

The Primal Feast Food Sex Foraging And Love

The New York Times Book Reviews 2000 New York Times Staff 2001 This anthology examines Love's Labours Lost from a variety of perspectives and through a wide range of materials. Selections discuss the play in terms of historical context, dating, and sources; character analysis; comic elements and verbal conceits; evidence of authorship; performance analysis; and feminist interpretations. Alongside theater reviews, production photographs, and critical commentary, the volume also includes essays written by practicing theater artists who have worked on the play. An index by name, literary work, and concept rounds out this valuable resource.

Diets and Dieting Sander L. Gilman 2008-01-23 Diets and dieting have concerned – and sometimes obsessed – human societies for centuries. The dieters' regime is about many things, among them the control of weight and the body, the politics of beauty, discipline and even self-harm, personal and societal demands for improved health, spiritual harmony with the universe, and ethical codes of existence. In this innovative reference work that spans many periods and cultures, the acclaimed cultural and medical historian Sander L. Gilman lays out the history of diets and dieting in a fascinating series of articles.

The Primal Feast Susan Allport 2016-06-28 Food makes the world go around, according to this absorbing account of how the search for food has shaped human nature. It is more important than love or sex for the simple reason that food is harder to find than a mate. Think of it this way, says Allport, who draws on the research of anthropologists and biologists in presenting her fascinating and provocative theories: Mates are often willing accomplices in the act of mating; food is never a willing accomplice in the act of eating.

Insects as Sustainable Food Ingredients Aaron T. Dossey 2016-06-23 *Insects as Sustainable Food Ingredients: Production, Processing and Food Applications* describes how insects can be mass produced and incorporated into our food supply at an industrial and cost-effective scale, providing valuable guidance on how to build the insect-based agriculture and the food and biomaterial industry. Editor Aaron Dossey, a pioneer in the processing of insects for human consumption, brings together a team of international experts who effectively summarize the current state-of-the-art, providing helpful recommendations on which readers can build companies, products, and research programs. Researchers, entrepreneurs, farmers, policymakers, and anyone interested in insect mass production and the industrial use of insects will benefit from the content in this comprehensive reference. The book contains all the information a basic practitioner in the field needs, making this a useful resource for those writing a grant, a research or review article, a press article, or news clip, or for those deciding how to enter the world of insect based food ingredients. Details the current state and future direction of insects as a sustainable source of protein, food, feed, medicine, and other useful biomaterials Provides valuable guidance that is useful to anyone interested in utilizing insects as food ingredients Presents insects as an alternative protein/nutrient source that is ideal for food companies, nutritionists, entomologists, food entrepreneurs, and athletes, etc. Summarizes the current state-of-the-art, providing helpful recommendations on building companies, products, and research programs Ideal reference for researchers, entrepreneurs, farmers, policymakers, and anyone interested in insect mass production and the industrial use of insects Outlines the challenges and opportunities within this emerging industry

Hawthorn Bill Vaughn 2015-05-26 One of humankind's oldest companions, the hawthorn tree, is bound up in the memories of every recorded age and the plot lines of cultures all across the Northern Hemisphere. Hawthorn examines the little-recognized political, cultural, and natural history of this ancient spiky plant. Used for thousands of years in the impenetrable living fences that defined the landscapes of Europe, the hawthorn eventually helped feed the class antagonism that led to widespread social upheaval. In the American Midwest, hawthorn-inspired hedges on the prairies made nineteenth-century farming economically rewarding for the first time. Later, in Normandy, mazelike hedgerows bristling with these thorns nearly cost the Allies World War II. Bill Vaughn

shines light on the full scope of the tree's influence over human events. He also explores medicinal uses of the hawthorn, the use of its fruit in the world's first wine, and the symbolic role its spikes and flowers played in pagan beliefs and Christian iconography. As entertaining as it is illuminating, this book is the first full appreciation of the hawthorn's abundant connections with humanity.

Food Studies Willa Zhen 2019-01-10 Traditional food studies textbooks tend to emphasize theoretical concepts and text-based approaches. Yet food is sensory, tactile, and experiential. *Food Studies: A Hands-on Guide* is the first book to provide a practical introduction to food studies. Offering a unique, innovative approach to learning and teaching, Willa Zhen presents creative hands-on activities that can easily be done in a traditional classroom - without the need for a student kitchen. Major theories and key concepts in food studies are covered in an engaging, tangible way, alongside topics such as food production, consumption, technology, identity and culture, and globalization. A fantastic resource for supporting student engagement and learning, the book features: - practical activities, such as grinding grains to learn about the importance of food technology; working with restaurant menus to understand changes in food trends, tastes, and ingredients; writing food poetry; and many more - pedagogical features such as learning objectives, discussion questions, suggested readings, and a glossary - a companion website offering lesson plans, worksheets, and links to additional resources. This is the perfect introduction for students of food studies, anthropology of food, food geography, food hospitality, sociology of food, food history, and gastronomy.

Real Food Nina Planck 2006

Past Scents Jonathan Reinartz 2014-03-30 In this comprehensive and engaging volume, medical historian Jonathan Reinartz offers a historiography of smell from ancient to modern times. Synthesizing existing scholarship in the field, he shows how people have relied on their olfactory sense to understand and engage with both their immediate environments and wider corporal and spiritual worlds. This broad survey demonstrates how each community or commodity possesses, or has been thought to possess, its own peculiar scent. Through the meanings associated with smells, osmologies develop--what cultural anthropologists have termed the systems that utilize smells to classify people and objects in ways that define their relations to each other and their relative values within a particular culture. European Christians, for instance, relied on their noses to differentiate Christians from heathens, whites from people of color, women from men, virgins from harlots, artisans from aristocracy, and pollution from perfume. This reliance on smell was not limited to the global North. Around the world, Reinartz shows, people used scents to signify individual and group identity in a morally constructed universe where the good smelled pleasant and their opposites reeked. With chapters including "Heavenly Scents," "Fragrant Lucre," and "Odorous Others," Reinartz's timely survey is a useful and entertaining look at the history of one of our most important but least-understood senses.

The Thrifty Forager: Living off your local landscape Alys Fowler 2018-11-05 Alys Fowler takes a fresh look at foraging, encouraging you to look closer to home, from the weeds in your garden to the trees in your street, rather than the fields and hedgerows of the countryside. Alys showcases her favourite edibles with a plant directory packed with useful information - photographic identification, plant description and tips on how to grow and how to eat it (including recipes such as fruit leathers and chutney) - that will give you the confidence to identify plants yourself. The book also features innovative ideas for eating your local landscape, from community gardens in Todmorden, UK to Edimental (edible ornamentals) gardens in Norway - this is a fast-growing, global phenomenon that is fun, environmentally friendly and thrifty!

Cotto Michael Pollan 2014-08-27T00:00:00+02:00 Più ore passiamo a seguire in tv i presunti virtuosismi di aspiranti cuochi, meno sappiamo mettere in tavola qualcosa di decente. Michael Pollan, si sa, ama i paradossi, e nel tentativo di sciogliere quello alla base del suo nuovo libro è partito per un viaggio sulle piste dei quattro elementi con cui da tempo immemorabile cuciniamo (acqua, aria, ferro, fuoco), e a caccia dei piccoli ma affascinanti misteri che i cuochi veri rivelano a chi sa ascoltarli. Un'avventura che lo ha portato molto lontano - nelle immense fornaci dove si

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prepara un barbecue leggendario in tutti gli Stati Uniti, ad esempio - e molto vicino, sui tavoli delle nostre cucine: che dopo aver letto questo libro non riusciremo più a guardare (né a usare) nello stesso modo.

The Vegetarian Myth Lierre Keith 2009-05-01 We've been told that a vegetarian diet can feed the hungry, honor the animals, and save the planet. Lierre Keith believed in that plant-based diet and spent twenty years as a vegan. But in *The Vegetarian Myth*, she argues that we've been led astray--not by our longings for a just and sustainable world, but by our ignorance. The truth is that agriculture is a relentless assault against the planet, and more of the same won't save us. In service to annual grains, humans have devastated prairies and forests, driven countless species extinct, altered the climate, and destroyed the topsoil--the basis of life itself. Keith argues that if we are to save this planet, our food must be an act of profound and abiding repair: it must come from inside living communities, not be imposed across them. Part memoir, part nutritional primer, and part political manifesto, *The Vegetarian Myth* will challenge everything you thought you knew about food politics.

Il libro di Lierre Keith, *The Vegetarian Myth*, è un'opera che sfida le convenzioni sulla dieta vegetariana. Keith, che ha trascorso vent'anni come vegana, sostiene che l'agricoltura è un'assalto ininterrotto contro il pianeta e che, nonostante le buone intenzioni, non ci salverà. Per salvare il pianeta, il nostro cibo deve essere un atto di profonda e duratura riparazione, che nasce dalle comunità viventi, non imposto dall'esterno. Il libro è una miscela di memorie, di un primer nutrizionale e di un manifesto politico. Keith arguisce che se vogliamo salvare il pianeta, il nostro cibo deve essere un atto di profonda e duratura riparazione: deve provenire dall'interno delle comunità viventi, non essere imposto su di loro. Il libro è una miscela di memorie, di un primer nutrizionale e di un manifesto politico. Keith arguisce che se vogliamo salvare il pianeta, il nostro cibo deve essere un atto di profonda e duratura riparazione: deve provenire dall'interno delle comunità viventi, non essere imposto su di loro.

Reel Food Anne L. Bower 2012-08-06 *Reel Food* is the first book devoted to food as a vibrant and evocative element of film, featuring original essays by major food studies scholars, among them Carole Counihan and Michael Ashkenazi. This collection reads various films through their uses of food--from major food films like *Babette's Feast* and *Big Night* to less obvious choices including *The Godfather* trilogy and *The Matrix*. The contributors draw attention to the various ways in which food is employed to make meaning in film. In some cases, such as *Soul Food* and *Tortilla Soup*, for example, food is used to represent racial and ethnic identities. In other cases, such as *Chocolat* and *Like Water for Chocolate*, food plays a role in gender and sexual politics. And, of course, there is also discussion of the centrality of popcorn to the movie-going experience. This book is a feast for scholars, foodies, and cinema buffs. It will be of major interest to anyone working in popular culture, film studies, and food studies, at both the undergraduate and graduate level.

Een pleidooi voor echt eten Michael Pollan 2014-12-17 EET NOOIT IETS WAT JE OVERGROOTMOEDER NIET ALS VOEDSEL ZOU HERKENNEN! Vroeger wisten mensen hoe ze moesten eten, maar de diëetregels die van generatie op generatie zijn doorgegeven, zijn verworden en vervormd door de marketeers van de voedingsmiddelenindustrie, door zogenaamde voedingsdeskundigen en door de media. Het gevolg is dat we dolen door een landschap van voedselachtige substanties die om het hardst gillen dat ze goed voor ons zijn. Echt eten verdwijnt uit beeld om te worden vervangen door `voedingsstoffen`. En deze producten zijn juist slecht voor de gezondheid. We zouden minder eten moeten kopen en er meer voor moeten betalen. Daar worden we zelf beter van, maar ook het milieu, ons ecosysteem en onze samenleving. Door wereldwijd te kijken naar traditionele diëten kunnen we zelf een evenwichtig en gezond eetgedrag terugvinden. Een pleidooi voor echt eten wordt wereldwijd vertaald. In Amerika staat het boek sinds verschijning op nummer 1 van de bestsellerlijsten.

Bibliographic Index 2004

O dilema do onívoro Michael Pollan 2007-07-20 O autor americano fez uma espécie de genealogia da comida ao percorrer, em marcha a ré, a trajetória do alimento da mesa até sua origem mais

remota. Muito além do jornalismo, dá absolutamente todas as explicações a respeito de cada ingrediente consumido diariamente. Ao contrário dos que tentam esquecer os abusos da indústria alimentícia, Michael Pollan leu o rótulo e viajou até o pedaço de terra onde cada substância foi plantada. Percebeu que identificar o desenvolvimento, a manipulação e a industrialização das comidas processadas exige talento de um detetive ecológico, munido de coragem e destreza. No início dessa investigação retrospectiva da cadeia alimentar, o autor descobriu a onipresença do milho, que alimenta não só a galinha como o cordeiro e o salmão! Obra da superprodução dessas calorias baratas conquistada pela agricultura americana. Seja nos refrigerantes, no creme para o café, na fruta em lata ou nas misturas para bolos, o grão é superestimado pela indústria, apesar de seus conhecidos danos à saúde. Por isso Pollan visitou campos cultivados, pilotou tratores em milharais e fez perguntas capciosas aos produtores, obrigados a tornar cada processo transparente e acessível ao leigo. O jornalista devassou o processamento da comida em todos os seus aspectos, até o das propostas aparentemente mais saudáveis. Quando descobriu as fazendas "orgânicas industriais", surpreendeu-se com a contradição da proposta: numa grande cadeia de lojas de produtos orgânicos, o rótulo do frango "Rosie" afirmava ser "criado em liberdade". Ao seguir seus traços até o abrigo em que vivia, verificou que, a não ser pelo certificado orgânico de sua ração, também era mantido em cárceres como os das galinhas confinadas em granjas industriais. Michael Pollan visitou matadouros e delatou a brutalidade com que os animais são abatidos nos Estados Unidos, segundo ele, sem precedentes em todo o mundo. A certa altura, foi à caça de um porco para se conscientizar da agonia do bicho, estripando-o e o preparando para um jantar feito apenas com ingredientes que ele próprio coletou. Trata-se de um impressionante e detalhado tratado sobre alimentação que, pela competência e incansável pesquisa do autor, foi incluído nas listas dos melhores livros do ano das principais publicações americanas. "Michael Pollan aperfeiçoou um estilo que alia uma prazerosa ironia a um mal camuflado tom de insulto e uma maneira de se inserir na narrativa de modo que o tema tome forma por meio do que ele está sentindo e pensando. É um mestre em utilizar o passado para revelar grandes questões." Los Angeles Times "Se você alguma vez pensou que 'o que tem para jantar' fosse uma pergunta simples, vai mudar de ideia após ler a cáustica acusação de Pollan a respeito da atual indústria de alimentos e sua sugestão de alternativas inspiradoras... Gostei tanto desse livro que não queria que terminasse." The Seattle Times "Comer já foi mais fácil, foi a conclusão a que cheguei ao final de O dilema do onívoro, do jornalista americano Michael Pollan, que se dispôs (e como) a mergulhar fundo em tantas questões alimentares. E colocar tudo em pratos limpos." O Globo, "Prosa & Verso" "(...) uma crítica bem fundamentada aos hábitos alimentares norte americanos." O Estado de S. Paulo "Um livro reflexivo, que nos absorve... Você não vai encontrar uma explicação melhor para a origem da sua comida." The New York Times Book Review

Em defesa da comida Michael Pollan 2008-09-05 Michael Pollan investiga também os motivos de a maioria dos alimentos da dieta ocidental ser comercializada com destaque de seus benefícios à saúde. Hoje os comestíveis anunciam "vitaminas", "baixo teor de gordura" ou "enriquecimento" com ômega-3 ferro, magnésio, soja ou uma série de substâncias pretensamente saudáveis, que variam conforme campanhas de marketing fundamentadas em diretrizes econômicas e/ou governamentais. Em defesa da comida ressalta que esse deve ser o primeiro sinal de alerta. Afinal, quatro das dez principais causas de morte são doenças crônicas ligadas à alimentação: distúrbios coronarianos, diabetes, AVC e câncer. Se nos falta comida de verdade - aquela que nossas avós reconheceriam como comida e que dispensava rótulos com as porcentagens de adição de substâncias benéficas, nutrientes, teor calórico ou índices de gorduras -, Michael Pollan mostra o que de fato aconteceu e desvirtuou a cadeia alimentar. Por isso ele indica o que fazer propondo hábitos simples e libertadores: Coma comida. Não muita. Principalmente vegetais. Saúde e alimentos não-industrializados andam juntos. E apesar das verdadeiras ameaças ao bem-estar disponíveis nas prateleiras dos supermercados, podemos escapar das doenças crônicas resultantes dessa dieta realocando nossos hábitos e nosso apetite. Em defesa da comida aponta as escolhas que podem transformar nossa compreensão do que significa ser saudável, e levar ainda mais prazer às

refeições. "Pollan produziu outro grande livro. Não é apenas uma reflexão. Procura responder questões, e não levanta-las." Salon.com "Neste livro memorável, Pollan constrói um argumento convincente não só contra o filé, mas contra toda a dieta ocidental." The Washington Post "Um livro inestimável e intenso." The New York Times

SWE 2007

Natural History 2000

Contemporary Authors New Revision Series 2003 A biographical and bibliographical guide to current writers in all fields including poetry, fiction and nonfiction, journalism, drama, television and movies. Information is provided by the authors themselves or drawn from published interviews, feature stories, book reviews and other materials provided by the authors/publishers.

The Omnivore's Dilemma Michael Pollan 2009-10-15 This acclaimed bestseller and modern classic has changed America's relationship with food. It's essential reading for kids who care about the environment and climate change. "What's for dinner?" seemed like a simple question—until journalist and supermarket detective Michael Pollan delved behind the scenes. From fast food and big organic to small farms and old-fashioned hunting and gathering, this young readers' adaptation of Pollan's famous food-chain exploration encourages kids to consider the personal and global implications of their food choices. With plenty of photos, graphs, and visuals, *The Omnivore's Dilemma* serves up a bold message to the generation most impacted by climate change: It's time to take charge of our national eating habits—and it starts with you.

Current Contents. Arts & Humanities Institute for Scientific Information

Against the Grain Richard Manning 2005-02-01 In this provocative, wide-ranging book, *Against the Grain*, Richard Manning offers a dramatically revisionist view of recent human evolution, beginning with the vast increase in brain size that set us apart from our primate relatives and brought an accompanying increase in our need for nourishment. For 290,000 years, we managed to meet that need as hunter-gatherers, a state in which Manning believes we were at our most human: at our smartest, strongest, most sensually alive. But our reliance on food made a secure supply deeply attractive, and eventually we embarked upon the agricultural experiment that has been the history of our past 10,000 years. The evolutionary road is littered with failed experiments, however, and Manning suggests that agriculture as we have practiced it runs against both our grain and nature's. Drawing on the work of anthropologists, biologists, archaeologists, and philosophers, along with his own travels, he argues that not only our ecological ills—overpopulation, erosion, pollution—but our social and emotional malaise are rooted in the devil's bargain we made in our not-so-distant past. And he offers personal, achievable ways we might re-contour the path we have taken to resurrect what is most sustainable and sustaining in our own nature and the planet's.

People, Plants & Genes Denis J Murphy 2007-07-19 This book links the latest advances in molecular genetics with the science and history of plant domestication, the evolution of plant breeding, and the implications of our new knowledge for the agriculture of today and the future.

Baobab John Rashford 2023-06-28 Modern humans, descendants of a founding population that separated from chimpanzees some five to eight million years ago, are today the only living representative of a branching group of African apes called hominins. Because of its extraordinary size and shape, the baobab (*Adansonia digitata* L.) has long been identified as the most striking tree of Africa's mosaic savanna, the landscape generally regarded as the environment of hominin evolution. This book makes the case for identifying the baobab as the tree of life in the hunter-gatherer adaptation that was the economic foundation of hominin evolution. The argument is based on the significance of the baobab as a resource-rich environment for the Hadza of northeastern Tanzania, who continue to be successful hunter-gatherers of the African savanna.

Book Review Digest 2001

Deep Green Resistance Derrick Jensen 2011-01-04 For years, Derrick Jensen has asked his audiences, "Do you think this culture will undergo a voluntary transformation to a sane and sustainable way of life?" No one ever says yes. *Deep Green Resistance* starts where the environmental movement leaves off: industrial civilization is incompatible with life. Technology can't

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fix it, and shopping—no matter how green—won't stop it. To save this planet, we need a serious resistance movement that can bring down the industrial economy. Deep Green Resistance evaluates strategic options for resistance, from nonviolence to guerrilla warfare, and the conditions required for those options to be successful. It provides an exploration of organizational structures, recruitment, security, and target selection for both aboveground and underground action. Deep Green Resistance also discusses a culture of resistance and the crucial support role that it can play. Deep Green Resistance is a plan of action for anyone determined to fight for this planet—and win. *The Library Journal* 2000 Includes, beginning Sept. 15, 1954 (and on the 15th of each month, Sept.-May) a special section: School library journal, ISSN 0000-0035, (called Junior libraries, 1954-May 1961). Also issued separately.

The Face on Your Plate: The Truth About Food Jeffrey Moussaieff Masson 2010-04-26 "It's a challenge to create transformative moments with books, but [Masson] does it."—Susan Salter Reynolds, Los Angeles Times In this revelatory work, Jeffrey Moussaieff Masson shows how food affects our moral selves, our health, and our planet. Masson investigates how denial keeps us from recognizing the animal at the end of our fork and urges readers to consciously make decisions about food.

A History of Food Maguelonne Toussaint-Samat 2009-03-25 The story of cuisine and the social history of eating is a fascinating one, and Maguelonne Toussaint-Samat covers all its aspects in this classic history. New expanded edition of a classic book, originally published to great critical acclaim from Raymond Blanc, The New York Times, The Sunday Telegraph, The Independent and more. Tells the story of man's relationship with food from earliest times to the present day. Includes a new foreword by acclaimed food writer Betty Fussell, a preface by the author, updated bibliography, and a new chapter bringing the story up to date. New edition in jacketed hardback, with c.70 illustrations and a new glossy color plate section "Indispensable, and an endlessly fascinating book. The view is staggering. Not a book to digest at one or several sittings. Savor it instead, one small slice at a time, accompanied by a very fine wine." -New York Times "This book is not only impressive for the knowledge it provides, it is unique in its integration of historical anecdotes and factual data. It is a marvellous reference to a great many topics." -Raymond Blanc "Quirky, encyclopaedic, and hugely entertaining. A delight." -Sunday Telegraph "It's the best book when you are looking for very clear but interesting stories. Everything is cross-referenced to an extraordinary degree, which is great because the information given is so complex and interweaving." -The Independent "A History of Food is a monumental work, a prodigious feat of careful scholarship, patient research and attention to detail. Full of astonishing but insufficiently known facts." -Times Higher Education Supplement

The Queen of Fats Susan Allport 2006-09-12 A nutritional whodunit that takes readers from Greenland to Africa to Israel, *The Queen of Fats* gives a fascinating account of how we have become deficient in a nutrient that is essential for good health: the fatty acids known as omega-3s. Writing with intelligence and passion, Susan Allport tells the story of these vital fats, which are abundant in greens and fish, among other foods. She describes how scientists came to understand the role of omega-3s in our diet, why commercial processing has removed them from the food we eat, and what the tremendous consequences have been for our health. In many Western countries, epidemics of inflammatory diseases and metabolic disorders have been traced to omega-3 deficiencies. *The Queen of Fats* provides information for every consumer who wants to reduce the risk of heart disease, cancer, arthritis, and obesity and to improve brain function and overall health. This important and compelling investigation into the discovery, science, and politics of omega-3s will transform our thinking about what we should be eating. * Includes steps you can take to add omega-3s to your diet * Shows why eating fish is not the only way, or even the best way, to increase omega-3s. * Provides a new way to understand the complex advice about the role and importance of fats in the body * Explains how and why the food industry has created a deadly imbalance of fats in our foods * Shows how omega-3s can be reintroduced to our diet through food enrichment and changes in the feeding of livestock

Fighting for the Farm Jane Adams 2013-03-26 In North America industrial agriculture has now

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virtually displaced diversified family farming. The prevailing system depends heavily on labor supplied by migrants and immigrants, and its reliance on monoculture raises environmental concerns. In this book Jane Adams and contributors—anthropologists and political scientists among them—analyze the political dynamics that have transformed agriculture in the United States and Canada since the 1920s. The contributors demonstrate that people become politically active in arenas that range from the state to public discourse to relations between growers and their contractors or laborers, and that politics is a process that is intimately local as well as global. The farm financial crisis of the 1980s precipitated rapid consolidation of farms and a sharp decline in rural populations. It brought new actors into the political process, including organic farmers and environmentalists. *Fighting for the Farm: Rural America Transformed* considers the politics of farm policy and the consequences of the increasing alignment of agricultural interests with the global economy. The first section of the book places North American agriculture in the context of the world system; the second, a series of case studies, examines the foundations of current U.S. policy; subsequent sections deal with the political implications for daily life and the politics of the environment. Recognizing the influence of an array of political constituencies and arenas, *Fighting for the Farm* charts a decisive shift since the early part of the twentieth century from a discursive regime rooted in economics to one that now incorporates a variety of environmental and quality-of-life concerns.

The Oxford Companion to Sugar and Sweets Darra Goldstein 2015 "Celebrating sugar while acknowledging its complex history, 'The Oxford Companion to Sugar and Sweets' is the definitive guide to one of humankind's greatest sources of pleasure"--

Library Journal 2000

Human Diet Peter S. Ungar 2002-03-30 Diet is key to understanding the past, present, and future of our species. Much of human evolutionary success can be attributed to our ability to consume a wide range of foods. On the other hand, recent changes in the types of foods we eat may lie at the root of many of the health problems we face today. To deal with these problems, we must understand the evolution of the human diet. Studies of traditional peoples, non-human primates, human fossil and archaeological remains, nutritional chemistry, and evolutionary medicine, to name just a few, all contribute to our understanding of the evolution of the human diet. Still, as analyses become more specialized, researchers become more narrowly focused and isolated. This volume attempts to bring together authors schooled in a variety of academic disciplines so that we might begin to build a more cohesive view of the evolution of the human diet. The book demonstrates how past diets are reconstructed using both direct analogies with living traditional peoples and non-human primates, and studies of the bones and teeth of fossils. An understanding of our ancestral diets reveals how health relates to nutrition, and conclusions can be drawn as to how we may alter our current diets to further our health.

Cocinar Michael Pollan 2014-02-13 Una magnífica investigación para comprender el poder mágico de transformación de la cocina. «Los cocineros trabajan con materia viva, no solo con teclados y con pantallas, sino con cosas fundamentales como plantas, animales y hongos. También trabajan con los elementos: el fuego, el agua, la tierra y el aire, y los utilizan -¡los dominan!- para realizar sus deliciosas alquimias.» La gastronomía ocupa un lugar cada vez más importante en nuestra cultura, en la que veneramos a los chefs famosos y disfrutamos con los reality shows sobre cocina. Y a pesar de eso, y aunque tenemos acceso a ingredientes frescos llegados de todos los rincones del mundo, año tras año nos hundimos más y más en las tierras pantanosas de la comida procesada. El maravilloso libro de Michael Pollan es un alegato a favor de las virtudes y los valores de cocinar, una actividad esencial que se remonta a los orígenes de nuestras culturas, nos define como seres humanos, configura la vida familiar y produce placer. Pollan nos explica los fundamentos de la cocina a partir de los principios más básicos y de los distintos tipos de transformación de la comida a través de los cuatro elementos: agua, fuego, tierra y aire. Cocinar es una divertida invocación a los lectores para que tomen el control de su propio destino, y vuelvan a ser capaces de divertirse con el mágico poder de transformación de la cocina. Porque cocinar puede transformar el modo en el que

nos vemos a nosotros mismos y a nuestra familia y amigos.

[The Ghosts Of Evolution](#) Connie Barlow 2008-08-05 A new vision is sweeping through ecological science: The dense web of dependencies that makes up an ecosystem has gained an added dimension-the dimension of time. Every field, forest, and park is full of living organisms adapted for relationships with creatures that are now extinct. In a vivid narrative, Connie Barlow shows how the idea of "missing partners" in nature evolved from isolated, curious examples into an idea that is transforming how ecologists understand the entire flora and fauna of the Americas. This fascinating book will enrich and deepen the experience of anyone who enjoys a stroll through the woods or even down an urban sidewalk. But this knowledge has a dark side too: Barlow's "ghost stories" teach us that the ripples of biodiversity loss around us now are just the leading edge of what may well become perilous cascades of extinction.

[In Defence of Food](#) Michael Pollan 2008-01-31 'A must-read ... satisfying, rich ... loaded with flavour' Sunday Telegraph This book is a celebration of food. By food, Michael Pollan means real, proper, simple food - not the kind that comes in a packet, or has lists of unpronounceable ingredients, or that makes nutritional claims about how healthy it is. More like the kind of food your great-grandmother would recognize. In Defence of Food is a simple invitation to junk the science, ditch the diet and instead rediscover the joys of eating well. By following a few pieces of advice (Eat at a table - a desk doesn't count. Don't buy food where you'd buy your petrol!), you will enrich your life and your palate, and enlarge your sense of what it means to be healthy and happy. It's time to fall in love with food again. For the past twenty years, Michael Pollan has been writing about the places where the human and natural worlds intersect: food, agriculture, gardens, drugs, and architecture. His most recent book, about the ethics and ecology of eating, is The Omnivore's Dilemma, named one of the ten best books of 2006 by the New York Times and the Washington Post. He is also the author of The Botany of Desire, A Place of My Own and Second Nature.

[A Bite Off Mama's Plate](#) Miriam Meyers 2001-09-30 Miriam Meyers celebrates the positive role that food plays in women's lives, particularly in the relationship between mother and daughter.

[The Queen of Fats](#) Susan Allport 2006 Discusses omega-3 fatty acids and their impact on health.

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