Healthy Diet and Literature: Representation of Children’s Food in Enid Blyton Stories

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Abstract
Food, an indispensable part of children’s lives and subsequently children’s literature, provides multifaceted dimensions to a narrative. The paper tries to explore the introduction of a healthy western cuisine to the Indian audience through the books of Enid Blyton. As many have noted, Enid Blyton in her books provide a rather healthy diet and also manages to make it appealing to the children. Her characters do not gorge themselves on junk food, but eat balanced, nutritious food. This multidisciplinary dialogue between literature and health shapes the perceptions of the young generation towards a healthier lifestyle. Enid spelt backwards is dine, a happy coincidence to generations upon generations who grew up reading Blyton’s stories. Her books, with an enduring appeal that reigns the bookshelves, is subtly centered around cultural caricatures through culinary delights irrespective of the story. An a la carte of high teas, picnic lunches and midnight feasts- commonplace in the Enid Blyton menu-vivified tastefully, result in traditional British cuisine being synonymous with fine dining. Thus, the food becomes an aspirational motif to young readers, who are attracted to not just the imperial culinary traditions, but also to the British lifestyle, of which the delicious food is only a subset. The paper explores this interplay between food and the literature, paying careful attention to how a healthy diet is prioritised in Blyton’s stories.

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Children’s writer Enid Blyton sitting in her garden in Beaconsfield, Buckinghamshire, in 1949 (George Konig/Gett). Enid Blyton composed some 700 books between 1922, when she published her poetry collection Child Whispers, and her death in Hampstead on 28 November 1968, often rattling out 6,000 words a day at the typewriter. But it is Becky Sharp, one of literature’s great characters, who gives this novel its enduring fascination. This story of a lonely young boy who finds acceptance and kinship when the big top comes to town makes a nonsense of the idea the author only wrote about affluent families: Jimmy Brown’s father is out of work and depressed because he is unable to provide for his wife and son before being taken on as a handyman by the ringmaster. of children and adolescents – Literature review. Master Thesis submitted by. Daniel Olivier Sutter.

Anthroposophic lifestyle is a life philosophy with a holistic view on health combined with various spiritual ideas, based on the works of its founder, Rudolf Steiner. Organic foods are promoted and the use of antibiotics and antipyretics discouraged. Anthroposophes are also known for their very low vaccination rate which is. Enid Mary Blyton was a British children's writer known as both Enid Blyton and Mary Pollock, which was her real name. She was one of the most successful children’s storytellers of the twentieth century. Once described as a “one-woman fiction machine”, she is noted for numerous series of books based on recurring characters and designed for different age groups. Her books have enjoyed popular success in many parts of the world, and have sold over 400 million copies. Blyton is the sixth most translated A child’s food preferences directly affect eating behavior, which in turn is linked to overall health, wellness, and the formation of obesity. For years now, the food and beverage industry has used this knowledge to their advantage and encourages the development of unhealthy food preferences in children of all ages through various marketing and advertising techniques. This information can help them plan accordingly in reference to media exposure and the introduction of unhealthy foods in their child’s diet. If you’re not satisfied with the choices available in your child’s school cafeteria, get involved in your school’s parent-teacher organization and brainstorm some healthful alternatives, as parents and teachers all over the country are doing. The children in my class thought the golliwogs in Enid Blyton’s books looked like me, the only black child in the class. But what the British Empire did historically, and how minority communities have been presented and represented in British literature, has had far reaching affects on non-white communities across generations. More: School. School says it will make children eat outside all winter ‘even when it’s raining’.