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First Bite is, first and foremost, an anthropological category killer on the topic of how we learn to eat." Wall Street Journal "[A] fascinating new book.... First Bite should be read by every young parent, and is a good resource for adults with eating disorders and those with more prosaic problems like waistline drift.

An exploration of the surprising origins of our tastes, First Bite shows us how we can change our palates to lead healthier, happier lives. In First Bite, award-winning food writer Bee Wilson draws on the latest research from food psychologists and neuroscientists to reveal that our food habits are shaped by a host of factors: family and culture, memory and gender, hunger and love.

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'First Bite: How We Learn to Eat' and Why It Matters Why would any mom in their right mind encourage their child to eat junk food? The simple explanation is that for a short period when he was around 7-years old or so, Blake started to show behavior that made me worry he might be taking clean eating to extremes.

First Bite How We Learn

"First Bite is a feast of a book."—Financial Times "An anthropological category killer on the topic of how we learn to eat."—New York Times Book Review "A fascinating new book.... [Bee Wilson's] message is a hopeful, even liberating, one."—Washington Post "A brilliant, heartfelt book about [the] crisis in our contemporary diet....

First Bite: How We Learn to Eat: Bee Wilson: 9780465094127 ...

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First Bite: How We Learn to Eat by Bee Wilson

"First Bite: How We Learn to Eat" by Bee Wilson is a way of looking how we view food and teach our children to view food. Her book uses research from food psychologists, neuroscientists, and nutritionists.

First Bite: How We Learn to Eat by Bee Wilson, Paperback ...

Book review of First Bite, by Bee Wilson; an inspiring book discussing how we learn to eat. It will probably change the way how you think about eating, dieting, and feeding.

First bite - How we learn to eat - A book review - Food ...

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First Bite: How We Learn to Eat | IndieBound.org

First Bite NPR coverage of First Bite: How We Learn to Eat by Bee Wilson and Annabel Lee. News, author interviews, critics' picks and more.

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First Bite: How We Learn to Eat - Kindle edition by Bee ...

"First Bite: How We Learn to Eat" A book by Bee Wilson Two years ago, the fingernails of my son, then 4 years old, began to fall off. It was a painful, messy affair.

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Bee Wilson's 'First Bite: How We Learn to Eat' - The New ...

First Bite is a brilliant study of how we form our food preferences and how we may be able to change them. Her narrative kept me hungry for more until the very end." (Yotam Ottolenghi) "No matter what our age, we hunger for childhood food. First Bite weaves together fascinating scientific research to show why we wish we were still kids in a sweet shop. The book's powerful message is that we can tap into the way we learned to eat as children to discover new flavours and healthier food habits."

First Bite: How We Learn to Eat (Audiobook) by Bee Wilson ...

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Bee Wilson - Wikipedia

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