

# De impact van samen eten op de samenleving

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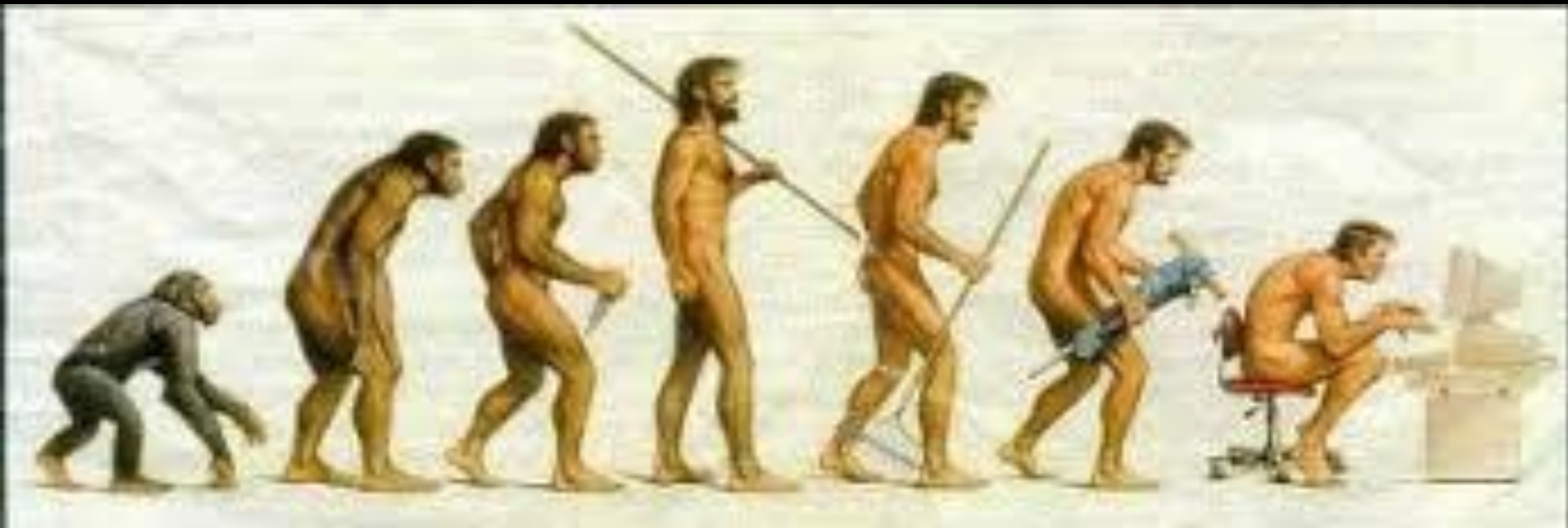


10 kinderen & 1 zoete zonde

Zijn het recept voor samenleving waar  
rechtvaardigheid en respect centraal  
staan.

# Waarom

Samen eten = Samen delen





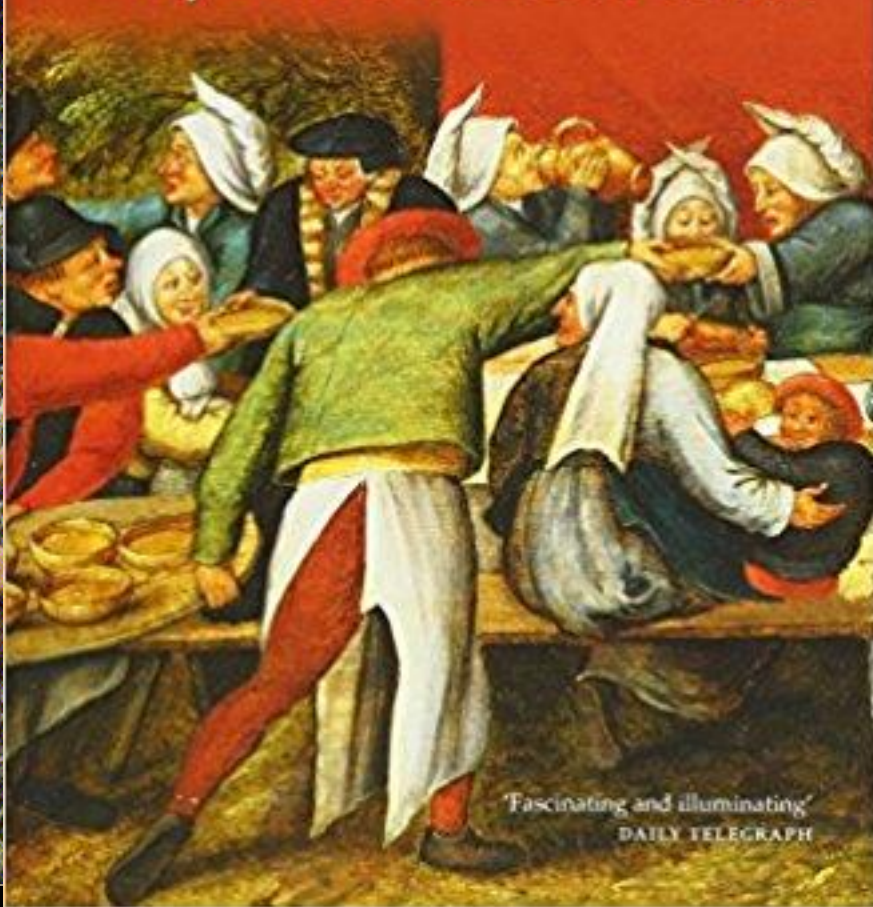
*Hunters cut up a pe  
coveted food, is a tr*  
Victor Englebert



MARTIN JONES

# FEAST

Why Humans Share Food



'Fascinating and illuminating'  
DAILY TELEGRAPH



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**JE MAG NIET GULZIG ZIJN**



**SAMEN ETEN IS SOMS RESPECTEREN  
DAT JE ALS LAATSTE WORDT BEDIEND**



Cooking  
is love  
made visible







**MAAKT SAMEN ETEN ONS TOT EEN  
'GOED' / 'MOOI' MENS?**



**Table 3**

Hierarchical regression of shared meal variables and eating together variables as independent measures to predict differences in adult prosocial behavior.

	B	SE B	Beta
<i>Shared meal variables<sup>a</sup></i>			
Constant	35.33	3.50	
Home-cooked mother	.93	.37	.15*
Home-cooked father	.00	.23	.00
<i>Eating together variables<sup>b</sup></i>			
Constant	42.62	2.74	
Breakfast mother	.14	.27	.03
Dinner mother	-.21	.49	-.03
Breakfast father	.19	.24	.05
Dinner father	-.01	.32	.00
<i>Shared meals and eating together variables<sup>c</sup></i>			
Constant	37.43	3.90	
Home-cooked mother	1.06	.39	.18**
Home-cooked father	-.03	.24	-.01
Breakfast mother	.02	.27	.01
Dinner mother	-.67	.51	-.09
Breakfast father	.22	.24	.06
Dinner father	.05	.32	.01

Note: <sup>a</sup> $F(2, 366) = 4.41, p = .01, R^2 = .02, \Delta R^2 = .02$ .

<sup>b</sup>  $F(4, 364) = .38, p = .82, R^2 = .004, \Delta R^2 = .004$ .

<sup>c</sup>  $F(6, 362) = 1.96, p = .07, R^2 = .03, \Delta R^2 = .03$ .

\*  $p < .05$ ; \*\*  $p < .01$ .

De Backer, C. J., Fisher, M. L., Poels, K., & Ponnet, K. (2015). "Our" food versus "my" food. Investigating the relation between childhood shared food practices and adult prosocial behavior in Belgium. *Appetite, 84*, 54-60.



ORIGINAL ARTICLE

## Breaking Bread: the Functions of Social Eating

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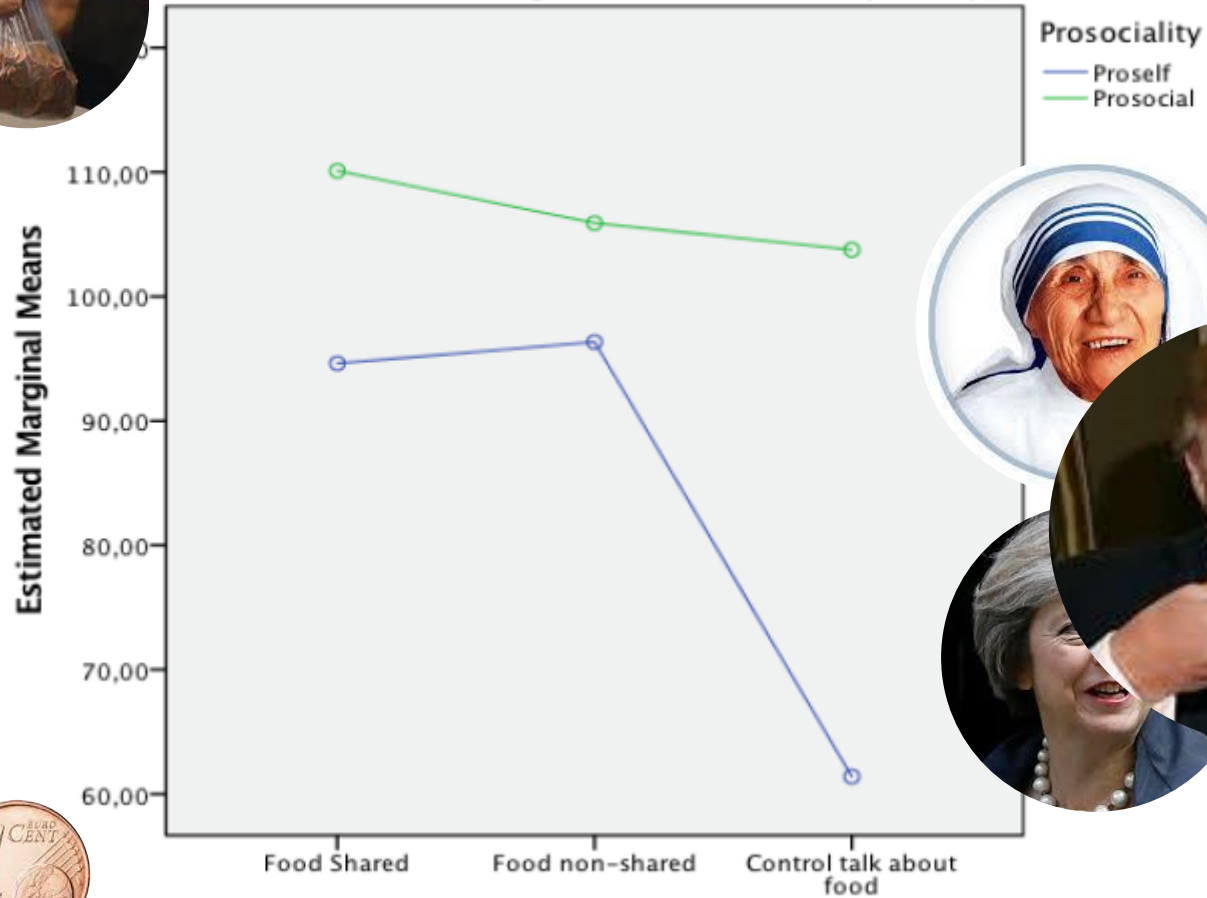
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**Abstract** Communal eating, whether in feasts or everyday meals with family or friends, is a human universal, yet it has attracted surprisingly little evolutionary attention. I use data from a UK national stratified survey to test the hypothesis that eating with others provides both social and individual benefits. I show that those who eat socially more often feel happier and are more satisfied with life, are more trusting of others, are more engaged with their local communities, and have more friends they can depend on for support. Evening meals that result in respondents feeling closer to those with whom they eat involve more people, more laughter and reminiscing, as well as alcohol. A path analysis suggests that the causal direction runs from eating together to bondedness rather than the other way around. I suggest that social eating may have evolved as a mechanism for facilitating social bonding.

# Reciprocity\_Sum

Estimated Marginal Means of Reciprocity\_Sum



3 conditions





# Samen eten in onze samenleving: Hoe?













De Backer, C. J. (2013). Family meal traditions. Comparing reported childhood food habits to current food habits among university students. *Appetite*, 69, 64-70.



















# Tussen droom en daad



# Zonde





# Bedankt!

