



# You Eat What You Are

PEOPLE, CULTURE AND  
FOOD TRADITIONS

THELMA BARER-STEIN PH.D.

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# **You Eat What You Are: People, Culture and Food Traditions**

Thelma Barer-Stein

You devour What you're explores the culinary traditions of cultures round the world. In every one case, the meals personal tastes exhibit hyperlinks with the social structure, geography and background of the culture. knowing what humans consume and the way they cook dinner offers a greater realizing of who they are. A listing of nutrition personal tastes and greater than a hundred maps supplement Barer-Stein's explorations of nearby cuisines—54 in all. The chapters are separated into sections on meals typically Used, food and Customs, specified Occasions, Cooking tools and local Specialties. You devour What you're may be attention-grabbing to avid cooks, these within the nutrition and foodstuff businesses, scholars of cooking, and somebody drawn to the cultural traditions of nutrition and ethnic reviews round the world. Food is part of our lives each day. You consume What you're is a fascinating examine foodstuff and its social histories, and provides a wealthy contribution to realizing ourselves and others round the world. in regards to the Author: Thelma Barer-Stein is a dietician and the writer of various articles for pro journals. She lectures at universities and has hosted her personal tv cooking program. She lives in Toronto.

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