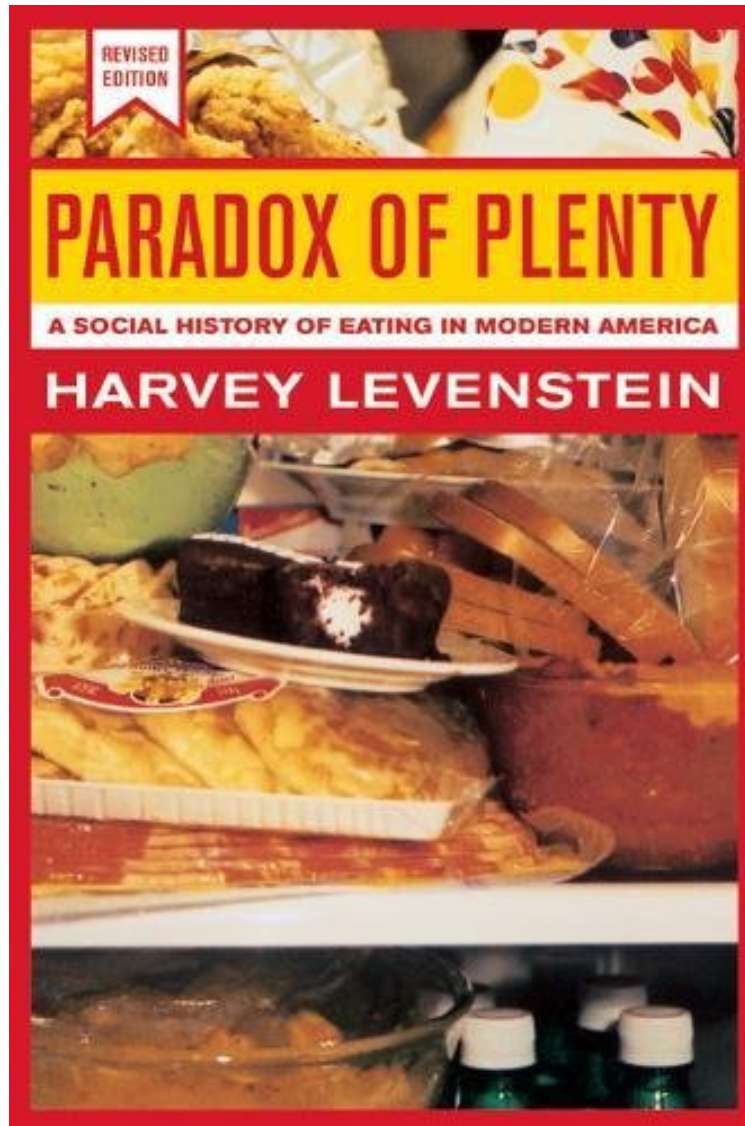


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## **Paradox of Plenty: A Social History of Eating in Modern America, Revised Edition (California Studies in Food and Culture)**

*Harvey Levenstein*

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**Harvey Levenstein : Paradox of Plenty: A Social History of Eating in Modern America, Revised Edition (California Studies in Food and Culture)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Paradox of Plenty: A Social History of Eating in Modern America, Revised Edition (California Studies in Food and Culture):

0 of 0 people found the following review helpful. but also provides some great history. By caitlin This book is well written. It's entertaining, but also provides some great history. 0 of 0 people found the following review helpful. Five Stars By darcy v chevrette Very good book. 1 of 1 people found the following review helpful. Needed it for a class By summer ruf Who knew there was so much information on American eating habits. This book is bursting with facts and figures about the history of social eating.

In this sweeping history of food and eating in modern America, Harvey Levenstein explores the social, economic, and political factors that have shaped the American diet since 1930.

From Publishers Weekly Smoothly written and full of information, this ambitious history sometimes emphasizes detail at the expense of overarching themes. Levenstein ( *Revolution at the Table* ) begins with the Great Depression, moving chronologically and alternating between discussions of government policies for hunger-relief and the development of culinary tastes. The author resurrects much valuable material: how thiamine was promoted as the "morale vitamin during WW II"; how Italian-Americans, virtually alone among immigrants, resisted Americanization of their cuisine; how the 1950s were the "Golden Age for American food chemistry"; how the barbecue boom of the 1960s was the first step to men sharing cooking responsibilities; how Mexican food boomed not in the American Southwest but in New York City. Levenstein's discussion of the "plenty" is richer than his account of the "paradox"; a study of poverty food programs could have made a separate book. Photos not seen by PW. Copyright 1992 Reed Business Information, Inc. From Library Journal In his lively, entertaining study of America's eating habits from 1930 to the present, Levenstein (history, McMaster Univ.) explores the disturbing existence of hunger in the midst of agricultural abundance. Describing the economic, political, and cultural factors that have influenced the American diet, he exposes the role that major food processors, the medical establishment, and the American government have played in modifying the taste buds and nutritional ideas of its citizens while ignoring the plight of its increasing numbers of malnourished poor. He also examines the national obsession with dieting and the impact on eating habits of married women entering the work force in record numbers. Well written and thoroughly researched, this overview gathers together information that many health and food enthusiasts will find interesting and enlightening. - Linda Chopra, Cleveland Heights-University Heights P.L., Ohio Copyright 1993 Reed Business Information, Inc. "Assuming the duty of telling Americans who they are through what they eat, Harvey Levenstein, in his latest chronicle of American food habits, reveals much about the United States and its inhabitants. . . . Levenstein's insightful description and analysis, the book's wealth of alternately humorous and sobering anecdotes, and its impressive array of information about food in modern U.S. society make for a stimulating glimpse into American culture." -- s in American History