



## What and How We Eat

The way we eat says a lot about who we are at that moment in time. Join us for a conversation and activities exploring how our identities inform our food choices.

### Conversation Questions

1. What food traditions have you carried forward?
2. What governs your decisions regarding foods you purchase?
3. What are the foods you make with other people?

### Read

#### ***In Defense of Food: An Eater's Manifesto* by Michael Pollan**

<https://skokielibrary.bibliocommons.com/item/show/1528308133>

What is real food? Pollan's deeply researched book argues that the information received via the food industry and nutritional experts distorts what it means to eat well.

#### ***The Cooking Gene: A Journey Through African American Culinary History in the Old South* by Michael Twitty**

<https://skokielibrary.bibliocommons.com/item/show/2767667133>

Culinary historian Twitty takes readers on a "Southern Discomfort Tour," analyzing the challenging origins of Tidewater, Low Country, and Cotton Belt Southern cuisine. Part memoir, part historical document, Twitty's book connects genealogy, recipes, ethnology, and rich stories.

#### ***Relish: My Life in the Kitchen* by Lucy Knisley**

<https://skokielibrary.bibliocommons.com/item/show/1802736133>

Daughter of a chef and a gourmand, Knisley traces key episodes in her life through the food she was either eating or making at the time. Knisley's drawings and recipes, combined with her humor and honesty, make first forays in the kitchen much more accessible.

#### **"It's Not the Food Deserts: It's the Inequality" from *City Lab***

<http://bit.ly/2UHluJ2>

In contrast with the common belief that unhealthy diets are due to lack of access to affordable, healthy food, this article





explores the influence that income and education have on developing nutritional habits.

**“Mostly the Old and Ill Ate Breakfast Until the Rise of the Working Man” from *Smithsonian Magazine***

<http://bit.ly/2A2Zz0X>

Breakfast is now considered the most important meal of the day. Find out how three meals a day became a common practice throughout the western world.

**“When We Eat, or Don’t Eat, May Be Critical for Health” from *The New York Times***

<https://nyti.ms/2EbEiF7>

New studies show that not only is it what we eat that matters, but also when we eat.

## Watch

**“Foraging a Wild Lunch” from NPR’s “The Salt”**

<http://bit.ly/2C4myKl>

Biologist and professional forager Nick Spero heads into the wilderness to find his lunch.

**Food: Delicious Science**

<https://skokieilibrary.bibliocommons.com/item/show/2701357133>

Science journalist Michael Mosley and botanist James Wong examine the physics, chemistry, and biology hidden inside our meals, as well as what makes food taste delicious.

## Listen

**“The Splendid Table: Food Myths” with Francis Lam**

<http://bit.ly/2LhvYFr>

Food writer Francis Lam takes apart some common food myths with a group of experts, and investigates a sensibility we often overlook: mouthfeel.

