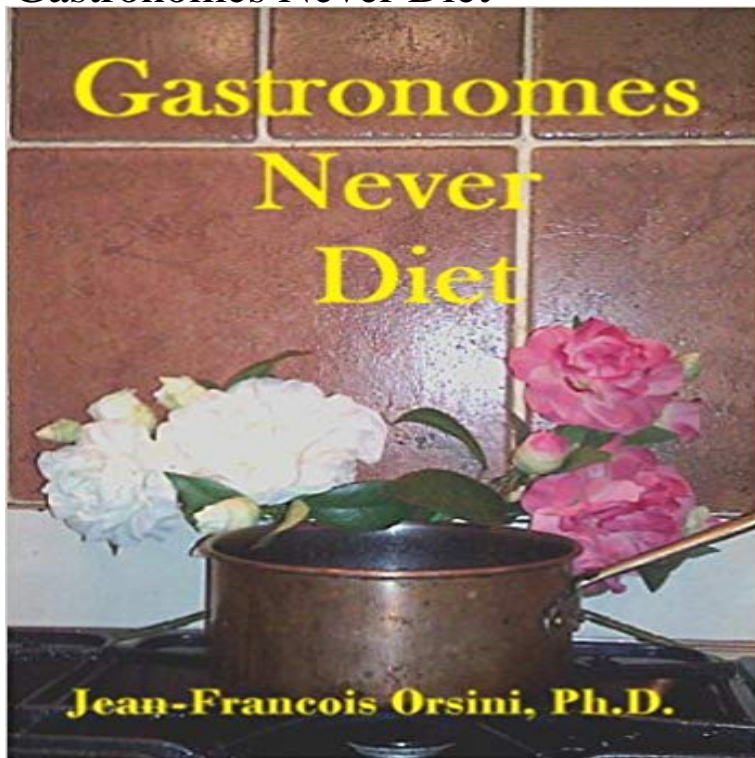


Gastronomes Never Diet



Gastronomy is the field of knowledge concerning the art of eating. It is about both food that is good to eat and good that is good for us. It is part of education. People educated in - and practicing - Gastronomy need not diet. The book provides a chapter on the physiology of taste and smell. A chapter covers a scientific demonstration why eating good food is an effective substitute to dieting. How to teach children how to eat a diversity of foods is covered, as there are specifics in the case of children. Indeed, it is explained how the function of meals is part of a major process of socialization and civilization - starting at the youngest age - and a transfer belt of many cultural values. Major studies in gastronomy throughout the ages are reviewed. A final chapter provides a personal tutorial to help the reader become a competent gastronome.

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