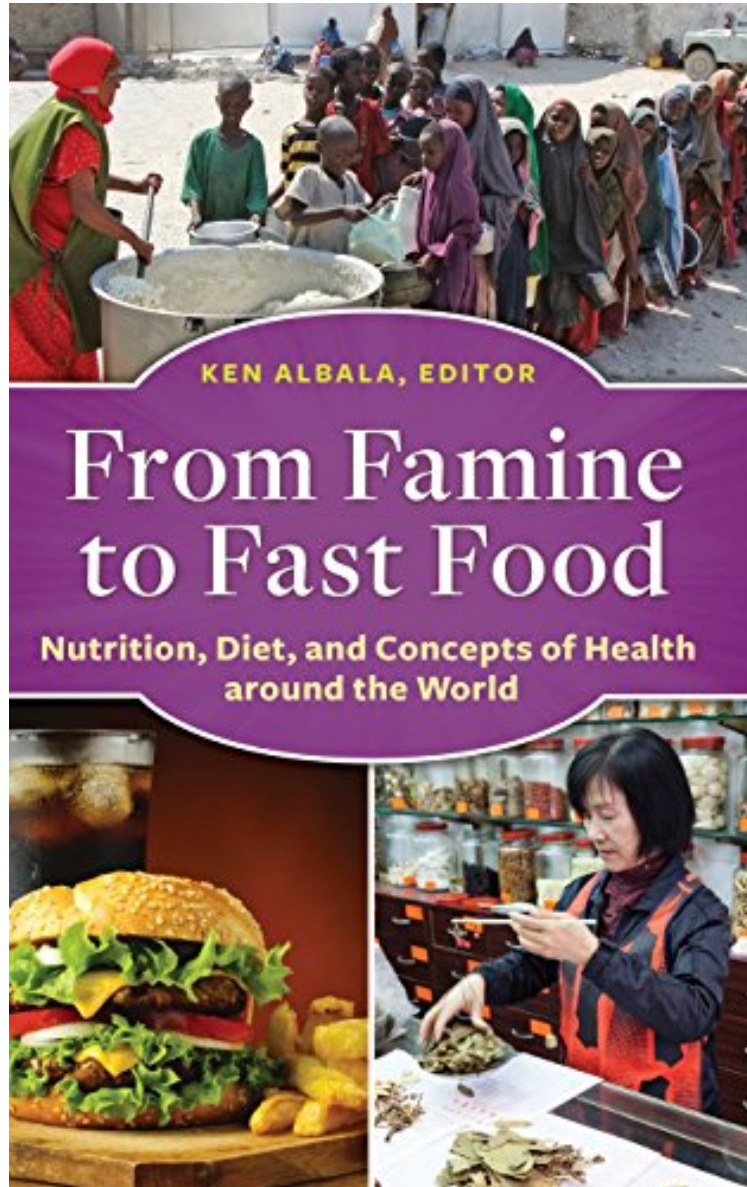


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From Greenwood : From Famine to Fast Food: Nutrition, Diet, and Concepts of Health around the World before purchasing it in order to gage whether or not it would be worth my time, and all praised From Famine to Fast

Food: Nutrition, Diet, and Concepts of Health around the World:

The foods eaten by a nation's population play a key role in shaping the health of that society. This book presents country-specific information on how diet, food security, and concepts of health critically impact the well-being of the world's population. Provides concise, accessible information in a ready-reference format that covers most major countries as well as a variety of non-country populations Includes an introductory essay that creates a conceptual framework for students Presents dozens of recipes that provide various real-world examples of the types of traditional foods eaten in other regions of the world Supplies further readings at the end of each entry that guide readers to additional sources of information

From School Library JournalGr 8 UpAlbala and 100-plus contributors have taken on the ambitious task of compiling a listing of information related to nutrition, diet, and health around the world, addressing facets, such as culture, beliefs, and religion that affect the dynamics of nations' general well-being. The authors strive to address how readers can help alleviate hunger and malnutrition beyond hand-outs and to encourage leaders to make informed policy decisions. The material is arranged by continent and then in alphabetical order by nation. Each entry begins with statistics, such as population, life expectancy, and percent of the population that has access to safe drinking water. Next comes material on eating habits and diets. Important health concerns are mentioned and include topics such as malnourishment, obesity levels, vitamins, and saturated fat levels, how foods or herbs are used for medicinal reasons, and how religion impacts the general consumption of the population. Some entries contain black-and-white photos or a recipe to make a traditional entre, but they are few and far between. This title is a solid starting point for research on geographical, culinary, or cultural information on many countries. However, most users will need to look to other sources for further content. Ken Albala's *Food Cultures of the World* (Greenwood, 2011) would be a great pairing. Jane Hebert, Glenside Public Library District, Glendale Heights, IL About the Author Ken Albala is professor of history at the University of the Pacific, Stockton, CA. He is editor of ABC-CLIO's *Food Culture around the World* series.