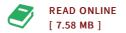


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The Omnivorous Mind: Our Evolving Relationship with Food (Hardback)

By John S. Allen

HARVARD UNIVERSITY PRESS, United States, 2012. Hardback. Condition: New. Language: English . Brand New Book. In this gustatory tour of human history, John S. Allen demonstrates that the everyday activity of eating offers deep insights into human beings biological and cultural heritage. We humans eat a wide array of plants and animals, but unlike other omnivores we eat with our minds as much as our stomachs. This thoughtful relationship with food is part of what makes us a unique species, and makes culinary cultures diverse. Not even our closest primate relatives think about food in the way Homo sapiens does. We are superomnivores whose palates reflect the natural history of our species. Drawing on the work of food historians and chefs, anthropologists and neuroscientists, Allen starts out with the diets of our earliest ancestors, explores cooking s role in our evolving brain, and moves on to the preoccupations of contemporary foodies. The Omnivorous Mind delivers insights into food aversions and cravings, our compulsive need to label foods as good or bad, dietary deviation from healthy food pyramids, and cross-cultural attitudes toward eating (with the French, bien sur, exemplifying the pursuit of gastronomic pleasure). To explain, for example, the worldwide popularity...



Reviews

I just started looking over this ebook. I could possibly comprehended everything out of this published e publication. You are going to like the way the author compose this publication.

-- Giles Vandervort DDS

It is really an remarkable ebook that we actually have ever read through. I actually have study and i also am confident that i am going to gonna study once more yet again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book. -- Ewell Rempel