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In her 2011 book, *Ancestral Appetites: Food in Prehistory*, Dr. Kristen J. Gremillion of Ohio State University does an admirable job of weaving together a narrative of how humans came to enjoy (or at least subsist on) the foods they eat in the myriad ways that they do so.

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This book explores the relationship between prehistoric people and their food - what they ate, why they ate it and how researchers have pieced together the story of past foodways from material traces. Contemporary human food traditions encompass a seemingly infinite variety, but all are essentially strategies for

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meeting basic nutritional needs developed over millions of years. Humans are designed by evolution to adjust our feeding behaviour and food technology to meet the demands of a wide range of environments through a combination of social and experiential learning. In this book, Kristen J. Gremillion demonstrates how these evolutionary processes have shaped the diversification of human diet over several million years of prehistory. She draws on evidence extracted from the material remains that provide the only direct evidence of how people procured, prepared, presented and consumed food in prehistoric times.

This book explores the relationship between prehistoric people and their food - what they ate, why they ate it, and how researchers have pieced together the story of past foodways from material traces.

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Ancestral Diets and Nutrition supplies dietary advice based on the study of prehuman and human populations worldwide over the last two million years. This thorough, accessible book uses prehistory and history as a laboratory for testing the health effects of various foods. It examines all food groups by drawing evidence from skeletons and their teeth, middens, and coprolites along with written records where they exist to determine peoples' health and diet. Fully illustrated and grounded in extensive research, this book enhances knowledge about diet, nutrition, and health. It appeals to practitioners in medicine, nutrition, anthropology, biology, chemistry, economics, and history, and those seeking a clear explanation of what humans have eaten across the ages and what we should eat now. Features: Sixteen chapters

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Prehistory examine fat, sweeteners, grains, roots and tubers, fruits, vegetables, and animal and plant sources of protein. Integrates information about diet, nutrition, and health from ancient, medieval, modern and current sources, drawing from the natural sciences, social sciences, and humanities. Provides comprehensive coverage based on the study of several hundred sources and the provision of over 2,000 footnotes. Presents practical information to help shape readers' next meal through recommendations of what to eat and what to avoid.

This book offers a global perspective on the role food has played in shaping human societies, through both individual and collective identities. It integrates ethnographic and archaeological case studies from the European and Near Eastern Neolithic, Han China, ancient

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Cahokia, Classic Maya, the Inka and many other periods and regions, to ask how the meal in particular has acted as a social agent in the formation of society, economy, culture and identity. Drawing on a range of social theorists, Hastorf provides a theoretical toolkit essential for any archaeologist interested in foodways. Studying the social life of food, this book engages with taste, practice, the meal and the body to discuss power, identity, gender and meaning that creates our world as it created past societies.

Surveys the archaeology of food: its methods and its themes (economics, politics, status, identity, gender, ethnicity, ritual, religion).

The 23 papers presented here are the product of the interdisciplinary exchange of ideas and approaches to the study of

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Prehistory kitchen pottery between archaeologists, material scientists, historians and ethnoarchaeologists. They aim to set a vital but long-neglected category of evidence in its wider social, political and economic contexts. Structured around main themes concerning technical aspects of pottery production; cooking as socioeconomic practice; and changing tastes, culinary identities and cross-cultural encounters, a range of social economic and technological models are discussed on the basis of insights gained from the study of kitchen pottery production, use and evolution. Much discussion and work in the last decade has focussed on technical and social aspects of coarse ware and in particular kitchen ware. The chapters in this volume contribute to this debate, moving kitchen pottery beyond the Binfordian "technomic" category and embracing a wider view,

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linking processualism, ceramic-ecology, behavioral schools, and ethnoarchaeology to research on historical developments and cultural transformations covering a broad geographical area of the Mediterranean region and spanning a long chronological sequence.

"This groundbreaking interdisciplinary feminist study offers a new perspective on how, and why, women's food matters throughout history and in our contemporary world. As one of the first studies to combine a focus on food production, processing and cooking, on food cultures and food systems, Swinbank puts women's knowledge and creativity at center stage in the reproduction and transformation of culture and agriculture. Women's Food Matters provides a theoretically rich contribution." David E. Sutton, Professor of Anthropology at

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Southern Illinois University "Radical feminism has just taken its long-awaited seat at the food studies table. In *Women's Food Matters*, Vicki Swinbank reminds us that women's inter-generational food knowledge--its production, preparation and consumption--is at the heart of most food cultures. *Women's Food Matters* is consistently engaging, informative and persuasively argued, both taking us back to the wonderful memories of being in grandma's kitchen, and into the diverse and widely-politicised world of the global food system." Natalie Jovanovski, Lecturer and DECRA Research Fellow, The University of Melbourne, Australia

This book details how women have always been inextricably linked to food, especially in its production and preparation. This link, which applies cross-culturally, has seldom been fully acknowledged or celebrated. The role of

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Prehistory women in this is usually taken for granted and therefore often rendered unimportant or invisible. This book presents a wide-ranging, interdisciplinary and comprehensive feminist analysis of women's central role in many aspects of the world's food systems and cultures. This central role is examined through a range of lenses, namely cross-cultural, intergenerational, and socially diverse. This book will be of value to scholars in gender studies, sociology, anthropology, and food studies. Vicki Swinbank is an independent researcher and writer. She obtained a PhD in 2008 from the University of Melbourne, Australia. Her research interests focus on feminist politics and food issues. She has published on issues including food entitlement as a human right; the debate within feminism on vegetarianism; the sexual politics of cooking; and food and migrant identity. .

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Over the past decade there has been a remarkable flowering of interest in food and nutrition, both within the popular media and in academia. Scholars are increasingly using foodways, food systems and eating habits as a new unit of analysis within their own disciplines, and students are rushing into classes and formal degree programs focused on food. Introduced by the editor and including original articles by over thirty leading food scholars from around the world, the Routledge International Handbook of Food Studies offers students, scholars and all those interested in food-related research a one-stop, easy-to-use reference guide. Each article includes a brief history of food research within a discipline or on a particular topic, a discussion of research methodologies and ideological or theoretical positions, resources for

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Prehistory research, including archives, grants and fellowship opportunities, as well as suggestions for further study. Each entry also explains the logistics of succeeding as a student and professional in food studies. This clear, direct Handbook will appeal to those hoping to start a career in academic food studies as well as those hoping to shift their research to a food-related project. Strongly interdisciplinary, this work will be of interest to students and scholars throughout the social sciences and humanities.

Comprising 17 chapters and with a wide geographic reach stretching from the Florida Keys in the north to the Guianas in the south, this volume places a well-needed academic spotlight on what is generally considered an integral topic in Caribbean and circum-Caribbean archaeology. The book explores a variety

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of issues, including the introduction and dispersal of early cultivars, plant manipulation, animal domestication, dietary profiles, and landscape modifications. Tried-and-true and novel analytical techniques are used to tease out aspects of the Caribbean and circum-Caribbean database that inform the complex and often-subtle processes of domestication under varying socio-environmental conditions. Contributors discuss their findings within multiple constructs such as neolithisation, social interaction, trade, mobility, social complexity, migration, colonisation, and historical ecology. Multiple data sources are used which include but are not restricted to rock art, cooking pits and pots, stable isotopes, dental calculus and pathologies, starch grains, and proxies for past environmental conditions. Given its multi-disciplinary approaches, this volume

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Prohibitory
should be of immense value to both researchers and students of Caribbean archaeology, biogeography, ethnobotany, zooarchaeology, historical ecology, agriculture, environmental studies, history, and other related fields.

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