



# The Omnivorous Mind: Our Evolving Relationship with Food

*John S. Allen*

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## **The Omnivorous Mind: Our Evolving Relationship with Food** John S. Allen

In this gustatory tour of human history, Allen suggests that the everyday activity of eating offers deep insights into our cultural and biological heritage. Beginning with the diets of our earliest ancestors, he explores eating's role in our evolving brain before considering our contemporary dinner plates and the preoccupations of foodies.

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