

CONTENTS

Series Foreword vii

Preface ix

Acknowledgments xiii

- 1 Food: A Citizen's Manual 1
- 2 Making Sense of Food Systems 27
- 3 Health and Nutrition 61
- 4 Environment and Sustainability 85
- 5 Technology 111
- 6 Hunger and Food Security 137
- 7 What Happens Next? 165

Glossary 191

Notes 197

Further Reading 205

Index 207