



## METADATA

**Title:** Food and Culture

**Other Titles:** Biocultural approaches of food selection

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### Abstract

The book Food and Culture examines the human diet from a holistic, cross-cultural perspective that considers biology as well as culture, and the past as well as the present. The themes presented concern current issues on nutrition and health, culture-based dietary practices and restrictions, food and technology, and the historical diffusion of various food types between societies. In a practical context, this book provides insight into several areas such as, when health practitioners

need to overcome what are seen as cultural barriers to better nutrition; these may be culinary traditions rooted deep in history, food taboos, various aspects of food related to ethnic identity and cognitive aspects understood as part of ideological systems. Moreover, Food and Culture examines the interrelationship between diet and culture and their mutual influence upon one another, the possibility of nutritional adaptation by biological and social means and genetic discrepancies.

