

DIFFERENTIATION BASED ON GENDER IN IRANIAN FOOD CULTURE

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Abstract

The purpose of this study is to reveal how gender differentiation in the food preparation and consumption behaviors crystallizes in Iran. To this end, observations were made in Tehran, the capital city of Iran, for a period of one month in 2014. Apart from the observations, in order to be able to determine gender differentiations and gender roles in regard to food preparation and consumption, interviews were also held with ten people from different jobs, genders and ages using a semi-structured interview form. As a result of the observations and interviews, it can be stated that modernizations has taken place especially in regard to eating out. However, it was found that traditional gender patterns and gender roles continue with regard to food preparation and consumption at home. In short, the food is seen as a woman's thing.

Keywords: Iran, gender, gender roles, food culture