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	Two claimsReferences; 5 Preservation and Processing; Ancient preservation; Ancient processing; Modern milling; Packaging; Freezing and chilling; Milk, butter, yoghurt, and cheese; Three claims; References; 6 Trade; Ancient trades; Modern trades; The global supermarket; Two claims; References; 7 Cooking, Class, and Consumption; Cooks; Cooking; Eating places; Meals and mealtimes; References; 8 National, Regional, and Global Cuisines; Cuisine, high and low; The origins of cuisines; Megaregions and pan-ethnicity; Global foods; Three claims and counterclaims; References 9 Eating Well, Eating BadlyNutrition and diet; Stature; Obesity; Dieting; Denial; Vegetarianism; References; 10 Starving; Famine; Famine foods; Survival strategies; Food aid; Impact; Two claims; References; Conclusion: Cornucopia or Pandora's Box?; References; Suggested Further Reading; Index
Sommario/riassunto	Covering 5,000 years of global history, How Food Made History traces the changing patterns of food production and consumption that have molded economic and social life and contributed fundamentally to the development of government and complex societies. Charts the changing technologies that have increased crop yields, enabled the industrial processing and preservation of food, and made transportation possible over great distancesConsiders social attitudes towards food, religious prohibitions, health and nutrition, and the politics of distributionOf