

FOOD FOR THOUGHT NON-FICTION



THE CENTURY IN FOOD

by Beverly Bundy (394.1 BUN)

In 1900 most cooking was done in fireplaces; and a slim figure was considered a mark of ill health. Economic conditions, attitudes, and tastes have changed a lot through the twentieth century and *The Century in Food* examines the inventions, innovations, and ingenuity that have fueled American appetites for the past hundred years.

TWINKIE, DECONSTRUCTED

by Steve Ettlinger (306 ETT)

Like most Americans, Steve Ettlinger eats processed foods. And, like most consumers, he often reads the ingredients label without a clue as to what most of it means. So when his young daughter asked, "Daddy, what's polysorbate 60?" he was at a loss - and determined to find out.

ANIMAL, VEGETABLE, MIRACLE

by Barbara Kingsolver (641.097 KIN)

When Kingsolver and her family move from suburban Arizona to rural Appalachia, they take on a new challenge: to spend a year on a locally produced diet, paying close attention to the provenance of all they consume.

ON FOOD AND COOKING

by Harold McGee (641.3 MCG)

The bible to which food lovers and professional chefs worldwide turn for an understanding of where our foods come from, what exactly they're made of, and how cooking transforms them into something new and delicious.

THE OMNIVORE'S DILEMMA

by Michael Pollan (394.1 POL)

Following four food chains from the source to the final meal, Pollan offers surprising answers to the question, "What should we have for dinner?" and those answers have profound political, economic, psychological, and even moral implications for all of us.

FAST FOOD NATION

by Erick Schlosser (394.1 SCH)

Fast food is so ubiquitous that it now seems as American, and harmless, as apple pie. But the industry's drive for consolidation, homogenization, and speed has radically transformed America's diet, landscape, economy, and workforce, often in insidiously destructive ways.



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