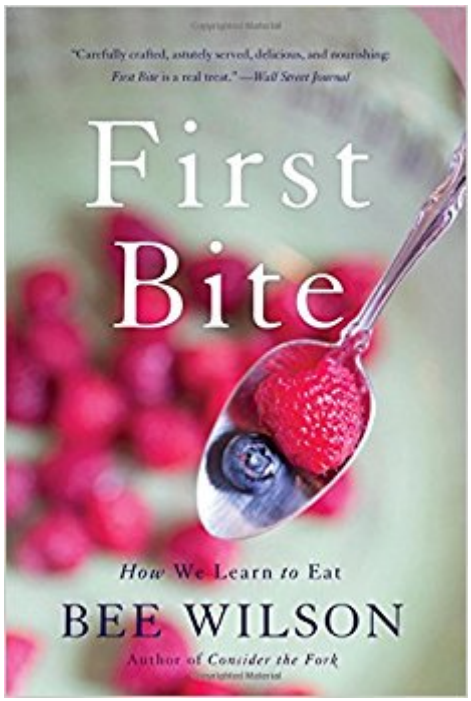
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First Bite: How We Learn To Eat



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Synopsis

In First Bite, award-winning food writer Bee Wilson draws on the latest research from food psychologists and neuroscientists to reveal that our food habits are shaped by a 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, an anosmia sufferer who has no memory of the flavor of her mother's cooking, and researchers who have pioneered new ways to persuade children to try new vegetables. An exploration of the surprising origins of our tastes, First Bite shows us how we can change our palates to lead healthier, happier lives.

Customer Reviews

Washington Post“[A] fascinating new book.... Wilson sprinkles just enough personal narrative through First Bite to establish her as a sympathetic figure without turning the book into a memoir.... Her tone is refreshingly loose and friendly; she's one of the few food scholars I can think of who can effectively quote both Margaret Mead and Homer Simpson. Ultimately, her message is a hopeful, even liberating, one bolstered by examples large and small.Ã¢â ¬Â•Boston Globe“Wilson lays out her discoveries in a series of easily digestible chapters that balance science and anecdote with short interludes on various foods.... She makes a case for health, but even more so, for pleasure, for enjoying what we eat.... Her tone is down-to-earth and research-based at once, gentle, encouraging, no-nonsense. The book lacks the self-helpery pap that mars so many best-selling books about food, but offers up advice and well-supported information on how we can teach ourselves and our children to eat.Ã¢â ¬Â•Scientific American Mind

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