

¿Somos lo que comemos o comemos como somos? Alimentación y Antropología

Are We What We Eat or do We Eat What We are? Food and Anthropology



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A multidisciplinary book that gives a historical overview from primitive hunter-gather man to the difficult prediction of an uncertain future which has begun this century with climate change, globalisation and an ageing population, and which mixes history and science, science and a smile. The art and science of food and human nutrition through prehistory, anthropology humorology, gastronomy, dietetics, gerontology up the the modern nutrigenomics.

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