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Collana	Why X Matters
Soggetti	Food - History Food habits
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	1: Feast and Famine -- 2: Religious Rules and Gastronomic Identity -- 3: Taste -- 4: Rejecting and Enjoying the Food of Others -- 5: Food and Health -- 6: Women, Men, and Food -- 7: Race -- 8 Conviviality -- 9: Food and the Present Crises.
Sommario/riassunto	An award-winning historian makes the case for food's cultural importance, stressing its crucial role throughout human history. In this short, passionate book, Paul Freedman makes the case for food's vital importance, stressing its crucial role in the evolution of human identity and human civilizations. Freedman presents a highly readable and illuminating account of food's unique role in our lives, a way of expressing community and celebration, but also divisive with regard to race, cultural difference, gender, and geography. This wide-ranging book is a must-read for food lovers and all those interested in how cultures and identities are formed and maintained.