

THE HUNGER GAMES FOOD SYMBOLISM



CREATED BY TRACEE ORMAN

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All references to the novel are referring to the following edition(s):

The Hunger Games by Suzanne Collins; Publisher: Scholastic, Incorporated

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Name: _____

Note to the Teacher

Food is a powerful symbol in Suzanne Collins's *The Hunger Games* trilogy. In general, it represents sustenance, our survival. Those who control the food supply are, therefore, very powerful. Thematically, this is how the Capitol can control the people: they force their dependency upon the Capitol food rations by limiting their ability to make their own food.

Symbolically, the individual food items also have meaning in the novels. It may **foreshadow** an event, **represent a personality trait** for a character, or be used as a **metaphor** for an important **theme** in the story.

This in-depth research exercise allows students to find the symbolic meaning of certain foods, then make the connection with the novel. They probably won't find a connection for every single food item, but they should find at least one.

What is the purpose of this exercise?

Students use multiple skills for this exercise:

- Identifying the food the characters ate involves searching the text for answers.
- Researching the meaning for each food item involves the acquiring, collecting, evaluating, and assessing data
- Relating the data to the text involves critical and creative analysis, using prior and newly acquired knowledge to answer questions, and creatively connect with the text.

HANDOUTS: I have very specific handouts with charts for each day (not all have to be used). However, if you want a generic handout to pick & choose the meals or days in which to focus the lesson, there is a handout that can be used for any day or meal. It can be found on **page 17**.

ANSWER KEY*: I've included several possible answers, but keep in mind that students may come up with a plethora of different responses and all could be correct. **BEGINS on PAGE 18**.

Suggested Student Level

This lesson is designed for upper-level students (grades 8-12 through college) as an individual exercise, or it can be modified for younger students.

To differentiate: Have younger or lower-level students work in pairs or groups. Assign the first column (identification of the food) to students who are struggling and the second column (symbolism of each food item) to a more proficient student. Require just one symbolic reference for each meal, if necessary. But allow BOTH to make the connections. You may be surprised to find that many struggling students excel in creativity and problem solving!

***SUGGESTED/SAMPLE ANSWERS CAN BE FOUND AFTER THE STUDENT HANDOUT. I ALSO LISTED MY RESOURCES (full text) & LINKS.**



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DIRECTIONS: In the following exercises, **write** all the food items Katniss and other characters eat. Then **research** (using the internet, books, periodicals) for references in literature and if that particular food item has any symbolic importance. Third, **make a connection** to your findings with the novel. Why is it symbolic? Keep in mind that most meals will only have one or two food items with symbolic significance. The first one has been done for you. *(Use additional paper if you need more room to write.)*

Day 1: Day of the Reaping

	Food/Meal Eaten	Symbolism of Food Items	Relation to Novel
Katniss & Gale Reaping Day	<p style="text-align: center;">EXAMPLE</p> <p>Breakfast:</p> <ul style="list-style-type: none"> • Goat cheese with basil leaf • Blackberries • Bakery bread 	<ul style="list-style-type: none"> • Goats represent sacrifice. • Basil can mean both hatred and best wishes. • Blackberries represent bad omens. • Bread is symbolic of life (sustenance) and is a symbol of metamorphosis. 	<ul style="list-style-type: none"> • Goat cheese: All children 12-18 are eligible for "sacrifice" to the Capitol. Katniss will sacrifice herself for her sister. • Basil: Both Katniss & Gale loathe the Capitol (hatred represented by the basil); both hope that their names aren't called. It could also foreshadow Katniss having to go to the "hated" place, and her family and friends wishing her the best. • Blackberries: These represent the bad omen that Prim's name will be called. • Bread: Bread/food is important for survival and we learn how precious & rare bakery bread is for Seam residents; Katniss will have to undergo a transformation, as well.
Katniss & Prim Reaping Day	<p>Lunch:</p>		

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	Food/Meal Eaten	Symbolism of Food Items	Relation to Novel
Prim & Katniss's mom (And Gale's family)	Dinner:		
Katniss & Peeta Day 1: Reaping Day - on the train to the Capitol	Dinner:		

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Day 2: On the Train to Capitol & Arrival at the Capitol



	Food/Meal Eaten	Symbolism of Food Items	Relation to Novel
Katniss & Peeta Day 2: Morning, on the train	Breakfast:		
Katniss & Cinna Day 2: In the Capitol - at the Remake Center	Lunch:		

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	Food/Meal Eaten	Symbolism of Food Items	Relation to Novel
Katniss Day 2: Snack in Capitol after Opening Ceremony in her Training Center Tower room	Snack:		
Katniss & Peeta Day 2: First dinner in the Capitol after Opening Ceremony in the Training Center Tower	Dinner:		

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Day 3: In the Training Center at the Capitol (First Day of Training)

	Food/Meal Eaten	Symbolism of Food Items	Relation to Novel
Katniss & Peeta Day 3: Training Center Tower (First day of training)	Breakfast:		
Katniss & Peeta Day 3: Lunch in the Training Center with other Tributes (First day of training)	Lunch (DISTRICT BREAD ROLLS) District 4:		
	District 11:		
	District 12:		
	Capitol:		

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No Specific Food Mentioned on Days/Meals:

Day 3 - Dinner

Day 4 - (Second Day of Training) Breakfast, Lunch, & Dinner

Day 5 - (Third Day of Training) Breakfast & Lunch

Day 5 (Third Day of Training): Private Session with GameMakers

	Food/Meal Eaten	Symbolism of Food Items	Relation to Novel
Katniss Day 5: Training Center Tower Gymnasium (Third day of training: Private Session with Game-Makers)	Game-Maker Meal:		
Katniss & Peeta Day 5: Training Center Tower (Third day of training, after private session)	Dinner:		

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Day 6: Interview Coaching (No Specific Food Mentioned for Lunch or Dinner)

	Food/Meal Eaten	Symbolism of Food Items	Relation to Novel
Katniss Day 6: Training Center Tower (Interview coaching & fourth day of training)	Breakfast:		

Think About It...

Even though no specific food was mentioned for Katniss’s dinner, she spent it alone in her room, “ordering an outrageous number of delicacies, eating myself sick...” (page 118). She follows it up with breaking the dishes before the red-headed Avox girl comes in and helps her clean it up. Does this scene have any symbolism? If so, what?

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Day 7: Interviews (No Specific Food Mentioned for Breakfast or Lunch)

Only one food item is mentioned for dinner. You may not be able to find much symbolism on the item itself, but perhaps you can find symbolism in one of its ingredients. Then relate it to the events in the novel that took place right before dinner.

Think About It...

What happened right before dinner? _____

	Food/Meal Eaten	Symbolism of Food Item
Katniss & Peeta Day 7: Training Center Tower (Day of interviews & fifth day of training)	Dinner:	

➡➡ Why did Peeta miss this part of the meal? _____

➡➡ How does the symbolism of this ingredient relate or connect to the events that transpired right before dinner?

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Day 8: The First Day of the Games - No specific food items mentioned before entering arena, besides water. (Her breakfast did not make an impression on her.)

Days 8 - 12: In the Arena (Days 1-5 of the Games)

Katniss eats very little in the arena and must conserve what little food she has. Also, water is an important symbol during this time. Write all the items she consumes on the first five days in the arena and the symbolic significance of each. Then answer the questions below. (For food that is repeated, you do not have to re-write its symbolism unless it takes on new meaning.)

Day of the Games	What Katniss Eats	What It Represents or Symbolic Significance
1		
2		
3		
4		
5		

1. On which day does Katniss find water? _____

2. What does water symbolize? _____

3. Apply this meaning to Katniss. What might this foreshadow? _____

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Days 14 - 16: Katniss Forms Alliance with Rue (Days 7 - 9 in the Arena)

Complete the chart to find the significance of the foods Katniss & Rue ate while in their alliance.

	Food/Meal Eaten	Symbolism of Food Item(s)	Relation to Novel
Katniss Day 14: Awakes from tracker jacker attack. (Before alliance with Rue)	First thing she eats after waking:		
Katniss & Rue Day 14/ Day 7 in Arena: Forms alliance with Rue	First meal with Rue:		

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	Food/Meal Eaten	Symbolism of Food Item(s)	Relation to Novel
Katniss & Rue Day 15/ Day 8 in Arena	Breakfast:		
Katniss Day 16/ Day 9 in Arena: Katniss searches for Rue after blowing up Career supplies	Breakfast:		

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	Food/Meal Eaten	Symbolism of Food Item(s)	Relation to Novel
Katniss Day 16/ Day 9 in the Arena: After Rue's death			



On day 17 (or the 10th day in the arena) Katniss continues to eat the same foods before hearing the news from Claudius Templesmith. **AFTER** she hears the news and finds Peeta, some new foods are added to hers and Peeta's diets, listed below. Look up the meaning of these foods and comment on how it connects to Katniss and Peeta.

On Day 18/Day 11 in the Arena, Katniss feeds Peeta:	Symbolism of this food:	Relation to story/character(s):
1. dried apples		
2. dried pears		
3. hot broth		

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On day 19 (or the 12th day in the arena) Katniss continues to feed Peeta and also eats another new food herself, listed below. Look up the meaning of these foods and comment on how it connects to Katniss and Peeta.

On Day 19/Day 12 in the Arena, Katniss feeds Peeta:	Symbolism of this food:	Relation to story/character(s):
1. Blackberries (Rue's berries)		
2. Chives (in the groosling & root soup)		
3. Mint leaves (put into the berry/sleep syrup mush)		

On Day 19/Day 12 in the Arena, Katniss Eats:	Symbolism of this food:	Relation to story/character(s):
1. Fish (small & bony)		

➔ **On DAY 20**, the only thing Katniss eats before passing out is mint leaves. How is this significant?

➔ **DAY 21/Day 14 in the Arena: Peeta Takes Care of Katniss**

It's Peeta's turn to take care of Katniss. Look at the new food item he feeds her and research its significance. Then connect its meaning to the story and/or characters.

On Day 21/Day 14 in the Arena, Peeta feeds Katniss:	Symbolism of this food:	Relation to story/character(s):
1. Raisins		

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Often in literature the lack of a certain food or drink is significant. See if you can find symbolism in the foods Katniss *didn't* eat. Research the items below to see what they represent. Then apply that meaning to the text. Were any of the items foreshadowing an event or cluing in the reader?

1. Cookies from Peeta's father, the baker

Katniss throws these out the train window without eating any (page 49). What do the cookies, and the fact she does not consume them, symbolize?

2. Loaf of bread from the Cornucopia

Katniss drops the loaf of bread on the first day of the Games (pages 150-151). What does bread symbolize? What does her loss of it represent?

3. Squirrel meat Katniss kills in Arena

Katniss decides to save the squirrel meat as a reserve, but she and Peeta never have the chance to eat it (pages 325-331). What do squirrels represent? How does this relate to Katniss and Peeta and the situation they are in?

➔➔ Can you think of any other items Katniss or Peeta *didn't* eat that might be significant? Why?

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Complete the chart as you research the food/drink consumed in the novel and its significance to the story.

Character(s):	
Food/drink consumed:	Symbolism of the food/drink:
Page(s)/Chapter(s):	
How this relates to the story and/or character(s):	
Source(s):	

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ANSWERS (For the last two columns, answers are just suggestions. Student answers will vary.)

Day 1: Reaping Day

	Food/Meal Eaten	Symbolism of Food Items <i>Answers may vary</i>	Relation to Novel <i>Answers may vary</i>
Katniss & Gale Reaping Day PAGES 7-8	Breakfast: -goat cheese with basil leaf -blackberries -bakery bread (from Peeta's dad)	-Symbolism of goat (cheese & milk): Goats represent sacrifice, male fertility, man striving to reach God (because goats climb mountains), from darkness to light (Capricorn sign - winter equinox to spring). -Basil: Can mean both hatred and best wishes, as well as love (in Italy, for instance). -Blackberries: represent bad omens and sorrow; some claim Jesus Christ's crown of thorns was made of blackberry runners. -Bread: is symbolic of life (sustenance), bread is a symbol of metamorphosis: life in perpetual regeneration . . . of the continuity of existence, and in Christianity represents the body of Christ. (A pagan celebration, called the "Fire Festival," represented the preparation for renewal and growth--get rid of the old, make way for the new--symbolized the first day of ploughing in spring and cheese & bread would be left as an offer to the spirits of nature.)	Because it is reaping day, it seems appropriate to be eating cheese from a sacrificial animal. Also, they perch on a rocky hill overlooking the valley--goats are associated with mountain climbing. The basil is an interesting twist: it seems to represent their hatred for the Capitol, as well as foreshadowing Katniss's journey to the Games. Gale seems to love Katniss (and vice versa), but in a more platonic manner. Perhaps the dual nature of basil foreshadows the problems in their relationship in <i>Catching Fire</i> (CF). Also, it is said that it will only grow while "ranting" and Gale does a lot of that against the Capitol in the woods. The bad omen represented by the blackberry is certainly symbolic of Prim's name being called and Katniss volunteering for her. Is the "fire" festival connection purely coincidental? Seems unlikely--Katniss will take on the "girl on fire" persona and will be ridding herself of the "old" Katniss to make way for the "new" Katniss. Is Gale part of her "old" self? Seems so. Perhaps this foreshadows that she must finally rid herself of Gale in order for the cycle to be complete.
Katniss & Prim Reaping Day PAGE 16	Lunch: -tessera bread (rough, flat) -milk from Prim's goat	-Goat milk (see above) -Flat bread: represents "Passover" and the endurance of the Jewish people during the Exodus	The goat milk is symbolic because it represents a sacrifice, which is what Katniss will do for her sister. Katniss described the tessera bread as flat and dense. Because unleavened bread is a sacrifice to commemorate Passover, it seems appropriate in this context as Katniss must face the ultimate test of endurance in the coming week(s).

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	Food/Meal Eaten	Symbolism of Food Items <i>Answers may vary</i>	Relation to Novel <i>Answers may vary</i>
Prim & Mrs. Everdeen (And Gale's family) PAGE 16	Dinner: -fish & greens in a stew -the rest of the bakery bread from Peeta's dad -strawberries	-Fish: have been symbolic of good luck, fertility, and transformation/change, powerful female deity, abundance, and faith. -Bread (see above) -Strawberries: represent righteousness, modesty, good character, perfection, and the Mother Earth.	For Mrs. Everdeen & Prim, change is inevitable. Now that Katniss is gone, their lives will ultimately change forever. However, the sign that fish represent a powerful female deity and abundance and faith gives hope that Katniss will be a victor and shower them with her rewards: food and shelter for the rest of their lives. Ironically, Capricorn is a combination of the goat & fish; Katniss enjoyed goat cheese & milk that Prim left for her, and now Prim will enjoy the fish Katniss left for her. Katniss collected and left the strawberries for her family, so it shows her good character, as well as righteousness by volunteering for her sister. Mayor Undersee, who is very fond of strawberries, also shows good character by not abusing his privileges as mayor when it comes to punishing the citizens. He could also arrest Katniss for gathering the strawberries, but instead pays her well.

Some symbols, such as the bakery bread, will be repeated throughout. Students need not research these over & over. They can just apply the symbolism to that part of the text.

Days 1-2: On the Train to the Capitol

	Food/Meal Eaten	Symbolism of Food Items <i>Answers may vary</i>	Relation to Novel <i>Answers may vary</i>
Katniss & Peeta Day 1: Reaping Day - on the train PAGE 44	Dinner: -carrot soup -green salad -lamb chops -mashed potatoes -cheese & fruit -chocolate cake	-Lamb chops symbolism: The lamb is a symbol of gentleness of character and patience under suffering. It signifies purity, meekness and sacrifice. The lamb was an adopted symbol for Jesus Christ and is a symbolic meal at Easter because of its sacrificial meaning. -Carrots: represent abundance and lure (tempt with a carrot tied to a stick). -Chocolate cake: In <i>The Outsiders</i> , eating chocolate cake represented the loss of Ponyboy's parents (he could eat it for breakfast; he couldn't when they were alive); it may be symbolic of indulgence, as well.	The tributes represent each district's "sacrifice" to the Capitol. Though only one will survive, the rest will lose their lives. The Capitol-prepared meal is symbolic of the abundance of the Capitol (carrot soup), contrasting with the starving tributes. This meal will, ultimately, make them sick from its richness, in which they are not accustomed. The cake might signify both Katniss & Peeta indulging in the Capitol cuisines, and perhaps being without their parents/loved ones. -Note: As Katniss & Peeta are eating the sacrificial lamb, back home Gale, Prim, and Mrs. Everdeen are eating fish stew. Fish has long been a symbol of Christ, as well. Perhaps this is foreshadowing that Katniss (and/or Peeta) will be the "savior" of the districts.

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	Food/Meal Eaten	Symbolism of Food Items <i>Answers may vary</i>	Relation to Novel <i>Answers may vary</i>
<p>Katniss & Peeta</p> <p>Day 2: Morning, on the train</p> <p>PAGE 55</p>	<p>Breakfast:</p> <ul style="list-style-type: none"> -eggs -ham -fried potatoes -fruit -rolls -orange juice -hot chocolate 	<p>-Eggs: Eggs are symbolic of fertility, youth, rebirth, resurrection, and sacrifice.</p> <p>-Hot chocolate: a symbol of the elite; strong emotions or reaching a boiling point.</p> <p>-Ham/pig: represents wealth, greed, naiveness.</p>	<p>Both Katniss and Peeta represent youth and sacrifice, as shown with the eggs.</p> <p>The fact that neither of them knew what hot chocolate was shows how it definitely symbolized the elite or wealthy citizens of the Capitol. Also, the tributes take this moment to confront Haymitch--reach their "boiling points."</p> <p>The ham is symbolic, again, of the excess and greed of the Capitol, as well as the naivety of Katniss & Peeta.</p>
<p>Katniss & Cinna</p> <p>Day 2: in the Capitol</p> <p>PAGE 65</p>	<p>Lunch:</p> <ul style="list-style-type: none"> -chicken with chunks of oranges in cream sauce on pearly white grain -tiny green peas & onions -rolls shaped like flowers -honey-colored pudding 	<p>Chicken: in Chinese culture symbolizes the dragon & the phoenix, also symbolizes the coming together of family.</p> <p>Oranges: Good luck or good fortune, good health</p> <p>White rice: security, abundance, fertility</p> <p>Peas: Good-bye, also symbolizes children (sweet pea)</p> <p>Onions: Meaning "united"; a symbol of infinity, eternity, and ultimate truth</p> <p>Flower-shaped roll: love, regeneration, wisdom, & perhaps royalty</p> <p>Honey-colored pudding: stomach calming, youth,</p>	<p>All of these items seem to suggest that Cinna is an ally. I am going to go out on a limb and say that perhaps Cinna is Katniss's father, as well. If not father, definitely a relative, as suggested with the chicken (perhaps her mother or father's brother she never knew about??), the rice meaning security, the onions (being united with a relative), and the honey-colored pudding, which could be arrowhead pudding (made with katniss) - indicating she has found "herself." At the very least, it definitely shows that Cinna is one of the "good" guys.</p> <p>The flower-shaped rolls are suggestive that Cinna can relate to Katniss's sacrifice she made for Prim; they also could allude to her upcoming transformation & status lift (as victor).</p>
<p>Katniss</p> <p>Day 2: Snack in Capitol</p> <p>PAGE 75</p>	<p>Snack:</p> <ul style="list-style-type: none"> -goose liver -puffy bread 	<p>Goose liver: love and anger, passion, ambitious, loyalty, stays with its fallen comrades</p> <p>puffy bread: arrogance, self-indulgence</p>	<p>Katniss eats this alone in her room while testing out all the modern conveniences of her Capitol room. The snack seems appropriate: she hates the Capitol, yet is fascinated by its technology (love/hate) so she indulges herself. The goose liver can also foreshadow how she will stick by Peeta when he is injured.</p>

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	Food/Meal Eaten	Symbolism of Food Items <i>Answers may vary</i>	Relation to Novel <i>Answers may vary</i>
<p>Katniss & Peeta</p> <p>Day 2: First dinner in the Capitol</p> <p>PAGE 76</p>	<p>Dinner: -wine (dry, tart)</p> <p>-mushroom soup</p> <p>-bitter greens with pea-sized tomatoes</p> <p>-rare roast beef thinly sliced</p> <p>-noodles in green sauce</p> <p>-cheese and sweet blue grapes</p> <p>-cake set on fire</p>	<p>Mushrooms: male fertility, long life, happiness, immortality, and unexpected occurrence with lasting effects.</p> <p>Bitter greens: bitterness</p> <p>Tomatoes: love, member of nightshade family</p> <p>Roast Beef: symbols of celebrations, festivities, prosperity, wealth; prepared rare symbolizing youth</p> <p>Noodles: long life</p> <p>Green sauce: inexperience, hope</p> <p>Grapes/wine: good luck, intoxication</p> <p>Cake on Fire: dramatic effects</p>	<p>The mushroom soup seems symbolic of her seeing the Avox girl: unexpected and will have a lasting effect on her. (My theory is that the red-headed Avox girl & Darius were assigned to district 12 by President Snow to unnerve Katniss, yet are part of the rebellion and actually working for Haymitch & the other rebels.)</p> <p>The tomatoes reinforce this theory-- though they are from the poisonous "nightshade" family, one might think they are dangerous. But instead, they represent love. The bitterness in the greens can be that of Katniss toward the Capitol.</p> <p>Roast beef seems to represent the Capitol's excess; the rareness of the meat would symbolize the young tributes.</p> <p>The noodles in green sauce perhaps represent their hopes for a long life, but their inexperience going into the arena.</p> <p>The flaming cake is a reference to Katniss (girl on fire) and Peeta. Since this is dinner right after the opening ceremony, it seems appropriate. Cinna ordered it "specially in honor of" Katniss's & Peeta's Opening Ceremonies costumes. So this may be a clue that their stylists & mentors have a hand in choosing their food, and thereby sending them messages through it.</p> <p>Three items represent alcohol: wine, grapes, and the flaming dessert (which must have liquor to burn). This seems to perhaps symbolize Katniss becoming "intoxicated" in the sense that her judgement of others will be impaired: she doesn't recognize the Avox girl as an ally and she sees both Peeta and Haymitch as enemies.</p>

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	Food/Meal Eaten	Symbolism of Food Items Answers may vary	Relation to Novel Answers may vary
<p>Katniss & Peeta</p> <p>Day 3: Training Center Tower</p> <p>(First day of training)</p> <p>PAGE 87</p>	<p>Breakfast:</p> <ul style="list-style-type: none"> -eggs -sausages -batter cakes covered in orange preserves -slices of purple melon -hot grain smothered in beef stew -rolls -hot chocolate 	<p>Eggs symbolize immortality, resurrection, fertility, sacrifice, and rebirth.</p> <p>Oranges represent good luck and wealth.</p> <p>Melons represent good luck or ill health, misfortune, and hastiness. The color purple symbolizes royalty, pain, and bruising.</p> <p>Beef represents wealth.</p> <p>Hot chocolate symbolizes the need to be consoled or cheered up.</p>	<p>This meal seems to have contrasts of both good omens (the orange preserves and pancakes) and bad omens (the purple melons). It seems to be saying that it's going to be tough for them in the arena and they will have their battle wounds, yet they will also enjoy success (beef). OR, it may foreshadow they will win, but the wealth they receive is not worth the pain they endure.</p> <p>The hot chocolate seems to be saying that Peeta is trying to console Katniss, since they are both in a situation that is awful.</p>
<p>Katniss & Peeta</p> <p>Day 3: Lunch in the Training Center with other Tributes</p> <p>(First day of training)</p> <p>PAGE 97</p>	<p>Lunch (DISTRICT BREAD ROLLS)</p> <p>District 4: green, fish-shaped</p> <p>District 11: crescent moon-shaped with seeds</p> <p>District 12: drop biscuits</p> <p>Capitol: refined grain</p>	<p>Bread represents the body and sacrifice.</p> <p>The color green represents inexperience, hope, plant life. Fish represent knowledge, transformation, change.</p> <p>The crescent-shaped moon represents life-giving power. (Crescent means "to grow")</p> <p>Drop biscuits may symbolize haste or little creativity.</p> <p>Because it must go through an unnatural process and be bleached, refined bread may represent being artificial or fake.</p>	<p>Since each district must make sacrifices to the Capitol, bread rolls are an appropriate device for that symbol.</p> <p>District 4's rolls represent their fishing industry, but also perhaps this foreshadows the important role District 4 will play in the next novel. They are the only "career" district that helps to bring down the Capitol--possessing both knowledge & a duality of nature.</p> <p>District 11's industry is agriculture, so the crescent shape "to grow" is quite appropriate. Seeds represent opportunities or new beginnings.</p> <p>District 12's drop biscuits may resemble lumps of coal; Katniss is unimpressed with her district's offering, so it reinforces that she believes 12 is unimportant and insignificant in Panem (which we later learn is not the case at all).</p> <p>The Capitol's bread also seems appropriate--just like their residents, who alter their bodies, their bread is refined, bleached, unnatural.</p>

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	Food/Meal Eaten	Symbolism of Food Items <i>Answers may vary</i>	Relation to Novel <i>Answers may vary</i>
<p>Katniss</p> <p>Day 5: Training Center Tower Gymnasium</p> <p>(Third day of training: Private Session with Game-Makers)</p> <p>PAGE 101</p>	<p>Game-Maker Meal:</p> <p>-Roast pig with apple in mouth</p> <p>-wine</p>	<p>The pig with the apple is said to represent a pig lying in the mud eating a human heart (the apple). The pig is sacrificed to show that humans are capable of love.</p>	<p>As the roast pig is being served to the Gamemakers, they are more excited to eat than watch Katniss perform. Katniss probably feels like the pig lying in the mud--a lowly, unworthy, creature. To seek their attention, she shoots the apple--representing the Gamemakers hearts (or lack of)--out of the pig's mouth. Her message to them: "You are heartless creatures for torturing us, creating these arenas of death, watching us for your own entertainment. I will not be ignored. You can kill me and think nothing of me, but I know what you really represent and as long as you continue torturing us, you will never have a heart. You will never truly love." Or something like that...</p>
<p>Katniss & Peeta</p> <p>Day 5: Training Center Tower (Third day of training, after private session)</p> <p>PAGES 105-108</p>	<p>Dinner:</p> <p>-Salty fish soup</p> <p>-pork chops</p> <p>-rolls with butter</p> <p>-mashed potatoes</p>	<p>Salt (or salty foods) can represent both opposites of blessing and a curse, destruction and restoration, protection and harm.</p> <p>Potatoes symbolize both hatred and love.</p>	<p>Most significant, it seems, is that the food is all salty, like Katniss's tears. There is a dual nature between the foods, as well. They have conflicting meanings, just as Katniss feels conflicted. She hates the Capitol, hates the Gamemakers, yet she wanted to impress them, wanted them to pay attention to her. She hates Peeta and Haymitch and Effie, and yet these are the people who are helping her and trying to cheer her up. She doesn't know what to think or feel, and her food resembles that.</p>

	Food/Meal Eaten	Symbolism of Food Items <i>Answers may vary</i>	Relation to Novel <i>Answers may vary</i>
<p>Katniss</p> <p>Day 6: Training Center Tower (Interview coaching & fourth day of training)</p> <p>PAGE 113</p>	<p>Breakfast:</p> <p>-lamb stew with dried plums on wild rice</p> <p>-orange juice</p>	<p>The lamb is symbolic of sacrifice.</p> <p>Wild rice represents abundance, security, the moon, and new beginnings.</p> <p>Dried plums represent courage & hope.</p> <p>Oranges represent wealth and good luck or good fortune.</p>	<p>The tributes are the lambs: the sacrificial children ready to be slaughtered. Yet the other items with the food give a sense of hope for their survival, that they do have a chance to make it.</p>

FOOD SYMBOLISM IN THE HUNGER GAMES

Name: _____

Think About It... **Answers may vary**

Even though no specific food was mentioned for Katniss's dinner, she spent it alone in her room, "ordering an outrageous number of delicacies, eating myself sick..." (page 118). She follows it up with breaking the dishes before the red-headed Avox girl comes in and helps her clean it up. Does this scene have any symbolism? If so, what?

When she indulges in all of the Capitol's delicacies, it makes her sick. This signifies how the Capitol residents overindulge in a sickening way. They will stop at nothing (including watching children die) for their own entertainment and pleasure. As a district citizen, Katniss cannot "stomach" this behavior.

FOOD SYMBOLISM IN THE HUNGER GAMES

Name: _____

Day 7: Interviews (No Specific Food Mentioned for Breakfast or Lunch)

Only one food item is mentioned for dinner. You may not be able to find much symbolism on the item itself, but perhaps you can find symbolism in one of its ingredients. Then relate it to the events in the novel that took place right before dinner.

Think About It...

What happened right before dinner?

Peeta confessed his love for Katniss. Because she was caught off guard, Katniss felt betrayed rather than seeing Peeta’s good intentions for her own sake. Katniss pushed Peeta, causing him to fall into an urn and cut his hands.

	Food/Meal Eaten	Symbolism of Food Item Answers may vary
Katniss & Peeta Day 7: Training Center Tower (Day of interviews & fifth day of training) PAGE 137	Dinner: -Rose petal soup	Roses represent love, beauty, and secrets. Red rose petals can also represent blood. Soup symbolizes comfort and restoration of health.

Why did Peeta miss this part of the meal? Peeta’s hands would not stop bleeding, so they had to be re-banded.

How does the symbolism of this ingredient relate or connect to the events that transpired right before dinner? One of the more interesting symbols of love I found was that they represent secrets or secrecy. I think this is quite significant since Peeta just got done announcing his secret love for Katniss to all of Panem. Rose petals (or roses) also signify love, and if they were red, blood. Since Peeta’s hands were cut badly and wouldn’t stop bleeding, it seems appropriate that Katniss would eat rose petal soup to remind her of the bloody wounds she inflicted on Peeta. It can also signify Peeta’s sacrifice for Katniss--his body, his blood--so she can have a better chance for survival. His unconditional love.

The soup, being a “comfort” food, should bring Katniss comfort. Instead, though, she doesn’t trust Peeta’s feelings as genuine.

FOOD SYMBOLISM IN THE HUNGER GAMES

Name: _____

Days 8 - 12: In the Arena (Days 1-5 of the Games)

Katniss eats very little in the arena and must conserve what little food she has. Also, water is an important symbol during this time. Write all the items she consumes on the first five days in the arena and the symbolic significance of each. Then answer the questions below. (For food that is repeated, you do not have to re-write its symbolism unless it takes on new meaning.)

Day of the Games	What Katniss Eats	What It Represents or Symbolic Significance Answers may vary
1	-Pine bark	Pine trees represents integrity, purity, and long life. Katniss is able to get through the first day by eating the bark of pine.
2	-Rabbit	Rabbits symbolize fertility or rebirth, and innocence. Katniss will be undergoing a “rebirth” in the arena. She will transform from a girl trying to survive, to a girl who wants to make a stand against the Capitol, invariably becoming a symbol of the rebellion.
3	-Rabbit -1 Cracker -Water	Crackers can be a symbol of remembrance (unleavened bread); water is a symbol for life and rebirth or transformation. Perhaps the combo is a remembrance of Katniss’s old life as she begins her transformation.
4	-1 Cracker -Water -Edible roots of water plants -Rabbit	Edible roots of the water plants represent essentialness, growth, settling down, family, new beginnings, support, and seeking something. She has survived the fire, found water, and though she finds herself treed by the Careers, her next actions will bring her closer to Rue, and the only sense of family she will feel since she left home.
5	-1 cracker -1 strip of beef -Water	The strip of beef represents wealth, elevated social status. She eats this before dropping the tracker jacker nest, in which she was elevated in the tree. May be a stretch in symbolism there! ;)

1. On which day does Katniss find water? **The third day.**
2. What does water symbolize? **Life, survival, purity, transformation/metamorphosis.**
3. Apply this meaning to Katniss. What might this foreshadow? **We’ve had signs that Katniss will undergo a huge transformation--she already has with her girl on fire persona. The water indicates that now that she will survive, her metamorphosis will continue. Perhaps this foreshadows the fire that bears down upon her that very night--making literal her new identity (being on fire).**

FOOD SYMBOLISM IN THE HUNGER GAMES

Name: _____

	Food/Meal Eaten	Symbolism of Food Item(s) <i>Answers may vary</i>	Relation to Novel <i>Answers may vary</i>
<p>Katniss</p> <p>Day 14: Awakes from tracker jacker attack. (Before alliance with Rue)</p> <p>PAGE 196</p>	<p>First thing she eats after waking:</p> <ul style="list-style-type: none"> -honeysuckle nectar -water 	<p>Honeysuckle represents love and protection; wood cuttings from the plant are used to make catnip.</p>	<p>As she awakens from the stings, Katniss sees the honeysuckle and tastes the sweet nectar. I think it's important to the story because it reinforces the fact that Peeta loves Katniss and is willing to die to protect her. He fought Cato to allow her to live.</p> <p>It is also interesting that honeysuckle is used in making catnip--Gale's pet name for her. Could this signify his love for her, as well? Or since she chose the honeysuckle, perhaps her love for him?</p>
<p>Katniss & Rue</p> <p>Day 14/ Day 7 in Arena: Forms alliance with Rue</p> <p>PAGE 201</p>	<p>First meal with Rue:</p> <ul style="list-style-type: none"> -Groosling (wild turkey or perhaps goose?) -Rabbit -Parsnips -Blackberries (Rue's berries) 	<p>The groosling could have ties to a wild turkey (as mentioned) or perhaps some goose symbolism, as well. The wild turkey represents intelligence, flight, cautiousness, renewal, and sacrifice.</p> <p>The goose represents loyalty, nurturing, ambition, and instinct.</p>	<p>Both birds can apply to the significance of eating the groosling: forming an alliance with Rue was good because Rue is very smart; Rue can "fly" through the trees; and Rue was cautious at first before joining the alliance.</p> <p>And Katniss will remain loyal to Rue--staying next to her as she dies.</p>
<p>Katniss & Rue</p> <p>Day 15/ Day 8 in Arena</p> <p>PAGE 210</p>	<p>Breakfast:</p> <ul style="list-style-type: none"> -Waterfowl eggs -Rabbit leg -Blackberries (Rue's berries) 	<p>Eggs symbolize rebirth; water fowl eggs, in particular, represent the moon.</p>	<p>This could be foreshadowing Rue's death, or the fragility of all the tributes' lives. It could also foreshadow Rue's transformation into a mockingjay in Katniss's dream (in <i>Catching Fire</i>). It may also mark Katniss's transformation as a person from self-serving to sacrificial in upcoming chapters (more moon symbolism will transpire).</p>
<p>Katniss</p> <p>Day 16/ Day 9 in Arena: Katniss searches for Rue after blowing up Career supplies</p> <p>PAGE 228</p>	<p>Breakfast:</p> <ul style="list-style-type: none"> -Groosling -raw fish (2) -nuts -Last cracker -groosling neck -groosling wing -Mint leaves 	<ul style="list-style-type: none"> -Nuts symbolize the attainment of your desires and trying to get to the core of a matter or situation. -The neck of the bird would represent life--the severing or separating it from the body would represent death. -The wing would represent flight, perhaps spiritual flight. -Mint symbolizes a protection of illness and warm feelings. 	<p>Katniss wants to win, so the nuts symbolize her desire for it. She also eats them while searching for Rue, which is symbolic since she is trying to figure out what happened to her--what went wrong.</p> <p>The fact that she ate the neck and wing of the groosling (and mint) right before seeing Rue die seems to represent Rue's death (neck) and Rue's transformation into a mockingjay in her dreams (wing). And even though she could not protect Rue, Katniss still lives (mint).</p>

FOOD SYMBOLISM IN THE HUNGER GAMES

Name: _____

	Food/Meal Eaten	Symbolism of Food Item(s) <i>Answers may vary</i>	Relation to Novel <i>Answers may vary</i>
Katniss Day 16/ Day 9 in the Arena: After Rue's death PAGE 239	-District 11 bread (crescent-moon shaped, dark grain)	The crescent-shaped moon represents life-giving power. (Crescent means "to grow") It also represents female deities (Artemis, Isis, Virgin Mary, Shiva). Represents openness & concentration in Islamic world. Also represents resurrection.	This gift from district 11 represents not only their thanks to her for befriending Rue, but as a symbol of resurrection and transformation, it signals to Katniss that though Rue is gone and Katniss's old identity is gone, she must live and become something new (which she will).

On Day 18/Day 11 in the Arena, Katniss feeds Peeta:	Symbolism of this food: <i>Answers may vary</i>	Relation to story/character(s): <i>Answers may vary</i>
1. dried apples	Well-earned rewards are in your future; take care of your health	Katniss is desperately trying to keep Peeta alive; with the apples, she is using the "apple a day keeps the doctor away" theory that this will help him. The symbolism of the future rewards could, obviously, foreshadow them winning.
2. dried pears	Immortality, separation	Not wanting Peeta to die, Katniss tries to get him to eat the pears. These could foreshadow their separation when she goes to the feast.
3. hot broth	Healing, remedy, care	To Katniss, it symbolized that her "acting" performance was not enough: if she wanted more, she needed to truly act in love with Peeta because Haymitch wasn't buying it.

FOOD SYMBOLISM IN THE HUNGER GAMES

Name: _____

On day 19 (or the 12th day in the arena) Katniss continues to feed Peeta and also eats another new food herself, listed below. Look up the meaning of these foods and comment on how it connects to Katniss and Peeta.

On Day 19/Day 12 in the Arena, Katniss feeds Peeta:	Symbolism of this food: Answers may vary	Relation to story/character(s): Answers may vary
1. Blackberries (Rue’s berries)	Bad omens, sorrow, haste, lack of foresight, blindness.	Katniss hastily adds the sleep syrup to the berries to “drug” Peeta. For Peeta, this represents him losing “sight” and becoming helpless as Katniss goes to the feast.
2. Chives (in the groosling & root soup)	Eternity, long life, everlasting life	Katniss is encouraging Peeta’s survival and living a long life by adding the chives into the stew. It is a sign that he will not die (yet, anyway).
3. Mint leaves (put into the berry/sleep syrup mush)	Protection of illness, warm feelings	Katniss is protecting Peeta by feeding him the mint; she is showing him that she has only good intentions of saving his life, rather than the normal negative intentions drugging a person would have!

On Day 19/Day 12 in the Arena, Katniss Eats:	Symbolism of this food: Answers may vary	Relation to story/character(s): Answers may vary
1. Fish (small & bony)	Change, fertility, eternity, creativity, good luck, transformation, knowledge	As Katniss prepares to go to the feast, she eats a simple meal of fish. This is symbolic of her transformation into a selfless person, rather than only thinking of her own survival. It could also represent good luck.

On day 20, the only thing Katniss eats before passing out is mint leaves. How is this significant? **Mint is a symbol of protection of illness, so it is a clue, perhaps, that she will survive the feast.**

DAY 21/Day 14 in the Arena: Peeta Takes Care of Katniss

It’s Peeta’s turn to take care of Katniss. Look at the new food item he feeds her and research its significance. Then connect its meaning to the story and/or characters.

On Day 21/Day 14 in the Arena, Peeta feeds Katniss:	Symbolism of this food: Answers may vary	Relation to story/character(s): Answers may vary
1. Raisins	Eating raisins symbolizes negative forces will seek to crush your hopes just when they are about to be realized.	(I was shocked when I came across that source!) This is obviously foreshadowing the final moment in the Games when Claudius Templesmith announces they’ve revoked their earlier rule change about two winners.

The Lamb Stew Feast - ANSWER KEY

1. Fresh rolls: Bread symbolizes life, so this notes that they will live (at least for a few more days).
2. Goat cheese: Goats are animals of sacrifice, so it could be symbolic of the fact that Katniss was willing to sacrifice her life to save Peeta's. But it could also foreshadow Peeta's willingness to die for her in the final moments of the Games.
3. Apples: Apples signify that "well-earned rewards may be in your future"--foreshadowing Peeta & Katniss's eventual success as victors. They also symbolize love and the forbidden fruit; these could represent that Katniss & Peeta may love one another (in different ways), but their love will not be allowed or will be forbidden.
4. Lamb stew on wild rice: Lamb represents sacrifice, and though earlier the lamb stew represented the sacrificial act of the children entering the Games, I think here the sacrifice is not only Katniss willing to sacrifice her life for Peeta, but sacrificing her future, as well. She is "acting" out this love story to receive food, not really understanding yet the full consequences when she does win & go home. Her old life with Gale--hunting in the woods--is over. She can never go back to that life anymore.

- ANSWER KEY - Answers may vary

Often in literature the lack of a certain food or drink is significant. See if you can find symbolism in the foods Katniss *didn't* eat.

1. Cookies from Peeta's father, the baker

Katniss throws these out the train window without eating any (page 49). What do the cookies, and the fact she does not consume them, symbolize? Cookies symbolize that "you will let trivial problems and minor disputes annoy you." This seems relevant to Katniss because she lets Peeta & Haymitch get to her, when in fact, they are her allies. She, of course, does not recognize them as friends, so she discards the cookies. By doing so, she is reminded of the dandelions that she would never have noticed or harvested for survival if it weren't for Peeta. The cookies are a reminder to her of his unconditional generosity--something she cannot understand yet, but will eventually.

2. Loaf of bread from the Cornucopia

Katniss drops the loaf of bread on the first day of the Games (pages 150-151). What does bread symbolize? What does her loss of it represent? Bread is symbolic of life. The fact she lost it represents her struggle for food (and water)--her struggle to live--over the next few days.

3. Squirrel meat Katniss kills in Arena

Katniss decides to save the squirrel meat as a reserve, but she and Peeta never have the chance to eat it (pages 325-331). What do squirrels represent? How does this relate to Katniss and Peeta and the situation they are in? Squirrels represent savers--they hide their food and may only retrieve a small percentage of it. Katniss & Peeta never do retrieve their provisions. This could also be a metaphor for Katniss's lack of trust of others: perhaps she needs to be more trusting, like squirrels. The baker (Peeta's father) liked her squirrel, and he has proven to be trustworthy in looking out for Prim.

➤➤ Can you think of any other items Katniss or Peeta *didn't* eat that might be significant? Why?

- The nightlock berries; the berries are poisonous, so they would have died--end of story.

SOURCES & TEXT FOR MY ANSWERS**THE GOAT SYMBOLISM**

• The Goat symbolizes male fertility, and is known, to even those who peruse the daily astrology columns of the local newspaper, as representing the astrological sign of Capricorn; Dec. 22 to January 22. Capricorn is a combination of both a Goat and a fish. According to J.E. Cirlot in his Dictionary of Symbols; this dual aspect refers to the dual tendencies of life towards the abyss (or water) " or chaos of the beginning of time, and "the heights or mountains "or order and malkuth (the earth) as symbolized by the goat aspect. In fact the very same Babylonians who gave us this symbol of Capricorn and the science of Astrology were the first Temple builders, and the goat for them symbolized the essence of the Temple or Lodge. An animal usually found climbing in the mountains. Thus from the first ziggurats to the Temple of Solomon even to later Churches, the Goat was seen as symbol of Man striving to reach God through his building of Temples that represented mountains.

• Besides representing the Temple or Home of the gods, the goat represents the active male sexual or fertility aspect of nature. As Capricorn he rules the returning sun, from the darkness of winter solstice. In the sign of the Goat/Capricorn the sun begins to resume its ascent towards the spring Equinox. As well the goat horn is a hallow phallic symbol, represented even today as the cup of plenty or cornucopia

• Goats have been given a bad name:

• The Scapegoat: An animal who leads the others to slaughter now commonly used to refer to the unwitting victim of some malice.

• "you old Goat".

http://docs.google.com/viewer?a=v&q=cache:yvUeKlq1zQLJ:www.mwphglwa.org/TopLiners/Study%2520and%2520References/Masonic%2520Digest/Files/The%2520Symbolism%2520of%2520the%2520Goat.pdf+goat+symbolism+in+literature&hl=en&gl=us&pid=bl&srcid=ADGEEsJdRG8W8dmqA4UqXu6NNx7GlvJPmyyQJ3q74-Q3opoP_gJxAz7zx-G8t1w6m3FOnT0nf19kPuTGV2BK7UPi8CMPcopivmT9uYJPWSGk1uLSeOT6vXRsoARz9mEC4_CAp_fINDGC&sig=AHIEtbSoylWd9iD_tR7PZ24e2CN2XaO-GO

• Goats are mentioned many times in the Bible. A goat was a considered a clean animal by [Jewish](#) dietary laws and was slaughtered for an honored guest. It was also acceptable for some kinds of sacrifices.

• On Yom Kippur, the festival of the Day of Atonement, two goats were chosen and lots were drawn for them. One was sacrificed and the other allowed to escape into the wilderness, symbolically carrying with it the [sins](#) of the community. From this comes the word "scapegoat" (Moller 2007). <http://www.newworldencyclopedia.org/entry/Goat>

• The goat & the cornucopia are closely related: Horn of Plenty - In Greek mythology, Amalthea raised Zeus on the milk of a goat. In return Zeus gave Amalthea the goat's horn. It had the power to give to the person in possession of it whatever he or she wished for. This gave rise to the legend of the cornucopia. The original depictions were of the goat's horn filled with fruits and flowers: deities, especially Fortuna, would be depicted with the horn of plenty. <http://www.chiefsez.com/docs/pagan-definitions>

BLACKBERRIES

• **Blackberries** have multiple meanings across religious, ethnic and mythological realms. They have been used in Christian art to symbolize spiritual neglect or ignorance. Mid-Mediterranean folklore claims that Christ's Crown of Thorns was made of blackberry runners. The deep color of the berries represents Christ's blood. A legend also exists where the blackberry was once beautiful, but was cursed by Lucifer when he fell into the bush when forced out of heaven. Every September 30th, with the ripening and darkening of the berries, he is thought to re-enter them. Some folklore associates the blackberry with bad omens. European stories have claimed they are death fruits with ties to Wicca. They can also symbolize sorrow. In an old proverb they signify haste. A man is so excited to pick the berries that he jumps into the bush and the thorns cause him to lose his eyesight. He regains it, however, upon jumping back out of the bush. Greek mythology contains a legend similar to this. When Bellerophon, a mortal, tries to ride Pegasus to Olympus, he falls and becomes blind and injured upon landing in a thorny bush. This is his punishment for trying to take the power of the gods. Therefore, the fruit also symbolizes arrogance.

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FISH SYMBOLISM

• Fertility, eternity, creativity, femininity, good luck, happiness, knowledge, transformation

• The fish was sacred to the **Greco-Roman** mythology, where it held symbolic meaning of change and transformation. We see this in the myth of Aphrodite and Heros when they turned themselves into fish in order to escape from the ferocious Typhon.

• In **Christianity**, the fish is a symbol of abundance and faith as observed in the Biblical story of fishes and loaves. There are also several Biblical references as Christ and his disciples being "fishers of men." Here, man is represented as the transformational fish and the ocean is a symbol of the abyss of sin in which man finds himself.

• **Pagan** traditions recognized the fish as a feminine symbol of fertility and an attribute of the Goddess. Water is a natural emblem of the flow of the Divine Mother principal, and as such, all creatures of the water (including fish) are aspects of the fertility and power of the female deity.

<http://www.whats-your-sign.com/symbolic-meanings-of-fish.html>

• Fish offer more meaning than already mentioned. They are a symbol of freedom and emancipation, also of harmony. In ancient times many fish in the sea meant a good harvest would follow.

<http://www.flavorandfortune.com/dataaccess/article.php?ID=3>

SYMBOLISM OF BREAD/WHEAT-GRAIN

• In more than Christian ritual, bread has long stood for the body. It is a composite food, simply assembled, and the food most often offered as sacrifice in religious rituals over the centuries. While we can focus on bread itself, it is impossible to completely isolate bread lore from grain lore. Gods of vegetation, wheat, barley, corn are important parts of the history of bread's related symbolism and inform its significance as a ritual offering. In the rites of Adonis, the Syrian vegetation god, his bones were said to be ground on a mill then scattered to the winds. In Egypt, Osiris's resurrection was prefigured and

FOOD SYMBOLISM IN THE HUNGER GAMES

Name: _____

represented by sowing miniature sarcophagi with seeds that would sprout. In such lore, bread is a symbol of metamorphosis (seed to grain, grain made into bread), a product of cooperative effort (the farmer, the miller, the baker), and is the most obvious of our three foods that has a seasonal /cyclical existence.

<http://www.endicott-studio.com/rdrm/rrMilkHoney4.html>

• Jewish Bread Symbolism

-The ritual use of bread often embodies an act of remembrance. In Jewish tradition, during Passover, bread appears many times in the story and related custom of the holiday. Also known as The Feast of Unleavened Bread, Jews are forbidden from having anything leavened in their homes during the days of Passover. This is done in remembrance of those Jews, centuries ago, who fled from Egypt. Their flight from Egypt was so hasty they had no time to wait for their bread to rise. The unleavened bread, called matzah, is eaten as part of the Passover ritual.

<http://www.endicott-studio.com/rdrm/rrMilkHoney4.html>

• During its life cycle the grain of wheat dies and is **reborn** months later in the form of a spike capable of providing **sustenance** to human beings. Wheat is the quintessential nutritional plant. It was believed to contain the mystery of life and death and thus it became a sacred plant. One of the essential features of the Neolithic era was plant cultivation. This led to a way of life that had previously been **unimaginable** and gave birth to new beliefs that completely altered the spiritual universe of **humankind**.

• Religious connections with the animal world were replaced by what might be called a mystical solidarity between humankind and vegetation. Moreover, female sacredness and the female principle in general assumed greater importance because of women's influential role in agriculture. Women's fertility was associated with that of the earth, and women were responsible for the abundance of the harvest because of their knowledge of the mystery of creation. During the fertility festivals in Syracuse (Sicily), loaves of sesame bread shaped like female genital organs were handed out.

<http://www.encyclopedia.com/doc/1G2-3403400088.html>

Poil . "Bread. Symbolism of." *Encyclopedia of Food and Culture*. 2003. *Encyclopedia.com*. 15 Jul. 2010 <<http://www.encyclopedia.com>>.

TYPES OF BREAD

From *A History of Food* by Maguelonne Toussaint-Samat

http://books.google.com/books?id=i4xuO9TsHf8C&lpg=PA230&ots=l-CT_Enr7W&dq=symbolism%20of%20bread%20in%20literature&pg=PA225#v=onepage&q&f=false

Describes different kinds of bread:

What kind of bread were these women making? Obviously not the *keibanitos* mentioned in a play by Aristophanes, nor Cappadocian milk bread, both of which were baked in a mould. *Boletus*, as its name indicates, was mushroom-shaped and had poppy seeds sprinkled on top. *Streptice* was a plaited loaf; *blosmilos* was marked out into squares. *Daraton*, an unleavened bread, was the shape of a flat cake. *Almogaens*, a coarse rustic bread, was made in country areas. *Phaios* was a wholemeal bread, and again was for the common people. *Syncomiste*, a dark bread made of unbolted rye flour, had the same aperient effect as the bran bread of today. The loaves shown in the terracotta may be *agoraios*, bread of the market-place, *agora*, quantities of which were sold by retailers. (The Greeks distinguished between the bread-making factory or *artokepeion* and the bread depository or *artopoleion*.) *Chondrite*, made from spelt, and *semidalite*, made from fine wheat flour, were popular with more prosperous customers. Hard tack for sailors was made at Rhodes. *Hemiarton* was the bread of Ephesus, crescent-shaped in homage to Artemis the moon goddess.

District breads/rolls:

3: bite-sized, square-shaped rolls (learned in CF)

4: green-tinted (from seaweed), salty, fish-shaped

11: crescent shaped with seeds

12: ugly drop biscuits [also flat, dense loaves of bread from tessera grain]

Capitol bread: Refined

Food with seeds = growth

Crescent shape = moon

Bread/food with raisins = the sun god

PUFFY BREAD SYMBOLISM

• While matzo is most frequently viewed as a symbol of the escaping Jewish people, another interpretation is that matzo, being flat, is a symbol of the quality of a flattened ego, or humility, while **leavened foods, which are puffy, represent arrogance and an inflated view of self.**

•As Jews prepare for Passover, they clean the chametz out of their homes. Some of the observant look at their cleaning as a symbolic way to cleanse themselves of selfishness and arrogance.

[Why Jewish People Eat Matzo During Passover: Unleavened Cracker is a Religious Symbol. Mainstay of Holiday Meals http://jewish-practices.suite101.com/article.cfm/why_jews_eat_lots_of_matzo_during_passover#ixzz0uBD2Ad3R](http://jewish-practices.suite101.com/article.cfm/why_jews_eat_lots_of_matzo_during_passover#ixzz0uBD2Ad3R)

POSSIBILITIES FOR FLOWER-SHAPED ROLL:

• **Kaiser roll (resembles a flower shape)** = emperor

• **Pane Rosetta** is a small Italian bread roll that has anywhere from 5 to 10 slashes in the top coming out from the centre, forming petals of dough. In the centre, there is a small round ring of dough, representing the centre of a rose. (It looks something like kaiser rolls but with more spokes on them.) You can buy moulds that do this; some moulds make 8 petals, some 10. Pane Rosetta will weigh anywhere from 2 to 4 oz (50 to 100 g.)

• In Friuli-Venezia, Pane Rosetta is made from a biga and sometimes sprinkled with poppy seeds.

• In Milan, where it is sometimes called "**Michette**," the rolls can be larger.

• In Rome, where it is sometimes called "**Bigne**," the rolls will be even larger yet. Roman Pane Rosetta is crisp and airy, and ends up with an air pocket in the middle.

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Name: _____

- "Pane Rosetta" means "rose bread." <http://www.practicallyedible.com/edible.nsf/pages/panerosetta#ixzz0uAfOsxqv>
- **Read this article, written by Rose Pastor Stokes in 1919, called "Bread and Roses"** Could it have any significance? I don't know, but it is interesting! <http://www.marxists.org/subject/women/authors/stokes/works/bread.htm> (Full article is included in the appendix.)

BASIL SYMBOLISM

- Basil supposedly derives its name from the terrifying basilisk -- a half-lizard, half-dragon creature with a fatal piercing stare according to Greek mythology. The medicinal application of a basil leaf was considered to be a magical cure against the look, breath or even the bite of the basilisk. Although this story moved into the realm of fable, basil was still considered a medicinal cure for venomous bites.
- In keeping with its hostile status, later Greeks and Romans believed the most potent basil could only be grown if one sowed the seed while **ranting and swearing**. This custom is mirrored in French verbiage where *semer le basilic* (sowing basil) means **to rant**.
- Cultivated since antiquity, basil originated in India, where it was regarded as a sacred herb. The name comes from the Greek *basileus* meaning 'king.' In India, Hindus believed that if a leaf of basil was buried with them, it would get them into heaven.
- Basil was also sacred to the Gods Krishna, and Vishnu and is still found growing around temples.
- In Italy, basil was used as a signal for love; a pot of basil placed on the balcony meant that a woman was ready for her suitor to arrive.
- In England, basil was used to ward off insects and evil spirits.
- Basil's symbolism in the Victorian language of flowers also reflects its dual nature. It signifies both hatred (for common basil) and best wishes (for sweet basil) (34).
- Basil's folklore is as complex as its flavor and aromas. In terms of its legend and symbolism, basil has been both loved and feared. Its associations include such polar opposites as **love and hate, danger and protection, and life and death**. <http://homecooking.about.com/od/foodlore/a/basillore.htm>

COOKIES

- you are eating, giving, receiving, or stealing cookies signifies that you will let trivial problems and minor disputes annoy you. <http://www.dreammoods.com/dreamthemes/food.htm>

CAKE SYMBOLISM

Symbolism of round cakes

- Ancient breads and cakes were sometimes used in religious ceremonies. These were purposely fashioned into specific shapes, according to the observance. Round shapes generally symbolize the cyclical nature of life. Most specifically, the sun and moon.
- "People have consumed cakes of all kinds throughout history and at all sorts of ceremonial occasions. In today's world, people traditionally serve cakes at holidays, birthdays, weddings, funerals, and baptisms--in short, at all significant times in the cycle of life. The tradition of eating cake on ceremonial occasions has its basis in ancient ritual. Cakes, in the ancient world, had ties with the annual cycle, and people used them as offerings to the gods and spirits who exercised their powers at particular times of the year...The Chinese made cakes at harvest time to honor their moon goddess, Heng O. They recognized that the moon played a crucial role in the seasonal cycle, so they made round cakes shaped like the moon to reward the lunar goddess, with an image of the illustrious Heng O stamped on top... "The Russians traditionally pay their respects in spring to a deity named Maslenitsa by making blini, thin pancakes they call sun cakes...The pagan Slavs were not the only people to make round cakes to celebrate the spring sun. The ancient Celts, who celebrated Beltane on the first day of spring, baked and ate Beltane cakes as a important part of their celebration...At the Beltane festival, the ancient Celts also rolled the cakes down a hill to imitate solar movement. Rolling the cakes, they hoped, would ensure the continued motion of the sun. This activity also served as a form of divination: If the cake broke when it reached the bottom of the hill, the Celts believed that whoever rolled it would die within a year's time; but if the cake remained intact, they believed that person would reap a year's good fortune...Agricultural peoples around the globe made offerings of cakes prepared from the grains and fruits that arose from the soil. The types of ingredients used to make these cakes contributed to their symbolism...The cake's size and shape were equally symbolic of its ritual purpose...round cakes symbolized the sun or the moon...All of these cakes had definitive links to the myths the people embraced." <http://www.foodtimeline.org/foodcakes.html>

CARROT SYMBOLS (SEE ALSO PARSNIPS)

- Vegetables are often symbolic of abundance. It may also symbolize a lure as in the pun "dangle a carrot". http://www.experiencefestival.com/dream_symbol_prosperity

CHICKEN

- In Chinese culture, chicken forms part of the symbolism of the dragon and phoenix. At a Chinese wedding, chicken's feet (sometimes referred to as phoenix feet) are often served with dragon foods such as lobster. Chicken is also popular at Chinese New Year, symbolizing a good marriage and the coming together of families (serving the bird whole emphasizes family unity).
- There are other foods, snacks and fruits which symbolize good wishes under special circumstances, including dried bean curd, black moss seaweed, peanuts, pomelos and **oranges**. (See below) <http://chinesefood.about.com/od/foodfestivals/tp/foodsymbolism.htm>

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CHOCOLATE SYMBOLISM - Ancient Maya

• Chocolate originated in Mayan culture, where it held a highly revered place. In fact, the Mayans believed chocolate was so sacred they could only drink it from solid gold goblets -- which had to be thrown away after a single use!

Chocolate symbolized life, fertility, health, and royalty. Because they didn't have sugar, the Mayans had to get creative in flavoring their chocolate drinks, and they did, using all kinds of spices (even hot chili peppers!). The Mayans believed chocolate came directly from the gods.

• European Intervention

Even once chocolate crossed the ocean, it remained a symbol of prestige and nobility. The explorer Cortez first combined cocoa with sugar and other spices to create a version of the famous hot chocolate we know today. Only royalty could afford this extravagant drink, however, so cocoa remained a status symbol for the elite.

• It was Montezuma (1466-1520), Emperor of Mexico, who introduced Hernan Cortes to his favorite drink 'chocolatl' served in a golden goblet. American historian William Hickling's [History of the Conquest of Mexico](#) (1838) reports that Montezuma: *"took no other beverage than the chocolatl, a potation of chocolate, flavored with vanilla and spices, and so prepared as to be reduced to a froth of the consistency of honey, which gradually dissolved in the mouth and was taken cold."*

• The fact that Montezuma consumed his "chocolatl" in goblets before entering his harem led to the belief that it was an aphrodisiac. Cortes wrote a letter to Charles V of Spain calling chocolate *"The divine drink which builds up resistance & fights fatigue. A cup of this precious drink permits man to walk for a whole day without food."* When Cortes returned to Spain in 1528 he loaded his galleons with cocoa beans and chocolate drink making equipment.

<http://whatscookingamerica.net/Beverage/HotChocolate.htm>

HOT CHOCOLATE

• To make or drink hot chocolate in your dream, symbolizes contentment, warmth and love.

<http://www.dreammoods.com/dreamdictionary/h2.htm>

• Chocolate is often a symbol of our attitude to something, such as holidays that make us feel good, people that make us feel welcome, and things that make us feel good and make our lives better (a need for consolation).

• It may represent moments when we tried to cheer others up. In other cases chocolate signifies self-reward.

<http://answers.yahoo.com/question/index?qid=20081210112213AAzRt2U>

GOOSE LIVER

[The Symbolism of Liver](#)

• "According to the Roman poet Horace, the liver is the seat of the passions, particularly sensual love and anger. According to Suetonius, it is the center of the intelligence of the mind. Since the *foie gras* we eat comes from geese, it need not present us with any metaphysical problems - the stupidity of a 'silly goose', after all is proverbial - but it is true that consuming it provides a sensual, almost voluptuous pleasure.

. . . In the *Sou-wen*, the basis of all Chinese medicine, eating liver is supposed to engender strength and courage.

. . . Examination of the livers of sacrifices animals was a method used by Roman soothsayers to predict the future."

History of Food, Toussaint-Samat, Maguelonne, translated by Anthea Bell. Blackwell Publishers, Oxford UK, p. 433-4.

GOOSE SYMBOLISM

• If you want something done -- give it to the Goose. Persevering, dogged, and ambitious to a fault, the Goose sets goals for accomplishment, and always obtains them. The goose is determined to succeed at all cost -- not for the approval of other -- but those with this Native American animal symbol competes with his/her own internal foe. Driven is the watchword for the Goose's dominating personality trait -- which makes them excellent in business and competitive sports. When tempered with supportive, nurturing family and friends, the Goose excels in all things he/she attempts. In a loving environment the Goose can be very passionate, humorous, gregarious, and even sensual. However, lead to his/her own devises, the Goose may fall into obsessive or addictive behaviors that will inevitably be his/her demise.

• Geese annually migrate to warmer climates during the winter. Should a goose become injured during this trek, another goose will leave the migrating flock to **stay with its fallen comrade**. The goose will stay with the injured until he has recovered or until its final breath. Nothing silly about that.

• Geese are incredibly **gifted navigators** and instinctively know the way across the long haul to warmer climates. They forge ahead with confidence and bravery.

• Further, geese have intricate methods of communication - not only do they sense when their brethren are in trouble, they also work as a team to **communicate warnings**, as well as messages of prime landing sites.

<http://www.whats-your-sign.com/animal-symbolism-geese.html>

EGG SYMBOLISM

• "Because eggs embody the essence of life, people from ancient times to the modern day have surrounded them with magical beliefs, endowing them with the power not only to create life but to prophesy the future. Eggs symbolize birth and are believed to ensure fertility. They also symbolize rebirth, and thus long life and even immortality. Eggs represent life in its various stages of development, encompassing the mystery and magic of creation. Creation myths commonly describe how the universe was hatched from an egg, often laid by some mythical water bird swimming in the primordial waters...Early myth-makers viewed both the sun and the egg as the source of all life; the round, yellow yolk even symbolized the sun. Clearly, eggs had great symbolic potential...In Europe of pagan and Christian times, eggs symbolized life and resurrection. Human being have long consumed eggs of all sorts--of hens, ducks, geese, partridges, pigeons, pheasants, ostriches, peacocks, and other bird species. In legends, fairies consumed eggs of mythical birds such as the phoenix. People ate eggs for a variety of reasons. Some sought to absorb their magical properties by eating them. Others ate them to ensure fertility. In the Slavonic and Germanic lands, people also smeared their hoes with eggs, in the hope of transferring the eggs' fertility to the soil...In Iran,

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brides and grooms exchange eggs. In seventeenth-century France, a bride broke an egg when she first entered her new home...The perception of eggs as symbols of fertility and embodiments of life force compelled people of certain cultures not only to shun them as food but to avoid destroying them at all costs...Some people avoided eating eggs laid by their tribal totems; certain groups of aborigines in Australia...believed they descended from the emu, so they placed strict taboos on eating eggs of these ancestral birds...Though people frequently forbade the eating of eggs, eggs were often used for divining purposes. Their widespread use in divination likely stemmed from the belief that they symbolized life--particularly life in the future. The Chinese and certain tribal groups in southern Asia used the eggs of chickens or ducks to divine the future. One method involved painting the eggs, boiling them, and reading the patterns in their cracks. Another method involved tossing the eggs, and divining the future with eggs, a process known as oomancy...The concept of eggs as life symbols went hand in hand with the concept of eggs as emblems of immortality, and particularly the resurrection of Christ, who rose from a sealed tomb just as a bird breaks through an eggshell... The Jews traditionally serve eggs at Passover as a symbol of sacrifice and rebirth." ---*Nectar and Ambrosia: An Encyclopedia of Food in World Mythology*, Tamra Andrews [ABC-CLIO:Santa Barbara CA] 2000 (p. 86-7) <http://www.foodtimeline.org/foodeggs.html>

WATER FOWL EGGS

- (Duck eggs) The yolk is prized and is used in [Chinese moon cakes](#) to symbolize the [moon](#). http://en.wikipedia.org/wiki/Salted_duck_egg
- Perhaps the eggs were swan eggs; swans represent the fragility of life and man's immortality. (Think of a "swan song.")
- Eggs also represent hope & resurrection (think of the symbolic meaning of Easter eggs to mark Christ's resurrection).

PIG/HAM SYMBOLISM

- Human beings eat more meat of the pig than any other domesticated livestock on earth, even with pig being a food forbidden to more than one [billion](#) followers of Islam or Judaism. This lowly beast, whose intelligence and cleanliness has been underestimated for centuries, is a prolific animal that quickly converts a variety of feeds to a mild-flavored meat. One of the first domesticated animals, the pig appears in oriental and Greco-Roman mythology as well as in the Torah, the Bible, and the Qur'an. Despite its utility as a source of food, leather, and pharmaceuticals, the word, pig, is an [insult](#) or gentle [rebuke](#) in many cultures. While the pig itself may not have grown more controversial, its modern, industrialized [husbandry](#) draws criticism from an array of opponents.
- It remains to be seen whether pigs will physically become parts of humans. Symbolically, they have been transplanted into human culture for centuries, in medieval Europe, modern China, and ancient Mesopotamia. Pigs first symbolized deities, and later, human weaknesses and strengths.
- In China, the pig is one of twelve animals symbolizing a year in a twelve-year lunar calendar. According to Chinese mythology, all animals were invited to race for this honor. A year was assigned to the first twelve winners, as each one finished. The pig came in twelfth. Just as westerners who believe in [astrology](#) tie personality traits to signs of the Zodiac, the Chinese attribute personality traits to the year in which they were born. Those born in the Year of the Pig (also called Year of the Boar) are said to be [easygoing](#), sincere, tolerant, and honest. They are also considered naïve. Naïveté was linked to pigs in Homer's *Odyssey*, when Ulysses' men were turned to pigs by the sorceress Circe. While the men themselves were naïve, their behavior even before their conversion was almost piglike. They were attracted by Circe's sweet voice and lulled to [complacency](#) by her rich meal. Homer seems to use this tale to [impart a sensuality](#) to pigs, as well as a pig-likeness to the mariners. The pig was sacred to [Aphrodite](#) and an important image in Celtic mythology.
- Beyond Biblical prohibition, there is the sense that as much as they can disgust us, pigs are rather like us, too. Among regularly eaten beasts, pigs are probably the closest to human. They're intelligent, social, relatively unfurry—and they resemble us on the inside. When Pollan looks at his dead pig in the woods, he is swept with revulsion. "I'd handled plenty of viscera in the chickens I'd gutted on Joel's farm, but this was different and more disturbing, probably because the pig's internal organs ... looked exactly like human organs. Which is why, as I recalled, surgeons hone their skills by operating on pigs." Indeed, the boundary between human and porcine seems uncomfortably blurred in folk and literary traditions across the centuries: Odysseus' gang was turned into pigs by [Circe](#), a baby turns into a piglet (shown here on a [baby tee](#)) in *Alice's Adventures in Wonderland*, and [chef-pig statuettes](#) are a not-insignificant category among kitsch collectibles.
- Since pork was the fattiest, most delicious meat, it was prohibited to steer the weak willied away from gluttony. In her book [Purity and Danger](#), anthropologist Mary Douglas says that because pigs are cloven hoofed, but not ruminants like cows, they veered from the ancient Israelite conception of wholeness and holiness, and as such, were deemed untouchable. <http://www.slate.com/id/2155422/pagnum/all/#p2>

GRAPES

- Grapes are symbolic of good luck. Though they are not easily distinguished from vines they do appear in heraldry occasionally. Fruit of all kinds was considered to be evidence of God's kindness and a symbol of the goodness of providence. http://www.houseofnames.com/xq/asp/keyword.grapes/qx/symbolism_details.htm
- **COLUMBIA ENCYCLOPEDIA:** The art of grape growing was said in Greek legend to have been introduced by Dionysus; Bacchus was the god of wine. Throughout history, the grape has been a symbol in art and literature of revelry and joy. Grapes are classified in the division Magnoliophyta, class Magnoliopsida, order Rhamnales, family Vitaceae. <http://www.answers.com/topic/grape>
- Represents wealth and prosperity. In the end your hard work will pay off and you will be rewarded for your labor. <http://www.dreammoods.com/dreamthemes/food.htm>

GRAPES & WINE SYMBOLISM

Grapes and Wine are symbolic of fertility, joy, intoxication, healing and youthfulness. As wine, they represent the alchemical process of infusing the creative spirit into matter, and are used in the sacred rites of many civilizations, representing the presence of the Divine Spirit on earth. Symbolizing the Blood of Life, wine is offered as a libation to many gods, but is

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especially sacred to [Dionysus, Bacchus](#), Sura, Siduri, Sesmu, Meditrina and [Pan](#). http://www.tween-the-shadows.com/magick/symbols_magick/wine_grapes.php

SALT SYMBOLISM

- [Salt's] meaning frequently shifting between opposites of blessing and a curse, destruction and restoration, protection and harm.
- salt was used to symbolize permanence. <http://www.jhom.com/topics/salt/ancient.htm>
- Salt was needed in the temple to be added to sacrifices as a sign of their [permanence](#). In the Hebrew tradition it was rubbed on a child at birth and in [Christian tradition](#) Christian traditions are traditions of practice or belief associated with Christianity.
- On the other hand "saltiness" in the Bible can be a symbol for barrenness or desolation. <http://www.thefreelibrary.com/Salt+a+symbol+of+commitment,+desolation-a030570400>

The Symbolism of Salt

The whole symbolical value of **salt**, and all the ritual meanings attached to it, can be explained in the light of its origin and its practical uses. It purifies and protects food from corruption and putrefaction, which seems natural enough, since it comes from the sea, the primordial source of all life. In the **symbolism** of freemasonry, it represents life, the mother, the woman: the creative female principle as opposed to the destructive male principle personified by sulphur. As creator and thus regenerator, it accompanies the initiate towards the resurrection of a new life granted by the light. Similarly, in the Roman Catholic baptismal service, **salt** completes the purification of the holy water and destroys the soiling of corruption left by the traces of original sin. As a redemptive element it allows the soul thus purified to attain wisdom, the light of the faith. Even before Christianity, the Romans gave **salt**, and with it wisdom, to a newborn baby. The sacrificial victims of the Jews and Romans were purified with **salt** to make them acceptable to the Deity, and everyone knows that the Devil will offer you a saltless meal. If you feel suspicious, and ask for **salt**, his evil influence will be broken in the same way as the sign of the cross destroys it. A handful of **salt** is thrown into the fire on the hearth to keep away the demons who might be attracted to it. **Salt** is used in the exorcism rites of most religions.

•From *A History of Food* by Maguelonne Toussaint-Samat
http://books.google.com/books?id=i4xuO9TsHf8C&pg=PA230&ots=-CT_Enr7W&dq=symbolism%20of%20bread%20in%20literature&pg=PA225#v=onepage&q&f=false

DRIED PLUMS

- **Flowers:** Flowers are an important part of the New year decorations. In old China, much use was made of natural products in celebrations as well as in daily life. The two flowers most associated with the New Year are the [plum blossom](#) and the [water narcissus](#)
- **Plum Blossoms:** stand for courage and hope. The blossoms burst forth at the end of winter on a seemingly lifeless branch. In Chinese art, plum blossoms are associated with the entire season of winter and not just the New Year. <http://www.c-c-c.org/chineseculture/festival/newyear/newyear.html>

MELON SYMBOLISM

- The image of a melon is a symbol of good luck. http://www.houseofnames.com/xq/asp/keyword.melon/qx/symbolism_details.htm
- **Melons** (or gourds) are important foods with interesting symbolisms such as wearing one can be a charm for longevity and it has the power to ward off demons. <http://www.flavorandfortune.com/dataaccess/article.php?ID=37>
- symbolizes ill health and misfortune in business deals.
- signifies that hastiness will lead to much anxiety in the end.

RARE ROAST BEEF

- Roasts are symbols of celebrations and festivities. <http://www.allfavoriterecipe.com/classic-prime-rib-roast-with-pan-gravy>
- **Ritualism and traditions.** Cattle worship was widespread in the cattle cults of the Mediterranean basin. The crescent of the cow horns was seen as imbued with the life-giving power of the crescent moon. Cows, in particular, figure as symbols of fertility in parts of Asia and Africa. Cattle have a paramount and pervasive symbolic value in many parts of East Africa, where they represent social status as well as wealth. <http://www.enotes.com/food-encyclopedia/cattle>

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BEEF 1. Often associated with one's own attitudes toward beef (i.e., may indicate prosperity, or putting unhealthy substances into one's body). See **Food**. 2. Metaphorically, associated with beefing it up = making things appear or sound better than they are; to beef = to complain; an individual who is beefy = someone who is strong and stout. 3. You may also wish to see **Cow** and **Animals**.

FROM:

http://books.google.com/books?id=N_EaFvFFp0kC&pg=PA38&ots=FCGoS20m8V&dq=beef%20symbolism%20in%20literature&pg=PA38#v=onepage&q&f=false

MUSHROOMS

- **Mushroom** Mushrooms and toadstools also symbolize male fertility and virility because of their phallic shape. In China, the mushroom symbolizes long life, happiness and rebirth. Mushrooms are the food of the Taoist immortals. In China, it's believed the mushroom will only grow in peaceful times, thus it is a symbol of successful government. Some African and Siberian tribes regard mushrooms as symbolic of the human soul. In Mexico, the sacred mushroom signifies knowledge and enlightenment. Some Western myths show fairies and elves sitting on mushrooms and toadstools. <http://www.adchat.net/symbolismofflowersandplants.htm>
- In [literature](#), a [mushroom](#) is considered to be a symbol of immorality and eccentricity. As it lacks leaves and flowers but still resembles a [plant](#) it is also considered to be a symbol of peculiarity or strange things. The mushroom symbolizes the [occurrence](#) of a situation which will be unexpected and have long lasting effects that are very strange and unthinkable. <http://www.blurtit.com/q495057.html>

ORANGES

- Oranges imported to China from the United States reflect a journey come full circle, for the orange had worked its way westward for centuries, originating in China, then being introduced to India, and traveling on to the Middle East, into Europe, and finally to the New World. The history of the word *orange* keeps step with this journey only part of the way. The word is possibly ultimately from Dravidian, a family of languages spoken in southern India and northern Sri Lanka. The Dravidian word or words were adopted into the Indo-European language Sanskrit with the form *nārangah*. As the fruit passed westward, so did the word, as evidenced by Persian *nārang* and Arabic *nāranj*. Arabs brought the first oranges to Spain, and the fruit rapidly spread throughout Europe. The important word for the development of our term is Old Italian *melarancio*, derived from *mela*, "fruit," and *arancio*, "orange tree," from Arabic *nāranj*. Old Italian *melarancio* was translated into Old French as *pume orange*, the *o* replacing the *a* because of the influence of the name of the town of Orange, from which oranges reached the northern part of France. The final stage of the odyssey of the word was its borrowing into English from the Old French form *orange*. Our word is first recorded in Middle English in a text probably composed around 1380, a time preceding the arrival of the orange in the New World.
- The orange is a symbol of physical health and spiritual vitality, evoking comparison with the fruit of knowledge and the luscious indulgences of the body. <http://www.answers.com/topic/orange>
- **Tangerines, Oranges, Pomelos:** Tangerines and oranges are frequently displayed in homes and stores. Tangerines are symbolic of good luck, and oranges are symbolic of wealth. These symbols have developed through a language pun, the word for tangerine having the same sound as "luck" in Chinese, and the word for orange having the same sound as "wealth". Pomelos are large pear-shaped grapefruits. <http://www.c-c-c.org/chineseculture/festival/newyear/newyear.html>
- The orange is a prayer or wish for good fortune. That is why it is probably the most common food offering. As a harbinger of wishes for good luck, they are often eaten on the second day of the New Year. Why not the first, because once an Emperor distributed oranges to his officials on the second day of the New Year. Thus you are also wishing for officialdom if you eat them on this day. <http://www.flavorandfortune.com/dataaccess/article.php?ID=27>

PEAS

- The language of flowers associates the following meanings with sweet peas: blissful pleasure, delicate pleasure, good-bye, departure, adieu and thank you for a lovely time. This flower is often associated with young children and used to decorate blankets, clothing, bibs and other objects for babies. These items are excellent choices for baby showers and gifts for babies. <http://ezinearticles.com/?The-Symbolism-and-History-of-Sweet-Pea-Flowers&id=847431>
- The flower symbolism associated with sweet peas is bliss, delicate pleasure, good-bye, departure, adieu and thank you for a lovely time. Sweet peas were very popular in the late 1800s and are often considered the floral emblem for Edwardian England. Sweet peas are the flowers most closely connected to the month of April. <http://www.livingartsoriginals.com/infoflowersymbolism.htm#honeysuckle>

ONIONS

- A member of the lily family, the onion is the most universally eaten vegetable--but, alas possibly the least appreciated and the most taken for granted. Onions are closely related to garlic, a fact which gives context to the name. It refers to a single entity (Latin: *unio* or *unionem*, meaning "united") rather than a cluster of separate cloves.

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In many cultures, the onion was seen as a symbol of infinity. Ancient Egyptians took an oath of office with their right hand on an onion, believing it to represent eternity and ultimate truth. This belief was probably based on the symbolism of the layers forming a sphere within a sphere, which is quite poetic. Originally cultivated in the Middle East, onions eventually found their way to Europe (where they were greatly celebrated by the Romans), and were introduced to the New World by Columbus.

<http://www.molliekatzen.com/superfoods/superfood.php?superfood=onions>

• Onion – With its strong smell, onions have often been used to ward off evil, especially the dangerous powers of the moon. As the multiple layers of an onion are peeled off, each can represent an area of wisdom until the center containing total wisdom is revealed. The onion also symbolizes the cosmos and immortality because of its shape.

Source: Bruce-Mitford, Miranda. "The Illustrated Book of Signs and Symbols," Dorling Kindersley Limited, London, 2004.

The onion was an important symbol: Our word "onion" comes from the Middle English "unyun", which in turn comes from the French "oignon", ultimately deriving from the Latin "unio", meaning **one or unity**.

<http://kristinasworld.wordpress.com/2007/09/19/the-universe-as-an-onion/>

HONEY-COLORED PUDDING

Honey In Poetry, Symbolism, Expressions And Names

• HONEY is frequently mentioned in the works of all poets and writers, especially by the oriental and classical writers. Honey represented to them all things that are sweet and pleasing to the palate, to the mind and to the heart. Honey, like the [bees](#), was a symbol of spirituality and also of poetic inspiration; it was looked upon as psychic nourishment—the food of the saints, carried by the [bees](#) even to the thrones of the gods. Metaphorical references to [honey](#) are found in innumerable phrases, names, [proverbs](#), and symbols; to all intents and purposes alluding to its many noteworthy characteristics. Honey and the hive shared in popularity. Honey and the sting of the [bee](#) were often contrasted. <http://www.honey-health.com/honey-65.shtml>

Pudding-Related Phrase

• "The proof is in the pudding" is a popular figure of speech meaning "the quality, effectiveness or truth of something can only be judged by putting it into action or to its intended use." <http://www.word-detective.com/2008/12/03/the-proof-is-in-the-pudding/>

Rice pudding

• Rice pudding is an ancient dish enjoyed by people of many cultures and cuisines. This food traces its roots to the grain pottages of made by middle eastern cooks. It has long been associated with good nutrition and easy digestion, and were first mentioned in medical texts rather than cookery books. **Throughout history rice pudding has been recommended for the young, the old, and people of all ages with stomach ailments.** In 19th century America, **arrowroot** and **tapioca** puddings were prescribed for much the same reason. <http://www.foodtimeline.org/foodpuddings.html>

***MY NOTES:** This site, with its mention that arrowroot & tapioca puddings were used for upset stomachs, led me to search for arrowroot pudding symbolism. Arrowroot is also known as KATNISS, as we learned while researching the names of the characters. Could all of this be coincidental? Her father telling her she would be able to survive ("never starve") if she "found herself" seems almost like she will be fine with Cinna--he will make sure she survives. But how would her father know this ahead of time? Unless...Cinna IS her father!? Or at least relative? Perhaps her uncle?? It led me to this site & information: <http://pixen.wordpress.com/2007/03/30/arrowroot-love-it-or-hate-it/>*

• The broadleaf arrowhead ([Sagittaria latifolia](#) also known as duck potato, Indian potato, or wapato) produces edible tubers that were heavily collected by the Native Americans as a food source. Most have value as food for wildlife. Some are grown as [ornamental plants](#) in bog gardens, bowls, ponds or aquariums.- aquatic plants whose members go by a variety of common names, including arrowhead, duck potato, **katniss**, kuwai, swan potato, tule potato, and wapatoo.

• Now, if I understood, the arrowroot powder that's available commercially belongs to the genus Maranta which is chiefly cultivated in the West Indies (Jamaica and St. Vincent), Australia, Southeast Asia, and South and East Africa. Arrowroot is used as an article of diet in the form of biscuits, puddings, jellies, cakes, etc., and also with beef tea, milk or veal broth, noodles in Korean cuisine, or boiled with a little flavoring added, as an easily digestible food for children and people with dietary restrictions. It's amazing that besides its usage in culinary, it's also has medicinal potential to [paper making!](#)

• **How to make arrowroot pudding: (The picture of it is honey-colored!!)**

A simple pudding which at one time would have probably been reserved for children and invalids, being considered easily digested. In texture it is a little similar to blancmange and is well worth trying.

Ingredients

2 tablespoons arrowroot

1 1/2 pints milk

1 tablespoon sugar

1 heaped teaspoon butter

grated nutmeg

(see [measure conversions](#) for more information)

Method

- Mix the arrowroot to a smooth paste with a little of the milk.
- Put the rest of the milk into a saucepan and bring to the boil.
- Pour the hot milk onto the arrowroot.
- Stir and add the butter.
- Pour into a well buttered, oven-proof dish.
- Sprinkle grated nutmeg over the pudding.
- Bake for 1-1 1/4 hours at 180 degrees centigrade

FOOD SYMBOLISM IN THE HUNGER GAMES

Name: _____

http://www.greenchronicle.com/recipes/arrowroot_pudding.htm

LAMB STEW (LAMB SYMBOLISM)

- The lamb is a symbol of gentleness of character and patience under suffering. It signifies purity, meekness and sacrifice.
- The lamb is also often borne as a symbol of Christ.

http://www.houseofnames.com/xq/asp/keyword.lamb/qx/symbolism_details.htm

- Just as in Judaism sins could be forgiven through the offering and the pouring out of the blood of an "unblemished" lamb (cf. [Leviticus 4:32](#)), so Christians believe they can be freed from sin by the blood of Jesus, the unblemished Lamb of God. http://en.wikipedia.org/wiki/Lamb_of_God
-

RICE (WILD RICE)

- Rice = Abundance
- Rice is the staple food of nearly 3 billion people, about half the world's population. No wonder it symbolizes **abundance**, as do most grains -- plant one seed, harvest many.
- Kept dry, rice can be stored almost indefinitely. Therefore, it also symbolizes **security**, providing a hedge against future hunger. In Asian traditional cultures, it is rice that is [the standard of wealth](#) rather than gold or money.
- Like any agricultural crop, rice is closely related to **human fertility**. In fact, the two are still thought by millions of people to be directly linked in a powerful yet mysterious way. http://www.khandro.net/nature_plants_rice.htm
- **Wild rice** is *Mah-NO-min* in Anishinaabemowin. The *-min* part of the word rhymes with "bit". It means seed. The first part of the word is a contraction of *Manido*, spirit-giver of this traditionally important and sacred food grain. As did Maple sugar, manoomin gave its name to the moon (month) of harvest, typically the end of August-early September in northern Minnesota: *Manoominike Giizis*, the moon (month) when it is harvested. The harvest is a time of fun, but hard work, too, especially processing the grain on the spot, even with some modern aids.

<http://www.kstrom.net/isk/food/wildrice.html>

NOODLES

- Noodles symbolize a long life in Chinese tradition. Noodles are commonly served at birthday celebrations, and fresh noodles are regularly placed at gravesites. <http://chinesefood.about.com/od/chinesecookingbasics/a/chinesenoodles.htm>
 - **Green (color)**: inexperience, hope
-

THE SYMBOLISM OF THE PIG AND THE APPLE

- In cartoons it is common to see a roasted pig with an apple in the mouth being served for dinner in a banquet. Many people don't know, but this is one of the symbols that survived time and that stayed in people's unconscious mind as a subliminal message.
- The meaning of the roasted pig with an apple in the mouth is older than most people suppose. The apple, because of its shape and color, is associated to the human heart. The pig is considered a dirty animal in many cultures, as it lives in the mud, pushing his nose against the ground, symbolizing the lowest animal instincts in search of bodily satisfaction. The pig eating the apple represents the animal instinct destroying the heart. In order to prove that a man is capable of dominating the inner animal that prevents him from loving, the disciple kills the creature and serves it for dinner.

[Animal Sacrifice in Ancient Religions – Meaning and Symbolism http://cultural-anthropology.suite101.com/article.cfm/animal-sacrifice-in-ancient-religions--meaning-and-symbolism#ixzz0tsVOaj8N](http://cultural-anthropology.suite101.com/article.cfm/animal-sacrifice-in-ancient-religions--meaning-and-symbolism#ixzz0tsVOaj8N)

SOUP SYMBOLISM

- Soup means comfort. It has for millennia. That warm liquid containing meat, fish, vegetables, grains or starches has long been thought to sustain and restore health.
- The word soup itself emerges from the tangle of history, particularly the slow disintegration of the Roman Empire.
- In classical Latin, soup, or broth, was "ius," also meaning juice and, for some reason, justice or law. However "suppa," of Germanic origin, was the word for soup in Late Latin, as the Romans increasingly yielded to the "barbarian" invaders.
 - Originally, suppa only meant bread soaking (or "sopping") up broth that was poured over it in a bowl, a typical way to consume stale baked goods. Eventually the word came to mean the liquid rather than the soaking.
 - Suppa migrated from Latin into its offshoot, Old French, as "soupe." Much later, it entered English as "soup," where it joined the older words "pottage" and "broth."
-

ROSE SYMBOLS (ROSE-PETAL SOUP)

- The rose has always been valued for its beauty and has a long history of symbolism. Roses are ancient symbols of [love](#) and [beauty](#). 'Rose' means pink or red in a variety of languages (such as [Romance languages](#), [Greek](#), and [Polish](#)). The rose was sacred to a number of [goddesses](#) (including [Isis](#) and [Aphrodite](#)), and is often used as a symbol of [the Virgin Mary](#). The ancient [Greeks](#) and [Romans](#) identified the rose with their goddesses of love referred to as Aphrodite and Venus. In [Rome](#) a wild rose would be placed on the door of a room where secret or confidential matters were discussed. The phrase [sub rosa](#), or "under the rose", means to keep a secret — derived from this ancient Roman practice.

<http://en.wikipedia.org/wiki/Rose>

- **ROSE PETALS** are believed by many people to be a symbol of [Love, Romance, Sexual Attraction, and Conjugal Relations](#), and to draw **Good Luck** in matters of the heart.

<http://herb-magic.com/rose-petals.html>

FOOD SYMBOLISM IN THE HUNGER GAMES

Name: _____

TOMATOES (small "pea-sized" tomatoes)

• Like the potato and eggplant, the tomato is a member of the [nightshade family](#). It's the fruit of a vine native to South America. By the time European explorers arrived in the New World, the tomato had made its way up into Central America and [Mexico](#). The Spanish carried plants back home from Mexico, but it took some time for tomatoes to be accepted in [Spain](#) because it was thought that-like various other members of the nightshade family-they were poisonous. Some tomato advocates, however, claimed the fruit had aphrodisiac powers and, in fact, the French called them *pommes d'amour*, "love apples."

<http://www.answers.com/topic/tomato>

PINE BARK

- Pine trees are synonymous with **integrity, purity and long life**.
 - The Taoist practice of surviving only on pine needles to gain supernatural powers has its roots in the pine tree's symbolism of integrity and honor. The line from a poem, "I saw a green pine tree before me upon entering the door, and a charcoal fire feeding the elixir of long life upon entering the room," is a reference to the lofty state of mind attained by a Taoist. <http://www.awakeningblog.com/pine-needles.html>
 - The parts of the pine tree that are highly medicinal are the needles, inner bark and sap.
-

RABBIT

- Rabbits are often used as a symbol of [fertility](#) or rebirth, and have long been associated with [spring](#) and [Easter](#) as the [Easter Bunny](#). The species' role as a prey animal also lends itself as a symbol of innocence, another Easter connotation.
 - In [Central Africa](#), "Kalulu" the rabbit is widely known as a tricky character, getting the better of bargainers.
 - In [Chinese literature](#), rabbits accompany [Chang'e](#) on the Moon. Also associated with the [Chinese New Year](#) (or Lunar New Year), [rabbits](#) are also one of the twelve celestial animals in the [Chinese Zodiac](#) for the [Chinese calendar](#).
 - A [Vietnamese](#) mythological story portrays the rabbit of innocence and youthfulness.
 - A [rabbit's foot](#) is carried as an [amulet](#) believed to bring [good luck](#).
 - In [Japanese tradition](#), rabbits live on the [Moon](#) where they make [mochi](#), the popular snack of mashed [sticky rice](#).
 - A [Vietnamese](#) mythological story portrays the rabbit of innocence and youthfulness.
- <http://en.wikipedia.org/wiki/Rabbit>
- Rabbits are symbols of fertility. According to Stephanie and Philip Carr-Gomm, rabbit also signifies intuition, rebirth, promise, fulfillment, and balance. It is the Goddess' creature and represents the Moon, night and dawn. It is also associated with abundance, rebirth and release.

[Pagan Roots of Easter Customs: Here Comes Ol' Cottontail.... http://paganismwicca.suite101.com/article.cfm/pagan_roots_of_easter_customs#ixzz0tkUSJvRD](http://paganismwicca.suite101.com/article.cfm/pagan_roots_of_easter_customs#ixzz0tkUSJvRD)

WATER

- The symbolism of water has a universal undertone of **purity and fertility**.
- Symbolically, it is often viewed as the source of life itself as we see evidence in countless creation myths in which life emerges from primordial waters.
- The ever-observant **ancient Greeks** understood the power of transition water holds. From liquid, to solid, to vapor - water is the epitomal symbol for metamorphosis and philosophical recycling.

<http://www.whats-your-sign.com/symbolism-of-water.html>

HONEYSUCKLE

• The flower symbolism associated with the honeysuckle is bond of love and I love you. Wood cuttings from honeysuckle are sold as cat toys. The wood contains nepetalactone, the active ingredient found in catnip. Honeysuckle is a twining flower grown in China, Europe and North America. Many species have sweetly scented, bell-shaped flowers.

<http://www.livingartsoriginals.com/infloflowerysymbolism.htm#honeysuckle>

ROOTS SYMBOLISM

- Essential, growth, settling down, family, new beginnings, support, to seek or find
- To look into yourself and find meaning

ROOT VEGETABLES (Edible roots, potatoes, carrots, parsnips, onions, etc.)

POTATOES

- After having cursed the potato as an evil food, populations of Europe became inspired by it.
- in many ancient cultures a potato was considered the greatest symbol of love as far as plants are concerned.
- A potato, however, will grow on its own without even the presence of water. It gets grows sprouts and will embed itself in the nearby dirt. If left alone a potato will thrive and create new potato plants, eventually yielding a crop.
- survival

PARSNIP (See also Carrots)

- The medieval parsnip was a vile, savage root, shaggy and uncouth, known to psychologically molest those who tried to tame it.
 - **Parsnips** To see or eat parsnips, is a favorable omen of successful business or trade, but love will take on unfavorable and gloomy aspects. http://www.paranormality.com/dream_dictionary_p.shtml
-

TURKEY SYMBOLISM (The groosling in the book is described as a wild turkey)

Native to the New World, wild turkeys are intelligent. Benjamin Franklin believed that this bird, not the bald eagle, should have been America's avian symbol.

- Wild ones can fly, are alert and intelligent and have excellent survival skills. Their natural caution makes them one of the most difficult game animals to photograph and hunt.

FOOD SYMBOLISM IN THE HUNGER GAMES

Name: _____

- Keynotes for Turkey are give-away, shared harvest and blessings.
- Another power of the turkey is renewal. Wild Turkeys were extinct in some states because of uncontrolled hunting due to their being taken for granted. When they were reintroduced, they renewed their numbers rapidly. The lesson is that nothing is an endless resource if it's not honored and nurtured.
- Turkey sacrifices her life so the People can live. As with Boar, almost all parts of Turkey are used. The flesh is nourishment; feathers, for ceremonial and other use, and bones, for whistles.

Turkeys are at their peak of power in the autumn months. As fall season animals, turkeys are also symbolic of:

- harvest
- new beginnings
- cycles
- preparation

[Turkey, Pagan and Totem Symbolism: Thanksgiving Symbol Represents Abundance and Blessings](http://paganismwicca.suite101.com/article.cfm/turkey_pagan_symbolism_and_totem#ixzz0yhWTrlO) http://paganismwicca.suite101.com/article.cfm/turkey_pagan_symbolism_and_totem#ixzz0yhWTrlO

- The **turkey** is a symbol of the wildness of the **Earth**. <http://www.symbolic-meanings.com/category/air-totems/page/2/>

TURKEY WING

- to pay attention to your environment and glean more information from it. Messages abound, "wake up" and pay attention. <http://www.whats-your-sign.com/meaning-of-wings.html>

NUTS

- eating nuts signifies prosperity and attainment of your desires. You may also be trying to get to the core of a matter or situation. <http://www.dreammoods.com/dreamthemes/food.htm>

(DRIED) APPLES

- Apples and apple trees are **symbols** of preference. <http://symbolism.wikia.com/wiki/Apple>
- Well-earned rewards will be promising in your future. Consider also the common phrase, "an apple a day keeps the doctor away" which may imply that you need to take better care of your health. <http://www.dreammoods.com/dreamthemes/food.htm>
- In Greek mythology, their apples were golden, tasted like honey, and had magical powers. They could heal, they renewed themselves as they were eaten, and if thrown, they always hit their target and then returned to the thrower's hand.

[Fruit in Mythology - Myth Encyclopedia - Greek god, story, legend, names, ancient, tree, war, Norse, world, Chinese, flower, Roman, represent, hero, king, people, trojan, evil](http://www.mythencyclopedia.com/FI-Go/Fruit-in-Mythology.html#ixzz0u5MEGk2n) <http://www.mythencyclopedia.com/FI-Go/Fruit-in-Mythology.html#ixzz0u5MEGk2n>

(DRIED) PEAR HALVES

- **Pear**. In Greek and Roman mythology, pears are sacred to three goddesses: Hera (Juno to the Romans), Aphrodite (Venus to the Romans), and Pomona, an Italian goddess of gardens and harvests.
- The ancient Chinese believed that the pear was a symbol of immortality. (Pear trees live for a long time.) In Chinese the word *li* means both "pear" and "separation," and for this reason, tradition says that to avoid a separation, friends and lovers should not divide pears between themselves.

[Fruit in Mythology - Myth Encyclopedia - Greek god, story, legend, names, ancient, tree, war, Norse, world, Chinese, flower, Roman, represent, hero, king, people, trojan, evil](http://www.mythencyclopedia.com/FI-Go/Fruit-in-Mythology.html#ixzz0u5MXi8DX) <http://www.mythencyclopedia.com/FI-Go/Fruit-in-Mythology.html#ixzz0u5MXi8DX>

MINT

- Mint is a symbol of protection of illness and warm feelings. <http://symbolism.wikia.com/wiki/Mint>

CHIVES (In the soup Katniss makes Peeta)

- Chives represent eternity, everlasting life, or long life.

RAISINS

- eating raisins signifies that negative forces and discouraging comments will seek to diminish your hopes when they are about to be realized. <http://www.dreammoods.com/dreamthemes/food.htm>

SQUIRREL

As the squirrel is commonly known to hide and save its food and return to it in the winter months - we take this as a sign in our own lives; a sign that it might be **time to look into our own provisions**. It's not commonly known that the squirrel only actually finds 10% of the nuts he hides for safekeeping. This is another message from the squirrel that we can also foolishly *over-prepare*. Here there is a **lesson of balance** to be considered. However, there is a higher significance in this message of finding our 10%. All those nuts our squirrels do not recover are all **primed** and ready to seed themselves. This means, that thanks to our furry friends, we are gifted with new generations of trees and plants sprouting from all the seeds and nuts burrowed in the soil by squirrels.

- This symbolically coincides with the old adage "**what we sow is what we reap.**" What may seem like absent-mindedness is actually a strong message to us to be mindful of the **metaphorical seeds** we plant in our own lives as they we will surely reap the consequences. <http://www.whats-your-sign.com/animal-symbolism-squirrel.html>

- As their large eyes indicate, squirrels generally have an excellent sense of **vision**, which is especially important for tree-dwelling species. They also have very versatile and sturdy **claws** for grasping and **climbing**. [4] Many also have a good sense of **touch**, with **vibrissae** on their heads and limbs.

<http://en.wikipedia.org/wiki/Squirrel>

- When squirrels prepare for the winter, they gather only what they require. This teaches us the importance of letting go/getting rid of unnecessary physical objects, and also negative beliefs, emotions and memories which limit our faith in love and abundance. We need to lighten our load, physically, mentally and emotionally. <http://www.shamanicjourney.com/article/6067/squirrel-power-animal-symbol-of-gathering-playfulness>

FOOD SYMBOLISM IN THE HUNGER GAMES

Name: _____

• Squirrels are very trusting and are one of the few (wild) animals that will eat out of a person's hand. This symbolizes a need to let down your defenses, and to learn to trust more. Trust issues can be present in all aspects of a person's life from personal intimacy to trusting the universe.

MIXED or MISCELLANEOUS SYMBOLS

• Abalone, prawns, sea cucumber, leeks, **fish**, **oranges**, dried oysters, spring rolls and steamboat are also foods that hold great meaning to the Chinese during the Lunar New Year. Why? These foods, because of their shape and the way their names sound, speak a powerful language of love and good intentions between family, loved ones and business associates. <http://www.haoyah.com/English/food/fc4.asp>

• On special occasions certain foods take on a symbolic significance. For example, at the Istanbul Qadiri center (called the *dergah*), on the last Tuesday of Ramadan, seven dishes are served. **Soup** serves as a reminder of the importance of water to life; **meat and vegetables** symbolize the earth; pilaf and **borek** (meat and vegetables rolled in fillo dough) represent fire. **Eggs** with *pastirma* — a Turkish cured meat similar to pastrami — signify Divine generative power, combining the feminine symbol of the egg with the salty masculinity of the meat. *Gullac*, a rose-scented pastry boiled in milk, is an emblem of Divine love. http://www.superluminal.com/cookbook/essay_consuming_symbols.html

• The **phoenix** would come to stand for the **Resurrection**, the **Egg** represented rebirth.

• Outside of baptism, water may represent cleansing or purity. Fire, especially in the form of a candle flame, represents both the **Holy Spirit** and light. http://en.wikipedia.org/wiki/Lamb_of_God

APPENDIX - Table of Contents:

1. Arrowhead/arrowroot (katniss) plant information
2. "Bread and Roses" by Rose Pastor Stokes
3. Berries Symbolism
4. Helpful hints for students while reading literature

1. Arrowhead/arrowroot (katniss) plant information**Arrowhead:** *Sagittaria latifolia* Willd.**307**

Other common names: Broadleaf arrowhead, duck potato, Indian onion, katniss, swamp potato, swan potato, tule potato, tule root, wapattoo, water nut, white potato.

Sagittaria: From Latin meaning “of an arrow”, referring to the arrowhead shape of the leaf.

Latifolia: From Latin meaning “wide leaf”.

Water plantain family: *Alismataceae*

Arrowhead is found from New Brunswick to British Columbia and south to South Carolina, Alabama, Louisiana, Oklahoma, and California. In Iowa, it is found throughout the state in wet bottomlands, marshes, and edges of ponds in shallow water, or in slow-moving streams. It blooms from July into September.

As its name implies, this plant is distinguished by its dark green leaves in the shape of arrowheads. The leaves, up to a foot long, occur mostly above the water level on petioles to 3 feet long. In deeper water, leaves may become narrower—sometimes nearly grass-like. The liquid from broken stems is milky.

The perennial root system has long runners which produce white potato-sized tubers in late summer. These tubers, typically twice as long as broad, end in a pointed tip.

Attractive flowers to over an inch across appear in whorls of two to five, mostly three, erect spike-like flower stalks. Flower parts are in threes—three petals and three sepals. Petals are rounded, usually with a small indentation. In most cases, the smaller upper flowers bear pollen while the larger lower flowers are seed producers. Individual seeds, about $\frac{1}{8}$ inch across, develop in spherical clusters ranging from $\frac{1}{8}$ to $1\frac{1}{2}$ inches across.

Tubers of arrowhead provided a major food source for many American Indians. As such, they were an important commodity in trade. Some Indians sliced the boiled tubers and strung the pieces on basswood cords to dry in the sun. Once thoroughly dried, the slices stored easily and became a major winter food supply. The potato-like tubers were mostly boiled or roasted. When cooked they tend to lose their slightly bitter taste and take on the flavor of water chestnuts.

Early explorers often depended on arrowhead tubers for food. Lewis and Clark ate the tubers and referred to them as *wapattoo* in their journal records. Wapattoo was the common name applied to this species by Indians throughout the west.

American Indian women harvested tubers by entering the chilly water, supporting themselves by a hold on a canoe, and forcing the tubers loose with their toes. Thus freed, the tubers floated to the surface where they were collected. When a storage cache of a muskrat could be found, tubers were stolen—or “traded” by replacing them with a more plentiful food to avoid angering the powers that look after the welfare of the muskrat. Both fruits and tubers are food for various species of waterfowl.

A similar species, called wappate, was used for food by California Indians. The Menomini prized them enough to travel to distant lakes to find them. One such lake was called White Potato Lake because of the good supply of wapattoo to be found there. The Indian name *wapsi-piniuk*, which means “white potato”, may be the source of the name for the Wapsipinicon River, because of the plentiful supply of wapattoo to be found along its banks.

FOOD SYMBOLISM IN THE HUNGER GAMES

Name: _____

2. "Bread and Roses" by Rose Pastor Stokes

Published: *The Communist*, November 8, 1919.

Transcribed: for marxists.org in August, 2002. <http://www.marxists.org/subject/women/authors/stokes/works/bread.htm>

"Wear a red flower, tonight."

This was his invitation to the thousands of conscious workers who flocked to hear Gershuni a few years ago, Gershuni, the Russian Revolutionist, who escaped from Siberia, arrived in New York and was to speak in Carnegie Hall that night--but a short while before he returned to the land of the Tzar; to die.

"Wear a red flower, tonight."

And when Gershuni stood before his vast audience in the evening, and saw Nature flaunting her scarlet beneath the multitude of pale faces raised eagerly for his message; he said:

"I wanted you to wear this symbol of the joy and the beauty of life because we demand not only bread, but roses."

Yes, Bread and Roses! When the Revolution was successful, did our fellow workers think only of bread? No. Great and terrible as the need was, they lost no time securing to themselves: in the fullest measure possible--Roses! Roses! **The flowers of Song, the Dance, the Opera, Drama, the flowers of Science--of Knowledge.**

The **Orchid of Culture**, a hot-house plant nurtured exclusively for the Few, has been transplanted in Russia to the fields and the **meadows**, where it blooms freely as the common **daisy** for all the common folk to pluck at will.

The king and queen of Belgium visited the United States. There is a great stir of interest in the ranks of the exploiters. The Opera House here makes a gala night of their visit to that temple of music.

The Workers take control of Russia. Their Opera becomes the Soviet Opera. There is a great stir among the common folk. The workers fill the Opera House. It is a gala night.

Just as it is natural for Capitalist America to give a special performance at the Metropolitan Opera House in honor of the king and queen--charging incredible prices for seats; so it is natural for Soviet Russia to give Opera daily for the Russian worker--where he is entitled to a seat by virtue of his useful labor.

The masses, **lovers of song, inspirers of all the great music** that has ever been written--it is for them that the great artists of the Moscow Opera vie with one another to give their best. For are they not themselves sprung from the people? And are not the people at last masters of all life? Tzars and Empresses, drainers of the people's life-blood are no more! and no more do they "grace" the "royal" box. All space is the people's. They grace the house from pit to gallery. **The sparkle of diamonds and precious stones, symbol of tears and slavery, have given place to sparkle of happy eyes, new-lit with the fires of liberty.**

Not alone in music may the Russian worker now **satisfy his hunger**. Imagine yourself quitting after a half of a short day's work to hear a great singer of the people's songs--in your own factory, now become a fit place to learn and enjoy, as well as to work in! Or to get the instruction and entertainment of an illustrated lecture; or perchance it is a fete where you recreate body and spirit in the joy of the dance. Or maybe a troupe of Soviet players whose itinerary includes your factory, arrive to entertain or instruct you through the drama.

This is but a hint of what the workers are doing for themselves in Soviet Russia. All who have anything of art or science or general knowledge or literature to give, are giving freely to the people and the people in turn support them in security. The doors are opened wide to the vast treasure house--the doors that once were slammed in the workers' face! The priceless gifts that the workers in bent backs have painfully piled up, that the parasites have abused for the creation of a false and narrow culture, are now the heritage of all, to be used in the creation of a true and general culture.

Libraries, traveling on swift wheels to every village and hamlet in Soviet Russia. Books, books, books! brought to the doors of all! Traveling instructors, lecturers, professors and teachers giving courses in even the remotest parts, bringing knowledge to the workers far from the permanent centers of learning. Traveling picture galleries, theatres, concerts, touching the humblest in the land with the fairy-wand of Art. True Art, not that tawdry, cheap thing that parades in her name to corrupt the common taste in every commercial country in the world. Thus the masses, through their own government, are developing in themselves the highest possible conception of art, the keenest possible appreciation of true culture.

Art institutes endowed as never before by any government, in which the talented spirits among the masses receive the training they craved vainly for in the past; research laboratories open to all who show any real interest in using them; Universities no longer exclusively the province of the exploiter's son. The common school becoming the universal school, the college and university becoming the common school, the higher culture the general culture. Is it any wonder that Soviet Russia is spending more on education than any country in the world?

Industry, agriculture, yes. Bread, security, yes. But Roses, Roses, yes, a thousand times yes! Are we workers hungry for joy and beauty for art and culture? Today, Russia answers for us until the day when we shall answer for ourselves. **The worker, starved through the centuries amidst the very plenty he created, is satisfying his hunger at last--in Russia.** Having taken control of his own industrial and social destiny, he has in that same moment grasped with all of a creator's enthusiasm the tools of the old bourgeois culture with which he is already modelling for himself the art forms that will express the new culture--that of the Communist society, the Workers' Commonwealth.

Surrounded as she is by world-capital's armies, fighting for her very life on every front of her vast territory, Russia is still able, by virtue of working class rule to give to Art, Truth, Beauty a freedom they have not known and do not know in any other land on the face of the earth. And we workers are invited, by every subtle blandishment, to join with our capitalist Governments in a war of extermination against our fellow workers of Russia.

We may not do the shooting ourselves, but we are no less guilty if their freedom is lost through the guns we make.

Longshoremen load the guns on ships, railroad men bring them to the piers, sailors, workers too; carry them over seas, and soldiers, (also workers) receive them and use them to shoot down Bolshevik workers, (but what workers!) fighting in the front trenches of the world in the cause of the Social Revolution that will set the world's workers free! Yet despite this tragedy, than

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which there can be no greater in all history, the Russian worker, wounded, bleeding, half blinded with blood and tears; still marches erect, bearing aloft the standard upon one side of which is inscribed the appeal "Workers of the World, unite!" (This side faces outward to the fighting front). An on the other (facing in toward Soviet-Russia) the inscription "Art, Truth, Beauty!" They are dying for us, and we are killing them for Capitalism! If the Russian workers and their culture are destroyed by us, we shall not only have played the Judas to our own Comrades, but we shall also by that same act bare our backs to the lash of exploitation for a period that Hope dare not contemplate! A lash that will be laid on with a more cruel hand than Master has ever laid on Slave before. And who shall then say that we are not receiving justice!

But this surely will not be! Everywhere the workers are awaking to consciousness In Italy the workers forced their Capitalist Government to recall their troops from Russia. The transport workers refused to load the ships with goods or guns for use against Soviet Russia. In France and in England there is an awakening: here too, though less thorough, the protest is being made effective. There are workers everywhere who are refusing to destroy their own Hope of emancipation by destroying the freedom of the Russian Working Class. We are learning that if we rise to power, we rise by Russia, even as Capitalism has learned that it falls if Soviet Russia stands! The Associated Press and the Associated Powers may combine to lie about the Soviet-Government until they make old Annanias sound as truthful by comparison as a wireless message from Moscow. It will help them not one iota. If the Allies' workers stand by Russia, Russia stands--lied about or not. If Russia stands, Capitalism falls and the workers everywhere rise to power.

Stand by Russia, Workers of America. Stand by your own cause. The issue is joined; the fight is on. Unite; use your power. For Russia--for ourselves--For Bread and Roses!

Why did I include this article? I find it interesting that there is very similar symbolism in this article and the Hunger Games trilogy. For example, the reference to bread (and roses) as a rally cry that workers need nourishment for their bodies and their minds (the arts & literature reserved for the wealthy should be available to all); the mention of music, meadows, the daisy; the metaphor of diamonds and gems representing tears and slavery; the workers' eyes being replaced with newly-lit fires of liberty and finally able to satisfy their hunger. I am not implying that there's any connection politically, but I do see some similarities in the symbols both writers use as forms of protest.

3. BERRIES AS SYMBOLS AND IN FOLKLORE

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Berries often are used to symbolize many different things in literature, art, mythology, and everyday life. It has been thought that the red color of many berries symbolizes life or the blood of mythical creatures. Some of these symbols are positive and uplifting while others are downright scary. What's the folklore and symbolism behind the berries you grow? You might be shocked, intrigued, or have known all along. Go ahead, test your knowledge.

- **Blackberries** have multiple meanings across religious, ethnic and mythological realms. They have been used in Christian art to symbolize spiritual neglect or ignorance. Mid-Mediterranean folklore claims that Christ's Crown of Thorns was made of blackberry runners. The deep color of the berries represents Christ's blood. A legend also exists where the blackberry was once beautiful, but was cursed by Lucifer when he fell into the bush when forced out of heaven. Every September 30th, with the ripening and darkening of the berries, he is thought to re-enter them. Some folklore associates the blackberry with bad omens. European stories have claimed they are death fruits with ties to Wicca. They can also symbolize sorrow. In an old proverb they signify haste. A man is so excited to pick the berries that he jumps into the bush and the thorns cause him to lose his eyesight. He regains it, however, upon jumping back out of the bush. Greek mythology contains a legend similar to this. When Bellerophon, a mortal, tries to ride Pegasus to Olympus, he falls and becomes blind and injured upon landing in a thorny bush. This is his punishment for trying to take the power of the gods. Therefore, the fruit also symbolizes arrogance.
- **Elderberries** can also be associated with bad omens. Pagan mythology states that all trees have spirits. Those of the elderberry happen to be extremely mean. The destruction of an elder tree would anger the spirits. Burning the elderwood caused evil to come and sleeping under an elder tree would cause dreams of death. In Victorian flower language, however, an elderberry branch signifies remorse and the blossom: sorrow or zeal. The Christian belief coincides with this theme of sorrow and remorse. It is believed that Judas hung himself from an elder tree. Also, Central Europeans believe that the cross was made of elderwood.
- **Cranberries** also have folklore surrounding them. There are two possible reasons for the common naming of cranberries. Some believe that the name came from folklore that claimed cranes liked them. Others link this naming to the pilgrims of Massachusetts because they believed the blossoms of the berries were shaped like the head of a crane. Although there is no record that cranberries were eaten at the first Thanksgiving, they are often associated with this holiday and symbolize the "earth's abundance." It would have been interesting had these berries been shared at the first thanksgiving, however, because in Victorian flower language, the cranberry blossom signifies that the receiver extend kindness to the giver. The cranberry is also seen as a democratic. In England wealthy people pair it with delectable Venison, but poorer people are also able to enjoy it.
- **Gooseberries** are also associated with a wide range of meanings. Often, when British children ask where babies come from, they are told that they can be found "under a gooseberry bush." This agrees with the Victorian flower meaning of the blossom:

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anticipation. Many phrases have developed over the years which mention gooseberries. In the newspaper business the phrase "great gooseberry season" is used to describe a period where there isn't much headline news so tales such as the largest gooseberry are published instead. The phrase "playing gooseberry" signifies the third person and possible chaperone of a group where the other two people are dating. The phrase "going gooseberrying" involves stealing clothes that are hanging to dry. Currant flowers suggest that the receiver pleased the giver. They were also thought to have health benefits because quinsy was cured with black currants.

- The discovery of **raspberries** is tied to Greek legend. According to this myth, raspberries were discovered while the Olympian gods were searching for berries on Mount Ida. This agrees with their Latin name *Rubus idaeus* which means "bramble bush (of) Ida." Raspberries are seen as a symbol of kindness in Christian art. The red juice is thought of as blood which runs through the heart, which is also believed to be the place where kindness originates. Their delicate state in transport has led them to symbolize fragility as well. A tribe in the Philippines also believes that raspberry canes, when hung outside a house, protect the family inside from any souls that try to enter by catching them.

Raspberries are also thought to have many medicinal benefits. Many of these are associated around childbirth and pregnancy. The berries and leaves contain many minerals such as iron, phosphorus, potassium, and magnesium which help enrich the blood by carrying iron from parts of the body such as the liver, spleen, and bone marrow to reproductive organs. English herbalists believed that pregnant women that drank raspberry tea would not experience problems during. Cherokee women drank raspberry juice during labor believing the same thing. Native Americans also believed that it would help with nausea felt during pregnancy. Gargling with the juice was believed to help relieve sore throats. Also, rubbing joints with the canes of the fruit is thought to ease pain.

- The **strawberry** is a berry that is attached to many positive things through symbolism and folklore. The flowers and berries together symbolize righteousness and spiritual merit in Christian art. The structure of the leaves, being trifoliate, represents the trinity. Pagan tradition echoes this in that the three leaves are thought to represent the three-fold Earth or Mother Goddess. In Victorian flower language, the strawberry symbolizes perfection and "sweetness in life and character." It also represents modesty because the berries are often found under the leaves.

This description of **strawberries** agrees with that presented in a Slovakian version of the Cinderella story called "Strawberries in Winter." In this story a beautiful girl whose father dies is left to live with her step-mother and step-sister and do all of the housework. Meanwhile, her step-sister just has to meet with prospective husbands. The sheer beauty of the "Cinderella", however, is enough to distract them. The step-sister and mother realize this and begin sending her on what seem to be impossible missions. She is asked to gather violets, strawberries, and apples in the middle of the winter. They do this in hopes that she will freeze outside and not come home. Each time she becomes extremely cold she happens upon the council of the seasons and asks if she can warm herself by their fire. They consent and help her to gather whatever she needs to return home. On the third outing she comes home with only two apples. The step-mother and step-sister devour them. Wanting more, they decide to go out and search for some. They too run into the council of seasons, but warm themselves in the fire without permission and are rude to the members of the council. Knowing who these individuals must be, January sends out a storm of snow and ice, and they never return. This shows that it is better to be like the beautiful sister and the **strawberries: modest and "sweet in life and character."**

In mythology, **Strawberries** are connected to the Norse goddess of love, Freyja. Also, a Norse legend exists where the spirits of children enter the afterlife by hiding in strawberries that are taken to heaven by Frigga, Oden's wife. This may be related to the Native American view that wild berries are "a special gift of Creation" to children and women. Many Native Americans believe that during menstruation and pregnancy a woman's body becomes very toxic. Since they view strawberries and their leaves as blood purifiers and builders, laxatives, diuretics, and astringents, they can be used to cleanse the woman's body during menstruation and after childbirth.

Berries in folklore and throughout history have had many different meanings. Some are positive and some are not. Now, hopefully you have a bit more knowledge of the possible symbolism behind the berries you grow. If not, at least you can pick the perfect blossom to tell a loved one just how you feel in Victorian flower language.

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- (Images courtesy of Dr. Marvin P. Pritts. Some have been altered using Photoshop.) (Reprinted from: *New York Berry News*, Vol. 6 No. 1, January 24, 2007.)

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Additional help for students when reading literature from the eNotes website.

HOW TO READ LITERATURE CRITICALLY IN 6 EASY STEPS

Even if you're taking your very first literature class, it's easy to read critically if you follow our 6-step method. But before you get started, always keep this in mind: reading critically doesn't mean tearing a work of literature apart. Instead, it means understanding what the author has written and evaluating the success of the work as a whole.

1) Figurative language. As you are reading, make note of expressive language such as similes, metaphors, and personification. Then consider why the author employs these devices. Here's a brief definition of each term and an example:

Simile. A simile is a comparison of two terms and frequently uses the words *like* or *as*. For example, in [John Steinbeck's](#) short story "[The Chrysanthemums](#)," he writes of the character Eliza: "She crouched low like a fawning dog." The image gives the reader a clear indication of Eliza's state of mind as she reaches out to the peddler for acceptance. Literary works are replete with similes, so being aware of their presence and possible meanings will aid your critical analysis.

Metaphor. A metaphor is a comparison of two seemingly unrelated subjects. In [Toni Morrison's](#) novel [Beloved](#), her character Paul D.'s pain is expressed in a metaphor: "He would keep his heart where it belonged: in that tobacco tin buried in his chest where his red heart used to be." Metaphors are used to give language color and depth and to impact the reader's senses.

Personification. Personification is the granting of human traits to objects or animals. When Nick in [Fitzgerald's](#) [The Great Gatsby](#) describes the trees in his hometown as "friendly," he is giving human qualities to an object that obviously cannot "feel" anything, friendly or otherwise. But for the reader, personification provides yet another way to understand the author's intent.

2) Structure. Many times an author opts to tell a story out of chronological sequence, perhaps with flashbacks or integrated tales. [Faulkner](#) does this in his short story "[A Rose for Emily](#)." The purpose of the nonlinear structure is for the reader to understand, in retrospect, how prior events led to the discovery of Emily's dark secret and how the town's complicity contributed to her death. [Amy Tan's](#) novel [The Joy Luck Club](#) uses flashback and multiple voices in the narrative to create a new perspective on immigration.

3) Influence. For every writer, some other author's work appeals to him or her on some level, whether it is in the lessons learned, the style used, or the conclusions reached. Try to discover who has influenced the author of the work you are studying. [Herman Melville](#) dedicated his novel [Moby Dick](#) to fellow writer [Nathaniel Hawthorne](#). Although the two men have a markedly different style, Melville so admired Hawthorne that he wrote to the elder author: "I feel that the Godhead is broken up like the bread at the Supper, and that we are the pieces." If you can trace an influence like this one, your critical approach will be more nuanced.

4) Archetypes. Your critical reading should also include an awareness of archetypes. Like influences, archetypes are things patterned after an original, and many are so common that you often don't need extensive knowledge of the original to appreciate the meaning or intent. For example, Cervantes' [Don Quixote](#) is an example of the most notable of archetypal "buddy pairs"; both the Don and his sidekick Sancho Panza are clueless but essentially well-meaning characters who stick together (even when they'd prefer not to). Friends who rely on one another through thick and thin are a staple of literature—from John Steinbeck's [Of Mice and Men](#) to [Jack Kerouac's](#) [On the Road](#).

Archetypes often fall into one of two categories: character archetypes and situational archetypes.

Character archetypes: Along with the **buddy pair**, common character archetypes include the **Christ-figure** (Simon in [Lord of the Flies](#)), the **scapegoat** (Darcy in [Pride and Prejudice](#)), and the **hero** who saves the day (Homer's Odysseus or J. K. Rowling's Harry Potter.)

Situational archetypes include the **quest** and the **pursuit of an elusive goal**, whether that quest is King Arthur's relentless pursuit of the Holy Grail or Frodo's search for the ring in Tolkien's trilogy. Another readily identifiable situational archetype is the **loss of innocence**, such as [Huck Finn's](#) evolving racial awareness or [Holden Caulfield's](#) recollection of the harsh realities of adulthood. **Initiation** is also a frequent situational archetype. In fact, [Hemingway's](#) short story "[Indian Camp](#)" combines both the initiation and loss of innocence archetypes: Nick, the young protagonist, must be initiated into the world of sexuality by witnessing its most profound product—childbirth. At the same time, he is stripped of any romantic illusions about a woman's body.

5) Symbolism. Ah, the most dreaded word for many a reader. What is a symbol and how can you identify one in literature? A symbol typically encompasses both a literal meaning and a figurative meaning. Unlike a metaphor, a symbol is not necessarily a statement: a single word can evoke meaning and become a symbol. Being aware of common symbols in novels will increase your ability to read a work critically. **Spring**, for example, is often a symbol of renewal; conversely, **winter** often symbolizes a figurative death. Fitzgerald's short story "[Winter Dreams](#)" is heartbreakingly rendered from the outset by the symbolism of its title. We know that the harsh, symbolically loaded word *winter* offsets the fragility and hope of the word *dreams*. Other common symbols include **lightness and darkness**, the **Christian cross**, the **Star of David**, and the **Nazi swastika**. The more symbols you are able to identify, the richer your critical interpretation will be.

6) Read and reread. Resist the impulse to assess a work after you first read it, even if you have diligently completed the first five steps given here. A thorough critical analysis cannot be accomplished until you've reread the work.

SOURCE AND LINKS: <http://www.enotes.com/topics/how-read-literature-critically>