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EDUCATIONAL ASPECTS OF THE CULTURE OF THE TABLE FOR THE UPPER
SILESIAN FAMILY IN THE HISTORICAL AND MODERN PERSPECTIVE

This thesis presents the problem of the educational meaning of the table for the Upper Silesian families in the historical perspective and in modern research. The culture of the table is understood to be the whole knowledge, emotions and practice associated with food, dishes, dishes preparation, cutlery and other tools used for eating and food preparation, as well as traditions and customs associated with gathering at the table and eating. This broad approach to the educational culture of the table allows to see it as the base for building respect for the culture of the previous Upper Silesian generations and for research of the attitude to it of the current young generation of Upper Silesian women.

This thesis consists of three parts: theoretical, methodological, and research, along with the introduction and conclusions with closing remarks. Additionally, the paper presents its bibliography and a dictionary of the Silesian words and names. The theoretical part serves as the introduction to the research problem. It is divided into chapters discussing the history of the region and its people; the culture of the table with its educational, psychosocial and customs aspects; the family in its historical and modern context; the experience of the daily and non-daily life in the context of the culture of the table. The methodological part of the paper presents the methodological assumptions of the thesis. It presents the chosen research strategy and its research problems; the methods and techniques proper for the analysis of the historical sources (XIX and XX century Silesian cookbooks) and for the analysis of the modern aspects of the culture of the table. The internal and external source criticism was conducted in this part of the paper. Chapters in the research part of the paper present the Upper Silesian culture of the table as shown both in the sources and by the modern families of the region.

The analysis of the source literature and interviews conducted with young Upper Silesian women allowed the author to answer the research problems in the thesis conclusions.

