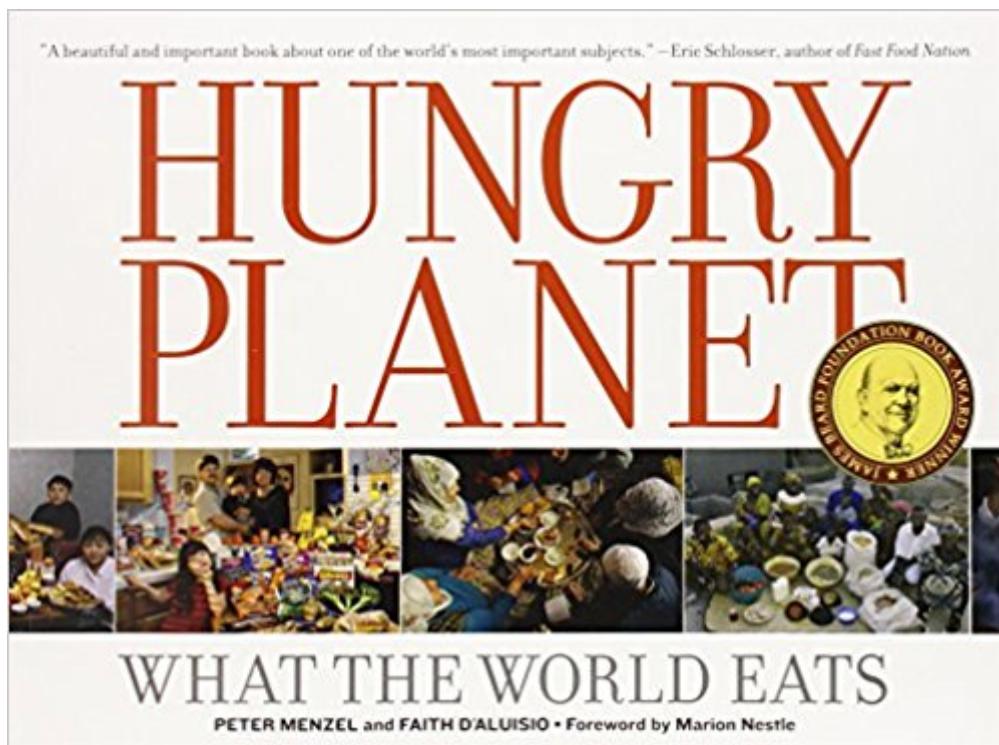


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# Hungry Planet: What The World Eats



## Synopsis

The age-old practice of sitting down to a family meal is undergoing unprecedeted change as rising world affluence and trade, along with the spread of global food conglomerates, transform eating habits worldwide. HUNGRY PLANET profiles 30 families from around the world--including Bosnia, Chad, Egypt, Greenland, Japan, the United States, and France--and offers detailed descriptions of weekly food purchases; photographs of the families at home, at market, and in their communities; and a portrait of each family surrounded by a week's worth of groceries. Featuring photo-essays on international street food, meat markets, fast food, and cookery, this captivating chronicle offers a riveting look at what the world really eats. *Â The paperback edition of the 2006 James Beard Book of the Year featuring a photojournalistic survey of 30 families from 24 countries and the food they eat during the course of one week. Winner of the 2006 James Beard Award for writings on food, finalist for the 2006 IACP Cookbook Award for food reference/technical, and winner of the 2005 Harry Chapin Media Award. Includes more than 300 photographs plus essays on the politics of food by Marion Nestle, Michael Pollan, Charles C. Mann, Alfred W. Crosby, Francine R. Kaufman, Corby Kummer, and Carl Safina. The hardcover edition has sold 40,000 copies.*

**Awards**  
2006 James Beard Cookbook of the Year  
The Splendid Table Book of the Year  
2005 Harry Chapin Media Award finalist for the 2006 IACP Cookbook Award  
Reviews "The photos are at once charming and astonishing in their honesty."  
"Milwaukee Journal Sentinel" "A treasure trove of information . . . The photographs alone are worth the price of admission."  
"Travel Girl" "Arresting, beautiful, enlightening and infinitely human, this is a collection of full-page photos of families around the world surrounded by what they eat in a single week -- from Bhutan to San Antonio. Read the illuminating statistics and the essays. This is a book for the family and for the classroom. You won't see the same old "aren't we better than them" attitude, nor will you be shamed. This book reminds us that what we eat is the simplest, yet most profound, thread that ties us together."  
"Lynne Rossetto Kasper, Host of American Public Media's Public Radio Program, The Splendid Table." "the politics of food at its most poignant and provocative. A coffee table book that will certainly make coffee interesting."  
"Washington Post" "While the photos are extraordinary--fine enough for a stand-alone volume--it's the questions these photos ask that make this volume so gripping. This is a beautiful, quietly provocative volume."  
"Publishers Weekly, starred review" "This book of portraits reveals a planet of joyful individuality, dispiriting sameness, and heart-breaking disparity. It's a perfect gift for the budding anti-globalists on your list."  
"Bon Appetit" "[A] unique photographic study of global nutrition."

Ã¢ "œUSA TodayÃ¢ "Ã¢ "Grabs your attention for the startlingly varied stories it tells about how people feed themselves around the world. Its contents are based on detailed research, beautifully photographed, presented with often disturbing clarity.Ã¢ "Ã¢ "Associated Press"Ã¢ "The world's kitchens open to Peter Menzel and Faith D'Alusio, the intrepid couple who created the series of books called Material World.... As always with this couple's terse, lively travelogues, politics and the world economy are never far from view." -New York Times Book Review

Ã¢ "Ã¢ "illuminating, thought-provoking, and gloriously colorfulÃ¢ "Ã¢ "Ã¢ "œSaveur magazineÃ¢ "Ã¢ "Richly colored and quietly composed photographs....Hungry Planet is not a book about obesity or corporate villains; it's something much grander. Its premise is simple to the point of obvious and powerful to the point of art.Ã¢ "Ã¢ "Salon.comÃ¢ "Ã¢ "A fascinating nutritional and gustatory tour.Ã¢ "Ã¢ "San Jose Mercury NewsÃ¢ "Ã¢ "A grand culinary voyage through our modern world...a lushly illustrated anthropological study.Ã¢ "Ã¢ "San Francisco Bay GuardianÃ¢ "Ã¢ "The talked-about book of the season...the stories are fascinating.Ã¢ "Ã¢ "Detroit Free PressÃ¢ "Ã¢ "Unique and engagingÃ¢ "Ã¢ "Ã¢ "œDelta Airlines Sky magazine

## **Book Information**

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## **Customer Reviews**

It's an inspired idea--to better understand the human diet, explore what culturally diverse families eat for a week. That's what photographer Peter Menzel and author-journalist Faith D'Alusio, authors of the equally ambitious Material World, do in Hungry Planet: What the World Eats, a comparative photo-chronicle of their visits to 30 families in 24 countries for 600 meals in all. Their

personal-is-political portraits feature pictures of each family with a week's worth of food purchases; weekly food-intake lists with costs noted; typical family recipes; and illuminating essays, such as "Diabesity," on the growing threat of obesity and diabetes. Among the families, we meet the Mellanders, a German household of five who enjoy cinnamon rolls, chocolate croissants, and beef roulades, and whose weekly food expenses amount to \$500. We also encounter the Natomos of Mali, a family of one husband, his two wives, and their nine children, whose corn and millet-based diet costs \$26.39 weekly. We soon learn that diet is determined by largely uncontrollable forces like poverty, conflict and globalization, which can bring change with startling speed. Thus cultures can move--sometimes in a single jump--from traditional diets to the vexed plenty of global-food production. People have more to eat and, too often, eat more of nutritionally questionable food. Their health suffers. Because the book makes many of its points through the eye, we see--and feel--more than we might otherwise. Issues that influence how the families are nourished (or not) are made more immediate. Quietly, the book reveals the intersection of nutrition and politics, of the particular and universal. It's a wonderful and worthy feat. --Arthur Boehm --This text refers to the Hardcover edition.

Starred Review. For their enormously successful *Material World*, photojournalist Menzel and writer D'Aluisio traveled the world photographing average people's worldly possessions. In 2000, they began research for this book on the world's eating habits, visiting some 30 families in 24 countries. Each family was asked to purchase--at the authors' expense--a typical week's groceries, which were artfully arrayed--whether sacks of grain and potatoes and overripe bananas, or rows of packaged cereals, sodas and take-out pizzas--for a full-page family portrait. This is followed by a detailed listing of the goods, broken down by food groups and expenditures, then a more general discussion of how the food is raised and used, illustrated with a variety of photos and a family recipe. A sidebar of facts relevant to each country's eating habits (e.g., the cost of Big Macs, average cigarette use, obesity rates) invites armchair theorizing. While the photos are extraordinary--fine enough for a stand-alone volume--it's the questions these photos ask that make this volume so gripping. After considering the Darfur mother with five children living on \$1.44 a week in a refugee camp in Chad, then the German family of four spending \$494.19, and a host of families in between, we may think about food in a whole new light. This is a beautiful, quietly provocative volume. (Nov.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to the Hardcover edition.

I purchased this book as part of our homeschool curriculum. We have really enjoyed learning about families in countries around the world, how they live, what they typically eat, and even favorite family recipies. The photography is excellent, really capturing the essence of the lives of the families depicted, as well as the countries they live in. You will really have your eyes opened about how little some of them have to eat, and how hard they work for what they have. It really gave us a deeper appreciation for how richly blessed we are.

Amazing book that really opens your eyes to how much influence huge food corporations have planted themselves worldwide. This book was an eye opener for me and I highly recommend it. It gives you details on what an average family in a particular country eats in a week, brands of food, homegrown, equivalency to American costs, too many details to list. Big fan of this author's books.

I love this collection of photographs to illustrate the diversity and inequality of food and nutrition around the world. I use this book in several university courses I teach to give students a better understanding of what 'average' families around the world eat and how their access, habits, etc. are impacted by culture, infrastructure, wealth, and region. The authors also include cost information in itemized lists of food eaten by each featured family, as well as epidemiological and economic data describing the countries' wealth and health. An excellent collection.

I have always been fascinated by food, and what people eat, and I bought this because I'd seen intriguing photos from it of families with their weeks-worth of food, but the stories about the families are also fascinating, and each family contributes a regional recipe! Yeah!! I have some favorite families... the Madsens of Greenland, the Cuis of China, the Aymes of Ecuador... but all the families are endearing and delightful, and there's something about having a week's worth of food laid out before you like it's Thanksgiving or any festival day that just makes you grin like a kid. Try it and see!

It was amazing to see what different cultures around the world eat and what they spend on food a month. Learning different resources other people around the world use that you may look past is eye opening and makes you think what we are really should be focusing on when it comes to what we eat and how we go about manufacturing it.

I heard the authors speak when I stumbled upon an exhibit of this project that had just opened at the

Nobel Peace Center in Oslo. The concept is intriguing- to analyze by cost, calories, etc., what families eat in different countries around the world. The photography of the families with their week's worth of food is wonderful- telling the story in photos as well as text. It's not the type of book I'd read from start to finish, but I've left it on the kitchen counter, and "dip into" it from time to time. I continue to be interested and have learned much. By the way, I ordered the book from [Amazon](#) for a much lower cost than if I'd purchased it at the exhibit, and it was waiting for me when I arrived home.

Beautiful coffee table book, and fascinating reading. Great photos, and really makes anyone who looks at it think about food around the world, hunger and excess.

As a pre-service teacher, I was introduced to this book by a mentor on teaching rounds. She used the photos of the families in the book as a slideshow to compare what foods the families eat in a week. The students found it highly engaging and as I flipped through the book so many lessons were coming to mind. This is a fantastic resource for any teacher of Health, Economics, Geography or Food Technology. This book not only has fantastic photos, but statistics on each country, a complete break down of spend of money on food, a family recipe for each, focus point essays on important issues, as well as a complete lifestyle profile for each family. It is such a useful book for teachers and I highly recommend you get a copy!

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