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Lost in transition? : student food consumption / Bodil Stilling Blichfeldt ; Malene Gram

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Abstract

Findings from transition studies as well as studies of student food show that the transition from living at home to independent living influences student food consumption and that food consumption might be problematic during this period. Furthermore, both students' enactment of being in transition and the food habits and practices they bring with them from home may differ profoundly. Drawing on qualitative interviews and focus groups with 55 students, the paper explores student food consumption during this transition. Whereas some students come across as novices, virtually starting from scratch, several others are well-versed in the domain of cooking. Furthermore, in the present study, the students are not starting out their cooking careers in a vacuum, but entangled in their parental food practices. The students, who experience the least problems in regard to 'habitualisation' of 'proper' food consumption are those, who are experienced cooks from home. Nonetheless, the students do not automatically extend the practices and habits, with which they were brought up, unchanged, but instead, actively develop new habits, often with a clear feeling of being in transit. Transition is thus not an objective fact, but instead the individual student's enactment and perception

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of his/her life and changes herein make formation of habits and practices meaningful. However, the extent to which students successfully take on the role as self-catering depends on both the student's competencies and skills acquired prior to independent living, living situation and, most importantly, the student's ability to habituate grocery shopping and cooking. (HRK / Abstract übernommen)

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