

# GUAM

## FOOD

	Traditional	Contemporary
<b>What are some favorite local dishes?</b>	<ul style="list-style-type: none"> <li>Taro, yam, breadfruit, rice, tortillas, and assorted root crops and vegetables</li> <li>Fruit bat and various seafood including fish, shrimp, eel, catfish, and coconut crab</li> </ul>	<ul style="list-style-type: none"> <li>Same as traditional, plus poultry, pork, and beef kelaguen, barbecued meat, Spam, fried chicken, pork, kimchee, lumpia, pancit, spaghetti, red rice, sweetened drinks, beer, pastries</li> </ul>
<b>What foods are eaten from other countries or Pacific Islands?</b>	<ul style="list-style-type: none"> <li>Taro, breadfruit, rice, yam, banana, and papaya</li> </ul>	<ul style="list-style-type: none"> <li>U.S.-imported fruits &amp; vegetables</li> <li>Meats such as roast pork, venison, and beef</li> <li>American fast foods such as sandwiches, pizza, and tacos</li> <li>Filipino foods such as lumpia and pancit (noodles)</li> <li>Asian Foods like: sushi, ramen, kimchee, lumpia, pancit</li> </ul>
<b>What are the taboos associated with food?</b>	<ul style="list-style-type: none"> <li>Eating stolen foods (fresh or canned) caused bloating</li> <li>Food should not be wasted</li> </ul>	<ul style="list-style-type: none"> <li>Same as traditional</li> <li>No one can capture or eat endangered animals</li> <li>Don't play with your food</li> <li>Never turn down a meal</li> <li>If you play with your eating utensils, your parents will fight</li> <li>Don't eat meat during Lent (except fish)</li> <li>Leaving the table before everyone is finished eating will cause the one who is left at the table to never get married</li> <li>Do not pack too much food to take home from a fiesta</li> </ul>

	Traditional	Contemporary
<b>What are the practices and beliefs about food giving, preparation, and handling?</b>	<ul style="list-style-type: none"> <li>• Best crops/animals were given to the village chief</li> <li>• Vegetables/animals were given or exchanged for other foods (fishing villages traded with farming/hunting villages)</li> </ul>	<ul style="list-style-type: none"> <li>• Various preservation methods such as sun-drying, salting, and smoking are used for meats and fish</li> <li>• Give foods in large amounts</li> <li>• Always offer whatever you have, even if it's all you have left</li> <li>• Potluck or 'chencule' — everyone (usually each member or household of a family) is expected to bring something. It is considered rude or shameful to eat the food and not contribute in some way.</li> <li>• Competition in what or how much was contributed by each family or household</li> <li>• Amount of food prepared — the family that hosts the party may feel obligated to make more than enough for people that were invited, so there is plenty to <i>balutan</i></li> <li>• Food is covered before and after guests have obtained their share</li> <li>• Food line cutting is considered ill-mannered and disrespectful</li> <li>• Keeping hot foods hot and cold food cold - host wants a good image of food experience and taste</li> </ul>

	<b>Traditional</b>	<b>Contemporary</b>
<b>What are the rules associated with meals within the family?</b>	<ul style="list-style-type: none"> <li>• Guests were invited to eat first, then elders and children</li> <li>• Everyone had to take what was to be eaten (eat what was served)</li> <li>• Each member had a role in harvesting, preparation, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• If you are invited to eat first, it is not customary to proceed instantly and begin serving yourself; instead, wait several minutes, talk a bit, and only begin serving yourself after you've been frequently asked to do so</li> <li>• Bless the food before eating</li> <li>• Guest should wait to be told to eat by host or hostess</li> <li>• Children and elderly should be allowed to eat first</li> <li>• Wait for everyone to have a plate before returning for seconds</li> <li>• Eat what you take — don't waste</li> <li>• Don't ever (openly) criticize the host/hostess' cooking</li> <li>• The fork and spoon you put in your mouth should never be used as a serving utensil to get more food</li> </ul>
<b>What food/ dishes are related to good health?</b>	<ul style="list-style-type: none"> <li>• Various herbal and animal extracts</li> <li>• Green leafy vegetables, seaweed, bittermelon, banana, yam, and taro</li> </ul>	<ul style="list-style-type: none"> <li>• Herbal drinks (Noni), root drinks, and bitter green tea</li> <li>• Larger variety of fruits and vegetables</li> <li>• Eating more fish and lean meats</li> <li>• Grilling meats</li> <li>• Whole grain products</li> <li>• Low-fat dairy, such as yogurt</li> <li>• Protein drinks and teas</li> </ul>

	<b>Traditional</b>	<b>Contemporary</b>
<b>What are the rituals, stories, and proverbs associated with food?</b>	<ul style="list-style-type: none"> <li>It is better to ask and not receive than to offer and not be appreciated (proverb)</li> </ul>	<ul style="list-style-type: none"> <li>Same as traditional</li> <li>Hunt for and eat what is necessary</li> <li>Today, most people offer food rather than wait for individual to ask for food</li> </ul>
<b>What methods are used for gathering/acquiring food?</b>	<ul style="list-style-type: none"> <li>Netting and deep sea fishing with canoes</li> <li>Foraging inside reef areas</li> </ul>	<ul style="list-style-type: none"> <li>Netting and domestic fishing</li> <li>Today, people rarely fish or farm - they are consumers who pay cash to buy food from the store</li> <li>There are still local gardening and farming and produce is sold in grocery stores and flea market</li> <li>Hunting deer or wild pigs</li> <li>Raising pigs and goats</li> </ul>
<b>Which seasons or times of year are associated with farming, hunting, and fishing?</b>	<ul style="list-style-type: none"> <li>Best times for hunting and fishing were during the first five days of the first quarter and new moon</li> </ul>	<ul style="list-style-type: none"> <li>May to July: calmest time for fishing (goat fish - April/May and big-eyed scad - May/June); December to January is roughest time for fishing</li> <li>Fishing is done early morning</li> <li>Spear fishing is done at night/early morning as well when the moon is full</li> <li>A large amount of hunting happens on the military base, so depends on whether you have military benefits to get in</li> </ul>

	<b>Traditional</b>	<b>Contemporary</b>
<b>How important is food in social activity?</b>	<ul style="list-style-type: none"> <li>• Bonded a group and society</li> <li>• Promoted unity and harmony</li> <li>• Giving food was spiritually fulfilling</li> </ul>	<ul style="list-style-type: none"> <li>• Same as traditional</li> <li>• Menu has changed to include more "outside" foods</li> <li>• Obligation</li> <li>• Competition</li> <li>• Food is used for community, organization, and medical fundraising.</li> <li>• Pot luck: People bring food to share.</li> <li>• People would rather eat out than eat/cook at home.</li> <li>• Food is eaten at business gathering.</li> </ul>