Contents

	Preface: A Mug-Up	i×
	Acknowledgments	xii
	Introduction: Why It's Time to Rethink Food in History Interpretation	
CHAPTER 1	Starting from Scratch: The Origins of Food Interpretation	9
CHAPTER 2	Who's at the Table? Interpreting Food and Identity	41
CHAPTER 3	It's Good for You! Interpreting Food and Health	87
CHAPTER 4	Local Flavor: Interpreting Food and Place	105
CHAPTER 5	Food—New and Improved! Interpreting Food Technology and Fashion	125
CHAPTER 6	Edible Activism: Interpreting the Politics of the Plate	151
CHAPTER 7	Food Interpretation: The Raw Ingredients	173
	Bibliography	195
	Index	201
	About the Author	205