In this article Marta Rabikowska talks about how Polish immigrants use memory, identity, and displacement (not sure what you mean… they are displaced right? please very briefly clarify) to form a national unified identity after they have moved to the UK. Within the Polish culture food is something which people easily identify with and helps to ease their homesickness and unfamiliarity with the new world around them. Rabikowska also talks about how within in the UK the Poles have isolated themselves within their own group and often cook and socialize with only that small group.

A sense of identity is something with which many people struggle, especially after moving to an entirely new country. Through Rabikowska’s case study of 32 Polish immigrants within a south eastern suburb of Greater London it is very obvious the struggles the immigrants face. One of the respondents stated “I cannot wait to come back home and sit normally with my friends and eat normal dinner,”(Rabikowska 2010: 382) also when talking about a long day of work. When an immigrant lives in another country they are faced with many challenges such as socializing and feeling a sense of “belonging” no need for quotation marks here. In many cases this is why the Poles continue to resort back to their food and ways of life. It is simply a comfort and ease to know and act out odd word choice something that comes so easily to you.

Rabikowska also focuses on the act of remembering to help the immigrants cope as a coping mechanism among immigrants. Ultimately this means that when a Polish immigrant cooks and eats a Polish meal they transpose wrong word into an earlier memory from their homeland. With this memory comes a sense of ease and their homeland no longer feels so far away. Instead it is now a comforting memory because of a certain Polish dish or meal.

This article in general is one that talks about displacement repeatedly constantly. When any person is away from their natural homeland it is only common to feel displaced. Suddenly these immigrants are in an entire new world with new foods, activities, mannerisms, and customs. The only way these Polish immigrants can truly feel at home in the UK begins with their choice of food. The only way? Or an important way? Pay attention to the meaning of what you write.

Rabikowska’s research and study is something that shows people the natural reactions (these are not natural reactions they are normal cultural reactions; sneezing is a natural reaction) and steps immigrants go through. No matter where a person comes from, or where they’re going, it will feel like a new world. This research is something that allows you to see the comfort of food, something many of us take for granted today. When a Polish immigrant moves to the UK and there are not ingredients there to cook with which they are used to it can be an unnerving feeling. However, Rabikowska also talks about how not all immigrants feel the same which is very important. While some immigrants went to the UK looking for a better but similar life others came looking for a complete and wholesome enemies opposed to an unwholesome life in Poland? If you mean wholesome you need to explain it. change. Some of the immigrants that Rabikowska interviewed wanted to leave behind the Polish dishes and traditions and they in return accepted and adapted to the new world they were living in. Everyone is different and takes challenges and new experiences in different ways. It is important to understand the two drastic sides of the life of an immigrant. This is a reasonable summary but you should focus on clarity and precision in your writing.