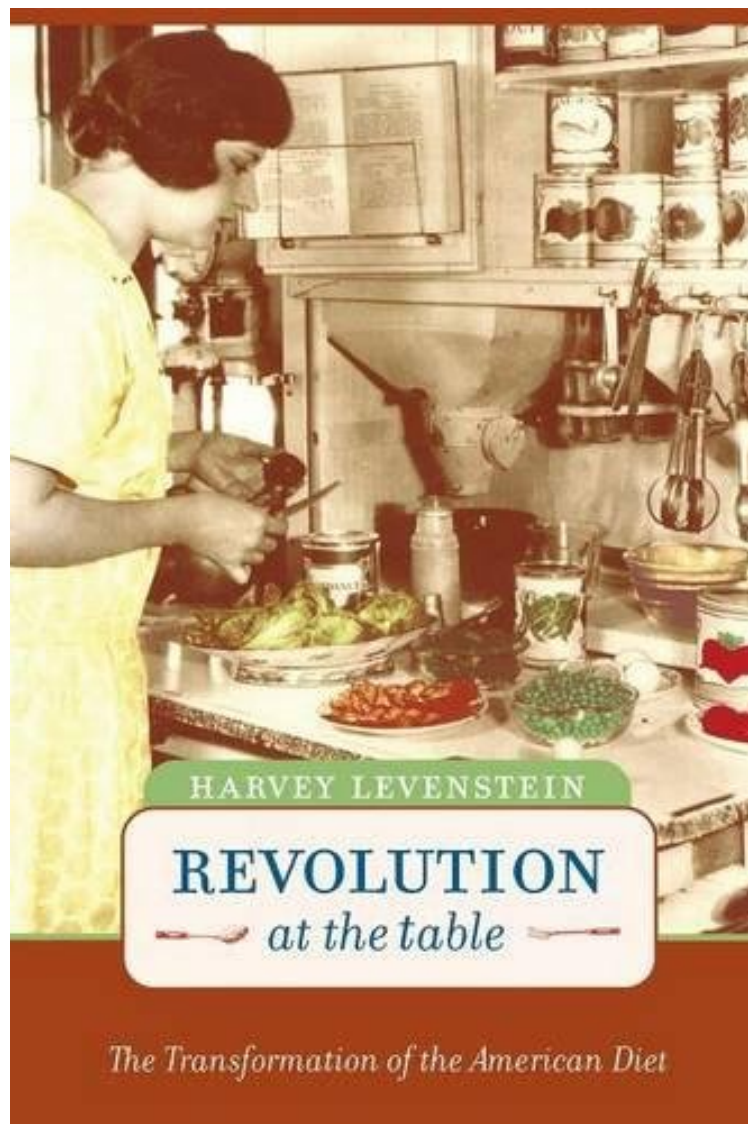


[PDF] Revolution at the Table: The Transformation of the American Diet (California Studies in Food and Culture)

Revolution at the Table: The Transformation of the American Diet (California Studies in Food and Culture)

Harvey Levenstein

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Harvey Levenstein : Revolution at the Table: The Transformation of the American Diet (California Studies in Food and Culture) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Revolution at the Table: The Transformation of the American Diet (California Studies in Food and Culture):

5 of 5 people found the following review helpful. Dated but excellent
By Erin
This book has a lot of hard work and research behind it, and although I found a few inaccuracies from my own interest in the subject, I would generally call this a wonderful exploration of how the typical American eater changed from a constipated beef- and carb-snarfer who was suspicious about vegetables to a nervous eater who indulges in pseudo-science and obsesses about 100 calorie snack packs. ::sigh:: Anyway, I do recommend it; there were a lot of quirks in the history that surprised me, especially the excellent chapter on baby formula.
0 of 0 people found the following review helpful. Four Stars
By Michael Turner
great read
3 of 11 people found the following review helpful. Thorough, and very interesting.
By Lisa M. Yarost
Good book, well researched. It contains the most in-depth history of the Boston Cooking School that I have found.

In this wide-ranging and entertaining study Harvey Levenstein tells of the remarkable transformation in how Americans ate that took place from 1880 to 1930.

"One of the most interesting and informative indexes into the nature of American culture, this book opens the eyes to the pages of American cultural history which are often taken for granted: we are what we eat but we often don't try to understand why we eat what we eat....The book should be on the table of every one interested in food--gastronomically or educationally! Bon appetit!"--"Journal of American Culture"
About the Author
Harvey Levenstein is Professor Emeritus of History at McMaster University in Hamilton, Ontario. Among his books are Paradox of Plenty: A Social History of Eating in Modern America, Revised Edition (California, 2003), Seductive Journey: American Tourists in France from the Jefferson to the Jazz Age (1998), and Communism, Anticommunism and the CIO (1981).