of the line.

		Extremely	Moderate	Slightly	Neutral	Slightly	Moderate	Extremely		Do Not Know the Food
huckleberries	High Class	___/	___/	___/	___/	___/	___/	___/	Low Class	___/
carrot-raisin salad	High Class	___/	___/	___/	___/	___/	___/	___/	Low Class	___/
tomatoes, cooked	High Class	___/	___/	___/	___/	___/	___/	___/	Low Class	___/
spaghetti	High Class	___/	___/	___/	___/	___/	___/	___/	Low Class	___/
candied yams	High Class	___/	___/	___/	___/	___/	___/	___/	Low Class	___/
hot chocolate	High Class	___/	___/	___/	___/	___/	___/	___/	Low Class	___/
corn	High Class	___/	___/	___/	___/	___/	___/	___/	Low Class	___/
apple pie	High Class	___/	___/	___/	___/	___/	___/	___/	Low Class	___/
navy beans	High Class	___/	___/	___/	___/	___/	___/	___/	Low Class	___/
pig's feet	High Class	___/	___/	___/	___/	___/	___/	___/	Low Class	___/
cat fish	High Class	___/	___/	___/	___/	___/	___/	___/	Low Class	___/
ground beef (hamburger meat)	High Class	___/	___/	___/	___/	___/	___/	___/	Low Class	___/
corn muffins	High Class	___/	___/	___/	___/	___/	___/	___/	Low Class	___/

VT:MAB/bh

2/75

UT/MAB
 FSNFSA
 College of Home Economics
 University of Tennessee, Knoxville

GENERAL INFORMATION SHEET

Single _____ Married _____ Divorced _____ Widowed _____

WHERE HAVE YOU LIVED?

	<u>Place</u>	<u>No. of Years</u>	<u>Farm</u>	<u>Nonfarm</u>
Now 1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____
6.	_____	_____	_____	_____
7.	_____	_____	_____	_____

PLACE OF BIRTH: _____

YOUR OCCUPATION: _____ Highest Grade Completed _____
 OCCUPATION OF SPOUSE: _____ Highest Grade Completed _____

AGES AND SEXES OF FAMILY MEMBERS:

Male	Age	Female	Age
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

AGE RANGE:

18-25 _____	36-40 _____	51-55 _____	65-70 _____
26-30 _____	41-45 _____	56-60 _____	71- _____
31-35 _____	46-50 _____	61-65 _____	

HOUSEHOLD INCOME PER YEAR:

1,000-1,999	6,000-6,999	11,000-11,999
2,000-2,999	7,000-7,999	12,000-12,999
3,000-3,999	8,000-8,999	13,000-13,999
4,000-4,999	9,000-9,999	14,000-14,999
5,000-5,999	10,000-10,999	15,000-

APPENDIX C

Table 15—Education, age, and income of black women

Number of Years in School	Number Completed Grade Level	Age Range
10th grade	5	43-68
11	5	43-68
12	36	28-33
13	2	28-33
14	5	23-28
15	-	-
16	39	23-43
17	12	28-38
18 or more	6	38-58

Table 16—Frequencies for age and income of the sample

Age Range	Frequency	Income Range	Frequency
23-28	17	\$ 6,000	9
28-33	32	7,000	8
33-38	12	8,000	9
38-43	7	9,000	11
43-48	14	10,000	18
48-53	11	11,000	9
53-58	4	12,000	10
58-63	10	13,000	5
63-68	1	14,000	6
		15,000+	21
		Data Missing	2

APPENDIX D

Table 17—Preference responses for foods

Food Item	Every Time		Most Times		Sometimes		Never	
	Frequency	%	Frequency	%	Frequency	%	Frequency	%
hot dogs	9	8	18	17	79	73	1	1
applesauce	3	3	16	15	79	73	1	1
orange juice	41	38	36	33	26	24	3	3
roast beef	18	17	41	39	44	41	4	4
macaroni and cheese	13	12	58	54	35	32	1	1
ham hocks	7	7	21	19	52	48	26	24
butter beans	6	6	8	8	58	54	33	31
milk	47	44	36	34	--	--	6	6
squirrel	0	0	2	1	24	22	68	63
cottage cheese	7	7	25	23	49	45	26	24
bananas	14	13	30	28	56	52	7	7
souse	2	1	4	4	40	37	50	46
turkey	13	12	33	31	59	55	2	1
hog maws	1	1	1	1	22	20	57	53
green beans	25	23	53	50	29	27	--	--
lettuce salad	35	33	48	45	20	19	3	3
black-eyed peas	6	6	13	12	67	62	20	19
cabbage	9	8	39	36	53	49	5	5
poke salat	1	1	6	6	43	40	46	43
chili	2	1	25	23	77	71	3	3
chitterlings	5	5	11	10	41	38	45	42
rice	6	6	39	36	53	49	9	8
fresh peaches	23	21	34	32	45	42	5	5
corn flakes	17	16	33	31	41	39	16	15
french fried potatoes	14	13	41	38	45	42	7	7
peanut butter cookies	5	5	16	15	56	52	29	27
broccoli	14	13	26	24	46	43	19	18
pizza	9	9	23	21	42	49	21	19
Jello salad	12	11	35	32	49	45	10	9
muscadines	4	4	5	5	17	16	48	44
Kool-aid	23	21	34	32	37	34	13	12
hot tea	10	9	26	24	38	35	33	31
green peas	20	19	39	36	35	32	13	12
mashed potatoes	15	13	54	50	32	30	6	6
watermelon	15	14	14	13	68	63	10	9
acorn squash	5	5	5	5	30	28	54	50
strawberry ice cream	10	9	25	23	54	50	16	15
deer meat	2	1	1	1	32	30	55	51

Table 17 (continued)

Food Item	Every Time		Most Times		Sometimes		Never	
	Frequency	%	Frequency	%	Frequency	%	Frequency	%
cabbage slaw	10	9	42	40	41	38	13	12
sweet potato pie	13	12	32	30	50	46	9	8
coffee	44	41	25	23	24	22	14	13
grits	12	11	20	19	47	44	28	26
hamburger on bun	16	15	39	36	51	48	1	1
biscuits	18	17	29	27	49	45	11	10
dandelion greens	--	--	3	3	15	14	65	60
cooked carrots	3	9	18	17	43	40	40	37
iced tea	39	36	35	32	28	26	5	5
fresh strawberries	22	20	29	27	53	50	3	3
sweet potatoes	10	9	42	39	49	45	5	5
country fried steak	17	16	37	34	48	44	5	5
buttered beans	5	5	15	14	55	51	28	26
cornbread	25	23	42	39	33	31	7	7
pork chops	25	23	23	21	51	47	8	7
rolls	26	24	42	38	37	34	2	2
fresh oranges	34	35	38	35	29	27	6	6
bacon	39	37	37	34	26	24	5	5
soda pop	38	35	25	23	39	36	5	5
oxtail	2	2	3	3	21	19	65	60
turnip greens	10	9	37	34	41	38	18	17
pork liver	2	2	19	18	28	26	57	53
okra	7	7	32	30	52	48	16	15
mixed greens	8	7	35	32	48	44	15	14
fried chicken	38	35	44	41	25	23	--	--
blackberries	10	9	12	11	59	55	24	22
chicken & dressing	15	14	44	41	44	41	4	4
chocolate cake	14	13	31	29	54	50	8	8
fish sticks	7	7	20	19	59	55	21	14
collards	7	7	24	22	51	48	24	22
rabbit	2	2	1	1	38	35	57	53
oatmeal	5	5	15	14	53	50	33	31
barbecue ribs	15	14	37	34	50	46	5	5
bologna (baloney)	10	10	29	27	58	54	10	9
vanilla ice cream	16	15	40	37	44	41	7	7
lima beans	5	5	14	13	44	41	41	38
fried eggs	15	14	40	37	40	37	11	10
English peas	14	13	31	29	34	32	26	24
gelatin salad	12	11	27	25	43	40	25	23
baked beans	5	5	29	19	69	64	12	11
beef liver	9	8	31	29	43	40	23	21
creamed potatoes	13	12	39	36	48	44	7	7

Table 17 (continued)

Food Item	Every Time		Most Times		Sometimes		Never	
	Frequency	%	Frequency	%	Frequency	%	Frequency	%
scuppernongs	--	--	2	1	5	5	27	25
chocolate pudding	1	1	18	17	55	51	33	31
nut ice cream	5	5	9	9	54	50	37	34
brains & eggs	--	--	2	1	21	20	72	67
sausage	13	12	36	33	46	43	12	11
buttermilk	9	8	12	11	50	46	36	33
yellow squash	4	4	11	10	47	44	44	41
hog jowl	1	1	2	1	37	34	63	58
chocolate pie	6	6	13	12	55	51	32	30
fresh apples	40	37	31	29	32	30	4	4
spinach	9	9	22	20	45	42	30	28
sorghum molasses and biscuits	--	--	17	16	37	34	43	40
chicken and dumplings	6	6	36	33	53	49	12	11
cantaloupe	19	18	38	35	45	42	4	4
scrambled eggs	35	32	34	32	26	24	11	10
carrot strips	4	4	22	20	52	48	26	24
hominy	2	2	2	2	38	35	59	55
Tang	8	7	13	12	43	40	37	34
kidney beans	1	1	3	3	45	42	57	53
banana pudding	13	12	27	25	57	53	10	9
potato salad	13	12	45	42	48	44	1	1
chocolate ice cream	12	11	26	24	58	54	11	10
cheddar cheese	10	9	25	23	51	47	21	19
vegetable soup	7	7	30	28	46	43	24	22
blackberry cobbler	17	16	35	32	44	41	10	9
pinto beans	37	34	45	42	23	21	2	1
sliced tomatoes	3	3	6	6	37	34	55	51
cauliflower	3	3	6	6	37	34	55	51
neck bones	5	5	18	17	39	36	40	37
huckleberries	--	--	3	3	24	22	62	57
carrot-raisin salad	3	3	5	5	45	42	51	47
tomatoes, cooked	6	6	18	17	38	35	44	41
spaghetti	7	7	34	32	61	57	5	5
candied yams	9	8	36	33	59	55	3	3
hot chocolate	6	6	28	26	54	50	19	18
corn	28	26	40	37	38	35	1	1
apple pie	12	11	36	33	53	49	6	6
navy beans	5	5	8	7	53	49	39	36
pig's feet	1	1	10	9	52	48	43	40
cat fish	13	12	16	15	42	39	34	32
ground beef	16	15	39	36	51	48	--	--

APPENDIX E

Table 18—Frequencies for all foods rated in the extremely high class, neutral and extremely low class categories

Food Item	Extremely High Class	Neutral	Extremely Low Class
hot dogs	6	44	8
applesauce	11	35	5
orange juice	31	31	1
roast beef	50	9	3
macaroni and cheese	26	26	--
ham hocks	12	23	12
butter beans	8	31	10
milk	53	24	5
squirrel	6	16	25
cottage cheese	20	24	6
bananas	15	31	1
souse	2	18	23
turkey	45	18	1
hog maws	3	15	30
green beans	29	26	3
lettuce salad	44	15	3
black-eyed peas	7	34	14
cabbage	12	35	12
poke salat	5	21	24
chili	11	35	5
chitterlings	7	24	22
rice	8	45	4
fresh peaches	44	35	--
corn flakes	17	28	4
French fried potatoes	16	29	3
peanut butter cookies	9	48	2
broccoli	26	26	4
pizza	19	30	4
Jello salad	29	29	6
muscadine	13	22	5
Kool-aid	12	38	10
hot tea	18	29	1
green peas	24	32	3
mashed potatoes	28	27	--
watermelon	17	35	12
acorn squash	20	18	10
strawberry ice cream	23	36	2
deer meat	19	20	12

Table 18 (continued)

Food Item	Extremely High Class	Neutral	Extremely Low Class
cabbage slaw	17	43	4
sweet potato pie	9	21	3
coffee	24	36	11
grits	6	34	7
hamburger on bun	7	38	1
biscuits	12	30	5
dandelion greens	6	23	15
cooked carrots	13	34	5
iced tea	20	37	3
fresh strawberries	35	30	1
sweet potatoes	17	36	4
country fried steak	45	12	2
buttered beans	15	30	12
cornbread	19	31	1
pork chops	23	32	1
rolls	24	28	4
fresh oranges	39	27	3
bacon	30	30	1
soda pop	18	44	7
oxtail	5	19	18
turnip greens	16	4	8
pork liver	8	31	10
okra	17	37	4
mixed greens	16	33	7
fried chicken	44	24	1
blackberries	21	35	6
chicken and dressing	43	17	1
chocolate cake	37	23	2
fish sticks	10	33	3
collards	12	25	10
rabbit	8	27	18
oatmeal	10	43	8
barbecue ribs	38	21	2
bologna (baloney)	16	19	9
vanilla ice cream	26	30	1
lima beans	7	41	7
fried eggs	24	34	--
English peas	18	27	9
gelatin salad	24	26	4
baked beans	11	28	4
beef liver	30	32	6
creamed potatoes	23	27	--
scuppernongs	2	16	5

Table 18 (continued)

Food Item	Extremely High Class	Neutral	Extremely Low Class
chocolate pudding	23	39	3
nut ice cream	19	33	1
brains and eggs	6	25	22
sausage	14	34	2
buttermilk	9	46	8
yellow squash	8	41	3
hog jowl	2	23	21
chocolate pie	29	39	1
fresh apples	31	30	3
spinach	18	41	4
sorghum molasses and biscuits	4	28	13
chicken and dumplings	14	24	2
cantaloupe	25	15	--
scrambled eggs	18	27	2
carrot strips	17	20	3
hominy	2	20	17
Tang	10	26	1
kidney beans	7	22	12
banana pudding	16	24	1
potato salad	14	24	2
chocolate ice cream	23	23	1
cheddar cheese	30	21	2
vegetable soup	17	36	2
blackberry cobbler	22	26	5
pinto beans	17	21	7
sliced tomatoes	26	30	--
cauliflower	15	29	11
neck bones	5	27	12
huckleberries	7	33	10
carrot-raisin salad	17	26	7
tomatoes, cooked	19	44	5
spaghetti	19	32	1
candied yams	17	34	4
hot chocolate	21	38	2
corn	37	33	3
apple pie	38	31	4
navy beans	6	28	13
pig's feet	6	27	19
cat fish	13	35	13
ground beef (hamburger mean)	46	34	1
corn muffins	31	33	4

VITA

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