

CONTENTS

	PREFACE	VII
1.	INTRODUCTION	1
2.	COMPONENTS OF FOOD AND DRINK	5
3.	WHY DO WE NEED FOOD?	27
4.	FROM FARM TO TABLE	52
5.	DRINK	74
6.	FOOD POISONING AND THE PRESERVATION OF FOOD	87
7.	CHANGES IN FOOD DURING STORAGE AND PREPARATION	106
8.	FLAVOUR, COLOUR AND TEXTURE	131
9.	EATING CHEMICALS	151
10.	FADS, FALLACIES AND THE FUTURE	165
	APPENDIX	181
	INDEX	183