

Two more main areas of lifestyle which contain Africanisms in both Brazilian and American culture are found food and personal style.



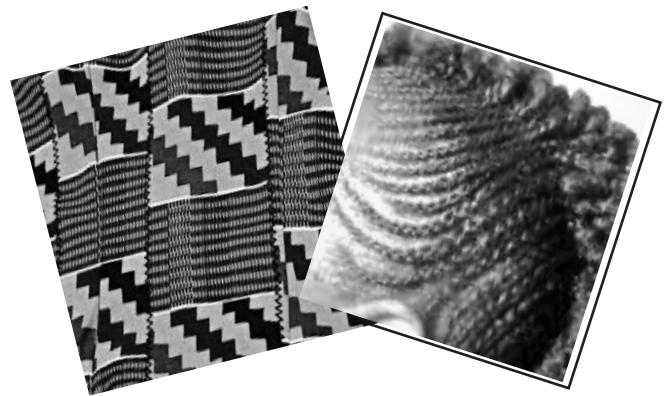
Cuisine

In the U.S. soul food exemplifies flavorful cooking and grew out of a tradition of limited ingredients; some African ingredients include collard greens, yams, and the technique of deep frying. In Brazil, dendê oil (from an African Palm) is used in most fried Bahian dishes. In Bahia, colorful street vendors, called Bahianas sell prepared foods, fish cakes, and desserts.

Describe your favorite meal: How do family meals build community?

Style

Elaborate, energetic designs of geometric patterns can be seen in both clothing style and hair braiding in the African-American and Brazilian communities. Use of bold colors and prints are also Africanisms, as well as, body adornments like multiple earrings, headdresses, and gold jewelry.



Describe some aspects of your personal style that connect with African style traditions.
