

Food customs in saudi arabia and differences in the u.s

[Linguistics](#), [English](#)



Food Customs in Saudi Arabia and Differences in the U. S There exist various differences and similarities between countries. Mostly, the difference occurs in ways the countries do their things. Such difference may be seen in foods preferred by each country and the eating habits. The paper seeks to analyze food customs in Saudi Arabia and differences in the United States.

Saudi food customs are unique in nature. Mostly the Saudis rely on traditional stale foods. The most common include milk from goat and camel. The old people generally start the day by taking breakfast of coffee and dates. In current Saudi society, the common food is cheese, yogurt, jams, eggs, beans, and breads. In lunchtime, they usually take a plate of rice with side dishes of vegetables and salads (Advameg 1). The most common beverage is light roasted Arabic Coffee without sugar. However, the coffee is usually spiced (Advameg 1). On the other hand, there are prohibited food items. They include pork, wine, and alcoholic beverages. The other unique thing is food during ceremonies. The arrival of guest is taken seriously with slaughter of sheep, goat, or camel. In other social events, mainly there is sacrificial slaughter of sheep (Advameg 1). In these events, meat is boiled in huge pots. Soup is given to guest while the rest is poured in large trays of rice on top (Advameg 1). The male members and guest surround the tray in which they eat using hands instead of spoons or forks. Women and girls usually eat separately.

However, there is a difference in United States. The country heavily relies on processed food and fast foods (Advameg 1). The diet is rich in salt, fat, and refined carbohydrates. Others have begun to adopt organic foods (Advameg 1). In most of the ceremonies such as weddings, funerals large tired cakes

are usually served. In the morning, they usually take coffee. In most social occasions, beer is common. In other social occasions such as sports, beer, hot dogs, popcorn, and candy are common (Advameg 1). Moreover, food is usually taken using spoons and forks with all family members together.

In conclusion, it is clear the two countries have unique food habits.

Works Cited

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