# Things behind our food

Eating is crucial in our day to day life, everyone eats different kinds of food several times a day. However, most of the people may barely think about some facts related to our daily food. Have you ever wondered how we cook our food and why people have different food preference? Jerry Adler, the author of Why Fire Makes Us Human, discusses why cooking is crucial for humans and how the revolution begins. Another author, Rachel Berl, the author of Polarizing Foods, shows us what lead to different food preference. Two authors provide us with a different view about food, we may ask ourselves that what can be food bring to us besides calories. Those articles explained why food is important for human and why we cook our food in a certain way.

Jerry Adler wrote Why Fire Makes Us Human during June 2013, and the author shows why we have to cook our food and why this is crucial. The author explains why we need to cook food rather than eat raw food in several aspects.  In this article, Wrangham and his colleague point out that the key breakthrough in human's revolution is cooking, he argues that people will die if only eat raw food without cooking. Wrangham and McGee both explain cooked food tastes better than raw food. In Wrangham’s view, fires made this cooking process detoxifies poisonous and kills parasites and bacteria, beside of cooking, fires can keep humans warm at night, it brought hominids out of the trees; keep predators away in the night so on and so forth. At the end of the article, the author demonstrates cooking may lead to environmental damage, health problems, injuries, and other disadvantages, however, cooking is a crucial part of our daily life.

After we realize how important cooking is, we may wonder how to cook and why people tend to eat different food. What is the secret of food preference? Polarizing Foods is written by Rachel Pomerance Berl at NOV 2014, the author explains why people love or hate certain tastes. The author uses some example to illustrate how people react oppositely when they are facing the same food and why. For instance, the author showed us that her husband and a friend fought for turkey neck which she can't even see people eat it. Another case is someone like pickles, but others may not. The author questioned Paul Rozin, a professor of psychology and expert in food aversions, who found that certain foods were indeed polarizing among certain generations. Beside Rozin's research, the author tries to explain the reason behind food preference in other aspects. First, taste buds may affect people's food preference. Second, different culture also a factor that affects people's choice. Third, pregnancy may change the baby's tastes. Other elements like the odor of food or color even feel can be a factor to influence people's preference.

Why Fire Makes Us Human explains the revolution of how we cook food, and Polarizing Foods shows us the reason why people have different tastes. Two different authors use similar technic to guide the audience step by step, two articles reveal the relationship between food, culture, and identity.

# Works Cited

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Berl, R. (2014, NOV 26). *Polarizing Foods.* Retrieved from SLATE: https://slate.com/technology/2014/11/food-preferences-and-aversions-cilantro-cranberry-sauce-stuffing-olives-oysters.html

# Memo

In this memo, I am explaining three choices that I made when I wrote in the summary and synthesis essay.

After I wrote the summary and synthesis draft, I decided to rewrite it again, because I got feedback from the instructor that my previous essay needs to improve my sentence structure. English is not my first language, and I am an engineering student who has less skill to write. I realize that what I should do is to show the audience clear logical analysis and use concise sentences to express my opinions. It doesn't mean that I am not willing to improve my writing skill, however, I think it's a process to make that happen. There's no formula to organize sentences or exam grammar mistakes, thus, I choose the concise sentences to communicate with my audience rather than using the nonsense long sentences.

I was tried to explain how those two articles related to each other at the beginning is the second choice I made. In my view, this is important because I felt confused when I first skim those four articles. After the rapid reading, I was trying to find some connection between the two articles I like. It seems difficult to understand the main idea in those two articles at first due to the reason that peoples are not easily perceived those ideas in their lives, perhaps the author tries to convey some uncommon idea to the audience. In other words, we barely consider why we cook and what's the key element to affect our food preference. That's why I tend to use a concise word to tell the audience what's the main idea about those two articles and how they related to each other.

Another choice I made was adding a conclusion paragraph to the summary essay. After I summarize those two articles, I was trying to find a reason why the author writes such kind of article and who will interest in those articles. So, I discussed the author tries to show us how food is connected with our culture and identity besides its explicit values. Hopefully, the audience who read my summary can get clearer about the main idea quickly rather than intensive read the original articles several times like me.