

# GOOD TO EAT

## RIDDLES OF FOOD & CULTURE

By Marvin Harris

If you are born and raised in the USA, you learn to enjoy beef and pork, but not goat and horse. And you are definitely not fond of rat stew. Yet horse flesh appeals to the French and Belgians. A survey commissioned by the U.S. Quartermaster Corps turned up forty-two different societies in which people eat rats.

Why are human food habits so diverse? Can anthropologists explain preferences and avoidances from one culture to another? In **Good to Eat**, Marvin Harris takes on some of the major food riddles, including people-eating, meat hunger and milk abhorrence. He demonstrates that foods that are preferred or spurned are those that have practical benefits or dangers for whole populations.

"Insects are disgusting, and full of germs. Ugh!" Yet this European and American rejection of insects as food has little to do with insects as disease carriers or their associations with dirt and filth. The reason we don't eat them is not that they are dirty or loathsome; rather, they are dirty and loathsome because we don't eat them.

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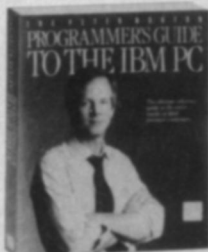
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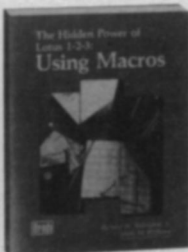
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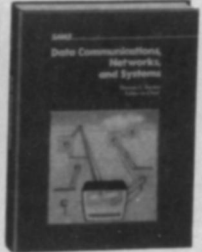


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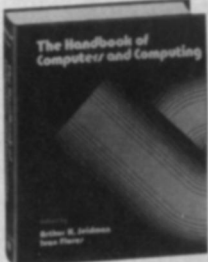
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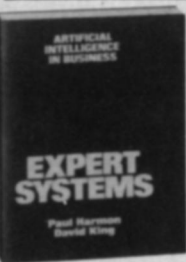
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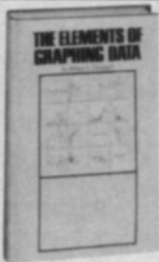
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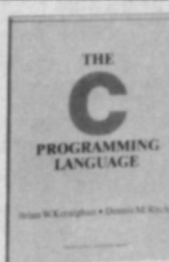
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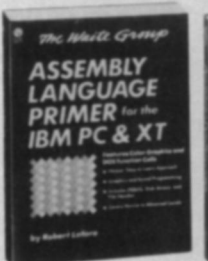
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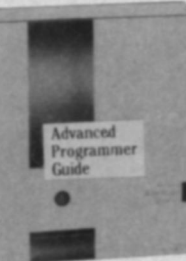
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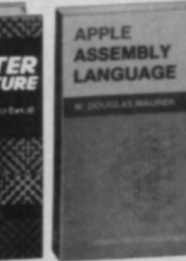
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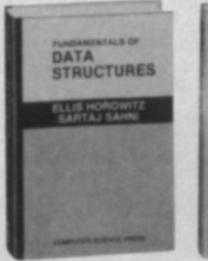
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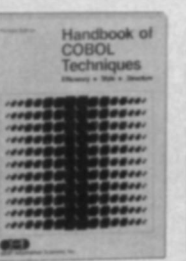
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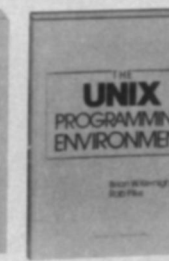
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