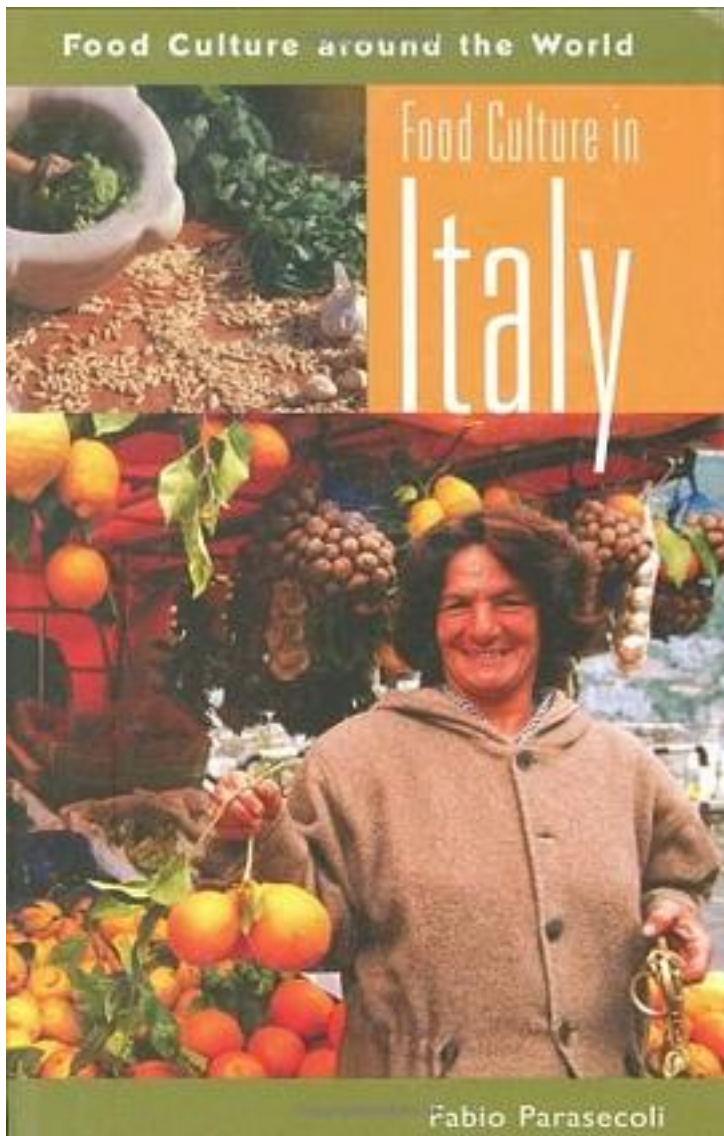


Food Culture in Italy



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出版者:Greenwood Pub Group

出版时间:2004-10

装帧:HRD

isbn:9780313327261

There is keen interest in the exquisite yet simple Italian cuisine and in Italian food culture. This volume provides an intimate look at how Italians cook, eat, and think about food today. It describes the cornucopia of foodstuffs and classic ingredients. An overview of the typical daily routine of meals and snacks is given, and the changing roles of women are explored with a discussion of the inroads that convenience foods are making. In addition, the current concerns about food supply, the benefits of the Mediterranean diet, and the 'slow food' movement are tied in to the debates on these issues outside Italy. Food is one of the reasons why travellers enjoy their visits to Italy. Yet, the fascination with Italian cuisine is not all about health or taste. Italian food is perceived and portrayed in the media as representing a whole lifestyle: according to this image, Italians live la dolce vita, enjoying leisurely eating and drinking with friends and families, families are still important, and communities are close-knit. The reality of Italian society is more complex, and this volume offers a balanced view of Italian culture and identity through its cuisine.

作者介绍:

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