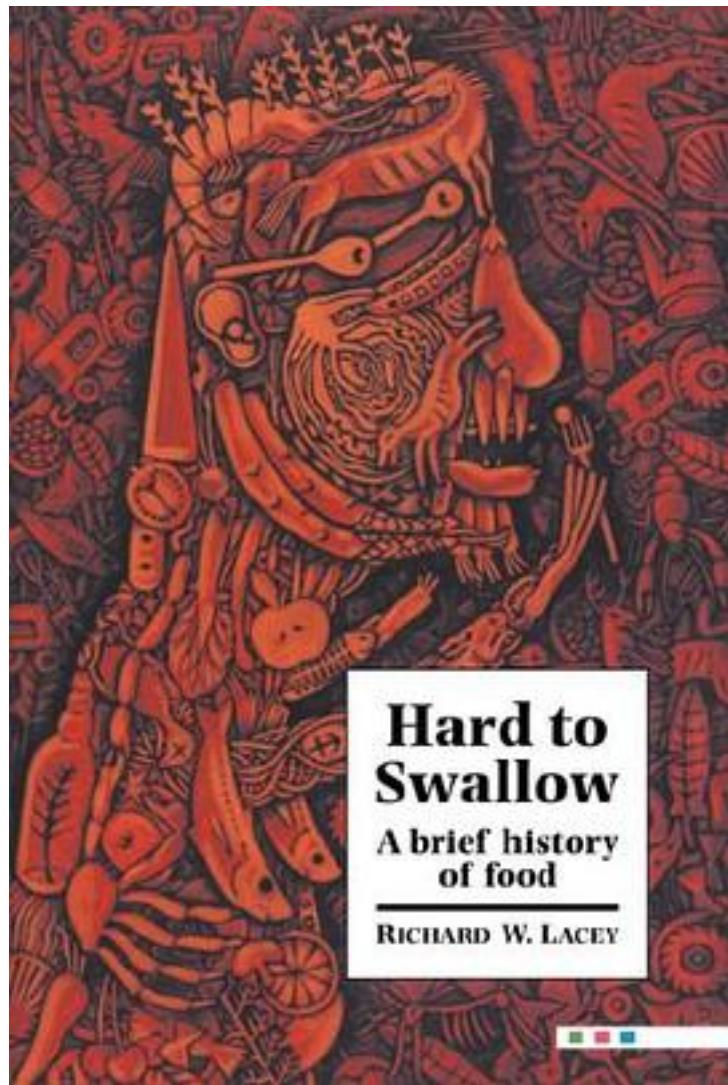


# Hard to Swallow



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出版者:

出版时间:2008-6

装帧:

isbn:9780521064941

You are what you eat, or are you? What is in food? Where does it come from? Richard Lacey, Professor of Microbiology at Leeds University and a popular media critic on food issues, takes the reader on a culinary exploration into the world of food. Blending science and humour, Richard Lacey stimulates us to question the future, to think about the nature of what we eat and where it comes from. Professor Lacey is on the side of the consumer, you and I, as he reveals the sinister sides of food production and the dangers lurking in the kitchen. The reader is served up with a feast of practical tips on the handling of food. But food is fun too! Our taste buds work overtime as we are shown how to enjoy food that is both delicious, healthy and safe.

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