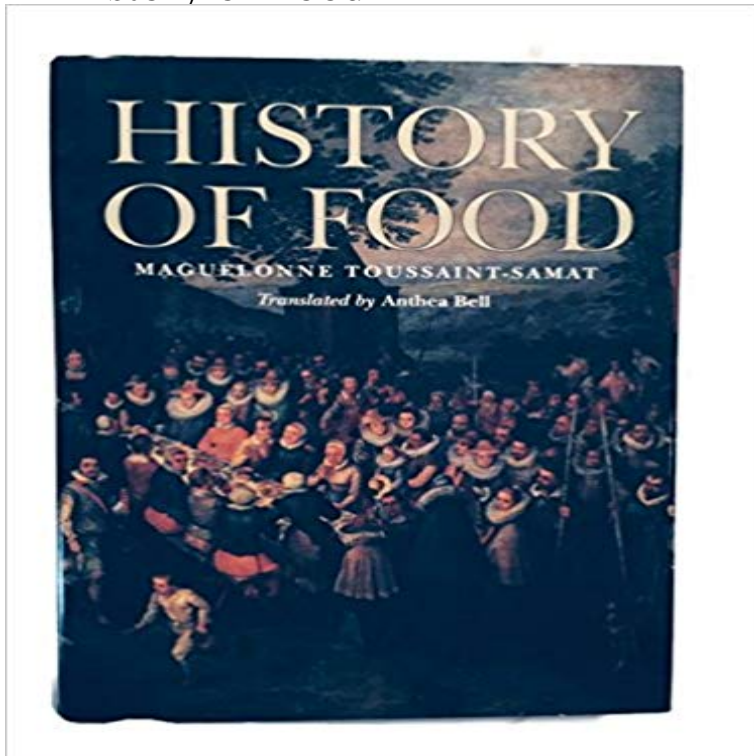


A History of Food



This wide-ranging history covers the history of food from the earliest, vegetarian members of the human race to the present day. The book explores the relationship between people and diet, and between food and social mores. The book covers a vast variety of foodstuffs - honey, cereals, meat, coffee, chocolate, tea, bread, oil, cake, fungi, fish - and shows how their consumption has evolved down the ages. It concludes with an investigation of scientific issues, including methods of food preservation, dietics and the importance of vitamins.

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