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(PhD)

*The Food of the Canoes, the Food of the Ships: Anthropological and Historical Analysis on the Eating Habits in the Samoa Islands*

#### Abstract

The eating habits of the Samoan Islands are the result of four forces of change, two coming from the East and two from the West. The first populations that colonized this area brought with them new species of plants such as the taro and the coconut, along with new animals such as the pig. This radically changed the food scene of the Samoa Islands in a process of anthropization that guaranteed the necessary food security to its populations for centuries to come. The second wave of changes came with the first westerners who introduced new foods and food practices, thus starting a process of nutritional transition among the local population.

In the last century and a half new forces of change have come again from both the East and the West. New tastes, foods and food practices have been introduced by migrants who have come especially from China, and a new wave of food imported from Western countries that finds its symbol in fast food and junk food. Starting from what is called the “pre-contact diet” up to the present day, the following paper intends to analyze, from an anthropological and historical point of view, such changes in the dietary and food practices of the Samoans and how these have been internalized and received by the local population.