

1. Record Nr.	UNINA9910790072003321
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Titolo	Ancestral appetites : food in prehistory / / Kristen J. Gremillion [[electronic resource]]
Pubbl/distr/stampa	Cambridge : , : Cambridge University Press, , 2011
ISBN	1-107-21963-9 1-139-06272-7 1-283-11079-2 9786613110794 1-139-07488-1 0-511-97635-6 1-139-06911-X 1-139-07713-9 1-139-07941-7 1-139-08169-1
Descrizione fisica	1 online resource (xiii, 182 pages) : digital, PDF file(s)
Classificazione	SOC003000
Disciplina	394.1/209012
Soggetti	Prehistoric peoples - Food Hunting and gathering societies Food habits - History Food preferences - History
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Title from publisher's bibliographic system (viewed on 05 Oct 2015).
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Machine generated contents note: Introduction; 1. Ancestors; 2. Beginnings; 3. Foraging; 4. Farmers; 5. Hunger; 6. Abundance; 7. Contacts; 8. Extinctions; 9. Final thoughts.
Sommario/riassunto	This book explores the relationship between prehistoric people and their food - what they ate, why they ate it and how researchers have pieced together the story of past foodways from material traces. Contemporary human food traditions encompass a seemingly infinite variety, but all are essentially strategies for meeting basic nutritional needs developed over millions of years. Humans are designed by evolution to adjust our feeding behaviour and food technology to meet

the demands of a wide range of environments through a combination of social and experiential learning. In this book, Kristen J. Gremillion demonstrates how these evolutionary processes have shaped the diversification of human diet over several million years of prehistory. She draws on evidence extracted from the material remains that provide the only direct evidence of how people procured, prepared, presented and consumed food in prehistoric times.
