

Foodways Journal Entry by Sankeerth Kondapalli

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For breakfast, I ate poha (flattened rice) with potatoes. It smelled “cooked,” and tasted spicy. It felt soft with slightly harder chunks (the potatoes). It looked like pieces of flat rice with potatoes (you could visually discern the components of the dish). The dish was yellow, though the different components of the dish had different shades of yellow. I ate this at 9:40 AM, on the kitchen table. I ate it alone (although my mom was nearby in the kitchen) with a spoon.





I drank water for this dish at the same time. I drank the water in a stainless steel glass. It felt cool and didn't smell or taste like anything in particular. I also drank water at 1:40 PM. I drank it also in the kitchen, alone, with a stainless-steel glass.

For lunch, I ate lasagna. The lasagna felt squishy but tasted savory and good. It smelled a little of baked cheese. It looked neat and compact yet loaded with various vegetables, tomato sauce, cheese, and more. Thus, it had a variety of colors, such as red, white, green, etc. I ate it at 2:20 PM at the kitchen table. I ate with my father and sister and ate it with a fork. We did not talk much because we were busy eating and watching a movie on TV. However, we did talk a little — we talked about the food before we ate it and while eating it (my dad asking me if I wanted another piece of lasagna, how long we should warm it up for, etc.).



After the lasagna, I ate a piece of corn bread. The outside of the corn bread felt firm, but the inside was fluffy. It tasted sweet and did not smell like anything in particular (it just smelled a little “cake-y”). It looked small and compact, with a golden-brown hue. I ate it at 2:30 PM at the kitchen table. I ate with my father and ate it with a fork (I could’ve used my hands instead, but since I used a fork previously for the lasagna I decided to continue using a fork). We did not talk much because we were busy eating and watching the aforementioned movie. However, we did talk a little — we talked about the food before we ate it, while eating it, and after eating it (my dad asked me if I wanted corn bread after eating lasagna, he asked me how many pieces of corn bread I wanted, and he asked me after I finished if I wanted more pieces of corn bread). I drank water in a stainless-steel glass during lunch as well.



I drank water at 3:15 PM and 5 PM in the same stainless-steel glass and in the kitchen as before (and also drank it by myself). I then ate a banana at 5:50 PM. The banana felt soft and supple. It tasted sweet. It did not have a prominent smell. It had a mix of yellow and black spots on its peel, and a softer yellowish hue on the actual fruit portion itself. I ate it at 5:50 PM in the kitchen. I ate it by myself while walking around. I then drank water at 6 PM in a stainless-steel glass.

I then ate two slices of pizza at a neighborhood party. One slice of pizza had plain cheese, while the other had peppers. As a result, they mostly looked whitish, with red blotches spread indiscriminately throughout (the pepper pizza also had green throughout). They both tasted similar, with a cheesy, savory taste. They smelled like cooked cheese. They felt like three layers — a rubbery top layer (the cheese), a middle layer that was soft and “slippery” (the tomato sauce), and a firm bottom layer (the bread). The crust felt firm yet tasted good. I ate the pizza at 6:40 PM in a park. I ate with my father, mother, and a bunch of neighbors. We talked about the food, as I told my parents that it tasted better than the pizza I was used to eating in the dining hall. My father and mother also talked to other parents about their kids and other similar topics. I

ate the pizza with my hands.

I drank water at 7:10 PM when I got back home, and again at 9:10 PM (both times I drank water alone and in the kitchen with a stainless-steel glass). I then ate yogurt rice at 9:55 PM. It consisted of cooked white rice with yogurt. It looked white with noticeable chunks spread throughout (the rice). It felt light and liquidy with small firm chunks throughout. It has a smell similar to that of milk. It tasted slightly sweet. I ate it alone at 9:55 PM and ate it at the kitchen table (although my parents were watching a movie on the TV near the kitchen table). I ate the yogurt rice with my hands.

