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Autore	Allen John S (John Scott), <1961->
Titolo	The omnivorous mind [[electronic resource]] : our evolving relationship with food / / John S. Allen
Pubbl/distr/stampa	Cambridge, Mass., : Harvard University Press, 2012
ISBN	0-674-05572-1 0-674-06987-0
Descrizione fisica	1 online resource (319 p.) : ill
Disciplina	616.85/26
Soggetti	Brain - Evolution Cognition Diet - Psychological aspects Food habits - Psychological aspects Food - Psychological aspects Human evolution Nutrition - Psychological aspects Omnivores Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Formerly CIP.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Frontmatter -- CONTENTS -- INTRODUCTION -- 1. CRISPY -- 2. THE TWO-LEGGED, LARGE-BRAINED, SMALL-FACED, SUPEROMNIVOROUS APE -- 3. FOOD AND THE SENSUOUS BRAIN -- 4. EATING MORE, EATING LESS -- 5. MEMORIES OF FOOD AND EATING -- 6. CATEGORIES: GOOD FOOD, BAD FOOD, YES FOOD, NO FOOD -- 7. FOOD AND THE CREATIVE JOURNEY -- 8. THEORY OF MIND, THEORY OF FOOD? -- NOTES -- ACKNOWLEDGMENTS -- INDEX
Sommario/riassunto	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 sûr, exemplifying the pursuit of gastronomic pleasure). To explain, for example, the worldwide popularity of crispy foods, Allen considers first the food habits of our insect-eating relatives. He also suggests that the sound of crunch may stave off dietary boredom by adding variety to sensory experience. Or perhaps fried foods, which we think of as bad for us, interject a frisson of illicit pleasure. When it comes to eating, Allen shows, there's no one way to account for taste.

2. Record Nr.	UNISA996384072303316
Autore	Betham John <d. 1709.>
Titolo	A sermon preach'd before the King and Queen in Their Majesties chappel at St. James, upon the Annunciation of our Blessed Lady, March 25, 1686 [[electronic resource] /] / by Jo. Betham .
Pubbl/distr/stampa	London, : Printed by Henry Hills ..., 1686
Descrizione fisica	[2], 32, [2] p
Soggetti	Sermons, English - 17th century Great Britain Politics and government 1660-1688 Pamphlets
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Reproduction of original in Union Theological Seminary Library, New York. Advertisement: p. [1]-[2] at end.
