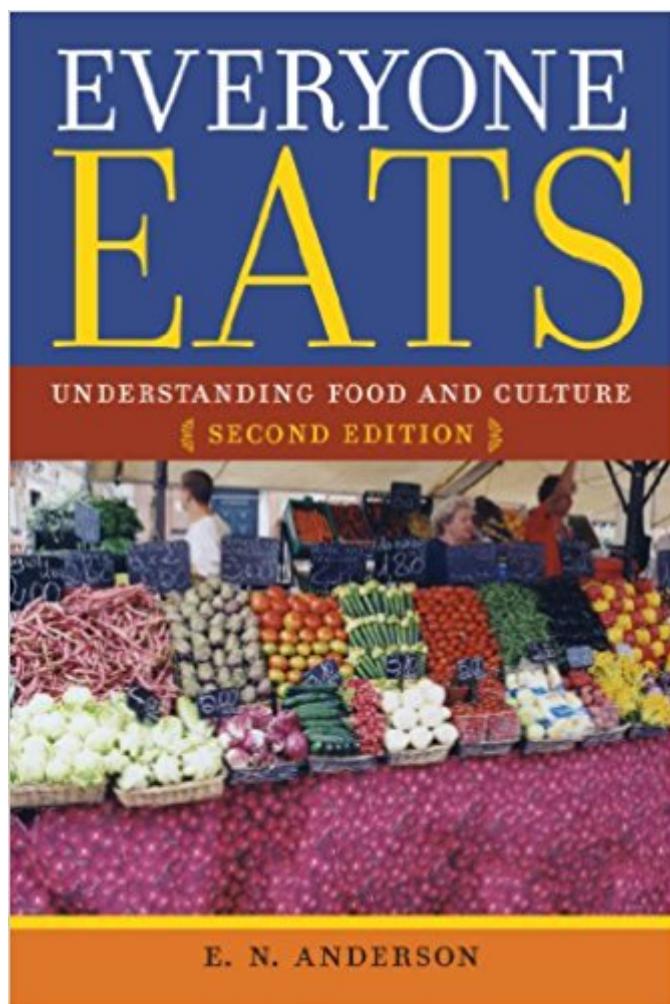


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# Everyone Eats: Understanding Food And Culture, Second Edition



## Synopsis

Everyone eats, but rarely do we investigate why we eat what we eat. Why do we love spices, sweets, coffee? How did rice become such a staple food throughout so much of eastern Asia? *Everyone Eats* examines the social and cultural reasons for our food choices and provides an explanation of the nutritional reasons for why humans eat what they do, resulting in a unique cultural and biological approach to the topic. E. N. Anderson explains the economics of food in the globalization era; food's relationship to religion, medicine, and ethnicity; and offers suggestions on how to end hunger, starvation, and malnutrition. This thoroughly updated Second Edition incorporates the latest food scholarship, most notably recognizing the impact of sustainable eating advocacy and the state of food security in the world today. Anderson also brings more insight than ever before into the historical and scientific underpinnings of our food customs, fleshing this out with fifteen new and original photographs from his own extensive fieldwork. A perennial classic in the anthropology of food, *Everyone Eats* feeds our need to understand human ecology by explaining the ways that cultures and political systems structure the edible environment.

## Book Information

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## Customer Reviews

*Everyone Eats* is a relevant text for researchers exploring the relationship between food and society. Furthermore, it is a provocative text for future course design and policy making, as it provides a diverse account of the complexities involved in exploring the importance of food choices in today's societies. -Graduate Journal of Food

Studies" Anderson's book is a solid introduction to the anthropology of food for students and general readers. It is clear, well-written, spiced with interesting examples, and illustrated with many evocative photographs taken by the author." -Journal of the Royal Anthropological Institute "Plenty of cultural insights and background history lend to a survey particularly recommended for college-level students of anthropology and social science." -Midwest Book Review

E. N. Anderson is Professor of Anthropology at the University of California, Riverside. His previous books include *The Food of China* and *Ecologies of the Heart: Emotion, Belief, and the Environment*.

Useful in its effort to balance the forces behind what we eat avoiding reductionisms from biology, culture or economics. However, at times Mr Anderson's personal opinions get in the way of that effort as something more than illustrations.

Some parts are boring, but overall I enjoyed reading it!!

I was asked to purchase this book for a class I am taking. I really have enjoyed learning about different eating habits and philosophies.

Everything was great with this purchase.

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