

#PalazzoGrassiatyours

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Why Do We Eat?

2. What exactly happens when you put something in your mouth? Let's write a play, in dialogue with our palate

During meals, every mouthful is an encounter between two individuals: the food and your mouth. Sometimes your mouth wants to fill itself with sweet things, such as candies or nougat, as often as possible. Sometimes your mouth might even be surprised when it first encounters a product, during a trip abroad. Sometimes the encounters go marvelously well, but other times, when your mouth is tired, it might refuse to interact even with ingredients it knows well, preferring to remain alone until it feels better. Your mouth might be uncomfortable with a certain vegetable, but might allow itself to be convinced by someone else, another mouth that it loves, which might recommend your mouth to try it again. Your mouth might change over time, accept varied visitors, become more open as it learns the words of a foreign language.

By imagining the part where your body opens to the outside world and the elements that you absorb into your body as two characters, you will be able to heighten your awareness of what you eat, and these relationships will also become full of nuances and feelings.

So, let's write a play, imagining a dialogue between our food and our palate.

– First consider your mouth’s personality: is it taciturn or chatty? Open-minded or conventional? Does it love solitude or is it sociable?

– And then the meals: it might be ingredients in their natural state such as strawberries, grapes, or pieces of cucumber or carrot to crunch on... Or maybe chips, peanuts or other snacks... These encounters might take place with dishes devised by a chef, or a family meal, a cool drink or a minestrone full of different bits...

– What conversations will your mouth have with them? Friendly conversation? Lively debate? Confession? Meaningless worldly chitchat? Fierce negotiations before your mouth will allow the spoonful to enter?

– And the outcome of the event? A love story between your mouth and a dish of stew, maybe a long walk with the oysters, two silhouettes fading into the distance? What background music would be playing?

Next, let’s applaud the players...

Let’s write a short dialogue between our food and our palate, imagining it as a fragment of a theatrical play!

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