

GEOG3770 – Winter 2010

BOOK LIST: For Book Report Assignment (Work in Progress!!)

Fast food critique:

Spurlock, M. 2005. *Don't Eat This Book – Fast Food and the Supersizing of America*. Berkeley Books: New York.

Schlosser, E. 2002. *Fast Food Nation – The Dark Side of the All-American Meal*. Perennial – HarperCollins: New York.

Water, A. and C. Petrini. 2007. *Slow Food Nation: Why Our Food Should be Good, Clean and Fair*. Rizzoli Ex Libris.

Local foods:

Bendrick, L. 2008. *Eat Where You Live: How to Find and Enjoy Local and Sustainable Food No Matter Where You Live*. Mountaineers Press.

Kingsolver, B. 2008. *Animal, Vegetable, Miracle – A Year of Food Life*. HarperCollins Publishers Inc.

Nabhan, G. 2009. *Coming Home to Eat: The Pleasures and Politics of Local Food*. WW Norton Publishers.

Pollan, M. 2007. *The Omnivores Dilemma: A Natural History of Four Meals*. Penguin Paperbacks.

Pollan, M. 2009. *In Defense of Food: An Eater's Manifesto*. Penguin.

Smith, A. and J.B. Mackinnon, 2007. *The 100-Mile Diet: A Year of Eating Locally*. Vintage Canada.

Smith, A. and J.B. Mackinnon. *Plenty: One Man, One Woman, and a Raucous Year of Eating Locally*. (may not yet be in print)

McWilliams, J.E. 2009. *Just Food: Where Locavores Get it Wrong and How we Can Truly Eat Responsibly*. Little, Brown and Company.

Food system / agribusiness:

Mason, J. and P. Singer, 2007. *The Ethics of What We Eat: Why Our Food Choices Matter*. Rodale Books.

Nestle, M. 2007. *Food Politics: How the Food Industry Influences Nutrition and Health*. University of California Press.

Patel, R. 2009. *Stuffed and Starved*. Harper Perennial Canada.

Simon, M. 2006. *Appetite for Profit: How the Food Industry Undermines Our Health and How to Fight Back*. Nation Books.

Shiva, V. 2000. *Stolen Harvest: The Hijacking of the Global Food Supply*. South End Press.

Weber, K. 2009. *Food, Inc.: A Participant Guide: How Industrial Food is Making Us Sicker, Fatter, and Poorer-And What You Can Do About It. - Remaking the North American Food System: Strategies for Sustainability*. Public Affairs.

Food and/in culture and history:

Abbott, E. 2008. *Sugar: A Bittersweet History*. Penguin Canada.

Anderson, E.N. 2005. *Everyone Eats – Understanding Food and Culture*. New York University Press.

Freedman, P. 2007. *Food: The History of Taste*. University of California Press.

Kurlansky, M. 2002. *Salt: A World History*. Penguin Canada.

Montanari, M. 2006. *Food is Culture: Arts and Traditions of the Table – Perspectives on Culinary History*. Columbia University Press.

Pollan, M. 2009. *Food Rules: An Eater's Manual*. Penguin Paperbacks.

Rappoport, L. 2003. *How We Eat – Appetite, Culture and the Psychology of Food*. ECW Press.

Rubin, L.C. 2008. *Food for Thought – Essays on Eating and Culture*. McFarland and Co.

Food safety:

Friedberg, S. 2004. *French Beans and Food Scares: Culture and Commerce in an Anxious Age*. Oxford University Press.

Nestle, M. 2004. *Safe Food: Bacteria, Biotechnology and BioTerrorism*.
University of California Press.