

First Bite: How We Learn to Eat PDF



 **Download**

 **Read Online**

First Bite: How We Learn to Eat by Bee Wilson ISBN 0465064981

We are not born knowing what to eat; as omnivores it is something we each have to figure out for ourselves. From childhood onward, we learn how big a “portion” is and how sweet is too sweet. We learn to enjoy green vegetables—or not. But how does this education happen? What are the origins of taste?

In *First Bite*, award-winning food writer Bee Wilson draws on the latest research from food psychologists, neuroscientists, and nutritionists to reveal that our food habits are shaped by a whole host of factors: family and culture, memory and gender, hunger and love. Taking the reader on a journey across the globe, Wilson introduces us to people who can only eat foods of a certain color; prisoners of war whose deepest yearning is for Mom’s apple pie; a nine year old anosmia sufferer who has no memory of the flavor of her mother’s cooking; toddlers who will eat nothing but hotdogs and grilled cheese sandwiches; and researchers and doctors who have pioneered new

and effective ways to persuade children to try new vegetables. Wilson examines why the Japanese eat so healthily, whereas the vast majority of teenage boys in Kuwait have a weight problem—and what these facts can tell Americans about how to eat better.

The way we learn to eat holds the key to why food has gone so disastrously wrong for so many people. But Wilson also shows that both adults and children have immense potential for learning new, healthy eating habits. An exploration of the extraordinary and surprising origins of our tastes and eating habits, *First Bite* also shows us how we can change our palates to lead healthier, happier lives.

First Bite: How We Learn to Eat Review

This First Bite: How We Learn to Eat book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of First Bite: How We Learn to Eat without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry First Bite: How We Learn to Eat can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This First Bite: How We Learn to Eat having great arrangement in word and layout, so you will not really feel uninterested in reading.