

Food In Antiquity A Survey Of The Diet Of Early Peoples

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This is Vol. 66 in a series, Ancient Peoples and Places, and has 67 photographs, 42 line drawings, 4 maps, 7 tables and 117 references. It outlines the diet of man from before history, with notes on the production and preparation of foods and drinks and the relation between diet and disease.-M. Smith.

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List of illustrations --Acknowledgments --Introduction --The population explosion --Fire and food --Sources of data --Chemical analysis --Man eats man --The mammals --Dairy produce --Birds --Reptiles and amphibians --Fish --Mollusks --Insects --Honey --Other sources of sugar --Fungi --Cereal crops --Pulses --roots and tubers --green vegetables --Salad plants --Gourds, melons, squashes --Berry and tree fruits --Citrus fruits --Dates, figs, grapes --Nuts --Olives and cooking oils --Herbs ...

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Food in antiquity : a survey of the diet of early peoples. [Don R Brothwell; Patricia Brothwell] -- The authors describe various sources of sustenance (meat, cooking oils, fruits and vegetables, beverages, etc.) in terms of who consumed it, how it was prepared, and how it spread from its region of ...

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more restricted than that-more of a survey of what is known archaeologically about food and drink in pre-modern times. The book has two great uses. First, for the eternally curious food-lover, it's a wonderful browse. The dryly humorous section on the food value of insects, for example, is enough of a delight to be worth reading aloud.

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