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Nota di contenuto	HOW FOOD MADE HISTORY; Contents; Illustrations; Preface; Prologue: Questions of choice?; References; 1 The Creation of Food Worlds; Making the ancient world food map; The origins of domestication, agriculture, and urbanization; Food worlds at 5000 BP; Seven claims; References; 2 Genetics and Geography; Genetic modification, ancient and modern; Prohibitions and taboos; Geographical redistribution; Three claims; References; 3 Forest, Farm, Factory; Forest gardens; Crop farming landscapes; Industrialized agriculture; Five claims; References; 4 Hunting, Herding, Fishing; Hunting; Herding; Fishing

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
