



Why We Eat, How We Eat: Contemporary Encounters between Foods and Bodies (Critical Food Studies)

Anna Lavis

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Why We Eat, How We Eat maps new terrains in thinking about relations between bodies and foods. With the central premise that food is both symbolic and material, the volume explores the intersections of current critical debates regarding how individuals eat and why they eat. Through a wide-ranging series of case studies it examines how foods and bodies both haphazardly encounter, and actively engage with, one another in ways that are simultaneously material, social, and political. The aim and uniqueness of this volume is therefore the creation of a multidisciplinary dialogue through which to produce new understandings of these encounters that may be invisible to more established paradigms. In so doing, Why We Eat, How We Eat concomitantly employs eating as a tool - a novel way of looking - while also drawing attention to the term 'eating' itself, and to the multiple ways in which it can be constituted. The volume asks what eating is - what it performs and silences, what it produces and destroys, and what it makes present and absent. It thereby traces the webs of relations and multiple scales in which eating bodies are entangled; in diverse and innovative ways, contributors demonstrate that eating draws into relationships people, places and objects that may never tangibly meet, and show how these relations are made and unmade with every mouthful. By illuminating these contemporary encounters, Why We Eat, How We Eat offers an empirically grounded richness that extends previous approaches to foods and bodies.

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