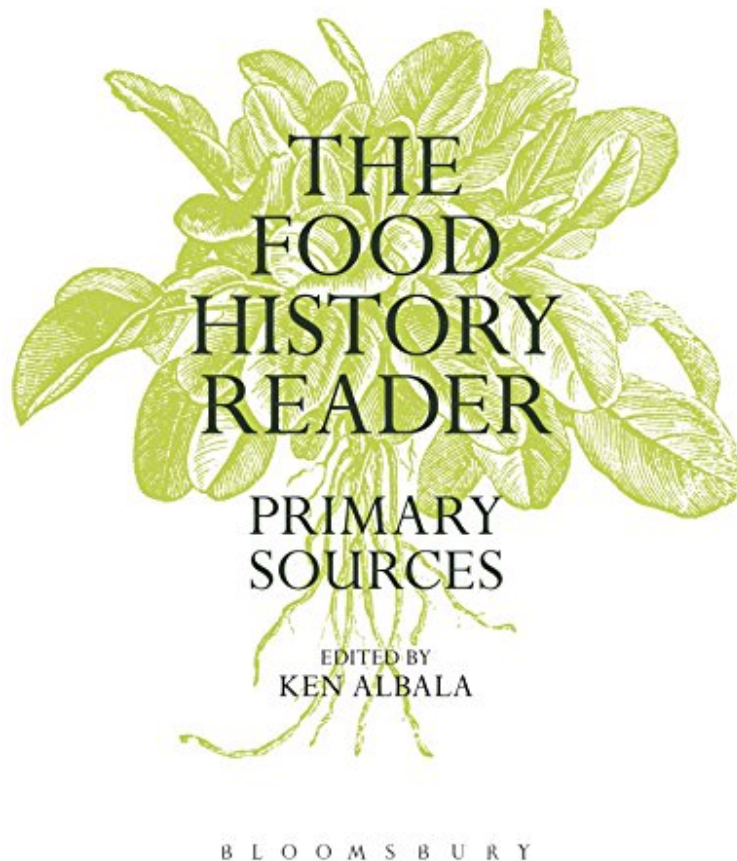



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## The Food History Reader: Primary Sources

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**From imusti : The Food History Reader: Primary Sources** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Food History Reader: Primary Sources:

12 of 12 people found the following review helpful. Wonderful collectionBy E. N. AndersonI hope this reader will not be used only by students in courses! It's a fantastic selection on works on food, eating, and everything connected--from table manners to agriculture. Selections range over the world, from ancient Egypt and China to the modern US. There is some Eurocentric bias in the materials, but largely because comparable sources on China and other civilizations just haven't been translated. The Middle East is well covered. Interesting items on table manners by Al-Ghazali and Erasmus give the lie to the silly idea (based on oversimple readings of Norbert Elias) that table manners are recent derivatives of a "civilizing mission"; anthropologists know that all societies have very strict eating rules. Many reading cover food in Europe over the centuries. The book ends with the Slow Food Manifesto, a good old elitist take on it all...fortunately the Slow Food Movement has become steadily less snobbish since its founding by an Italian

millionaire! Everyone interested in food should take a look at this reader, and maybe buy all the books extracted herein. 0 of 0 people found the following review helpful. Five Stars By Heather Jones Absolutely amazing book full of information. I love everything Ken Albala writes and this is no exception!

With the proliferation of food history courses and avid interest among scholars and the general public, the need for a solid comprehensive collection of key primary texts about food of the past is urgent. This collection spans the globe from classical antiquity to the present, offering substantive selections from cookbooks, fiction, gastronomic and dietary treatises and a wide range of food writing. Offering a solid introduction to each period with extensive commentary and suggestions for interpretive strategies, this reader provides extracts undigested, for the student who needs immediate and direct contact with the ideas of the past. Readings illustrate the various ways religion, politics, social structure, health and agricultural policy shaped what people ate in the past and offer instructive ways to think about our own food systems and how they have been shaped by historical forces.

A wonderfully rich celebration of our love of food through the ages. -- PD Smith \* The Guardian \* The real strength of this book is the richness and variety of the sources presented, for which Albala must be highly commended. [...] The Food History Reader is a very welcome addition to the field of food history and will serve as a most valuable text to students and researchers alike . . . It will be essential reading for any university course on the subject and will also appeal to a wider audience interested in how what we eat today has been shaped by food practices of the past. -- Josie Freear, University of Leeds, UK \* LSE of Books \* An indispensable collection of historical documents, with rich treasures and surprises on every page! \* Warren Belasco, University of Maryland, Baltimore County, USA \* A very useful compendium for anyone interested in food history. There are lots of general histories out there, but nothing to compare with this book for its depth and inclusiveness. Rather than concentrating on the usual well-known European and American musings about food, the present volume has an extraordinary range of cultures and time periods. The writings deal with health, pleasure, fasting, danger and equilibrium. Few of them are widely known, anthologized or even translated. Ken Albala has done a heroic job of putting together a fascinating handbook of food through the ages. \* Paul Freedman, Yale University, USA \* A unique and valuable resource for all who are interested in the history of food. \* Jeffrey M. Pilcher, University of Minnesota, USA \* Ken Albala takes the reader on a turbulent, delightful journey into the history of food by selecting ninety-four texts, ranging from enigmatic marvels as 'Papyri on Food in Daily Life' to Atwater's classic 'Food as Building Material and Fuel'. This book cuts to the core of human life: amazing and essential reading! \* Peter Scholliers, Institute for European Studies, Vrije Universiteit Brussel, Belgium \* What a great resource for food studies! This will be an instant classic in our canon of food studies materials for the classroom and research. Thank you! \* Marcie Cohen Ferris, University of North Carolina at Chapel Hill, NC, USA \* About the Author Ken Albala is Professor of History at the University of the Pacific, USA. He is the author or editor of 17 books including *Eating Right in the Renaissance*, *The Banquet and Beans: A History*. He has also coauthored two cookbooks, *The Lost Art of Real Cooking* and *The Lost Arts of Hearth and Home*.