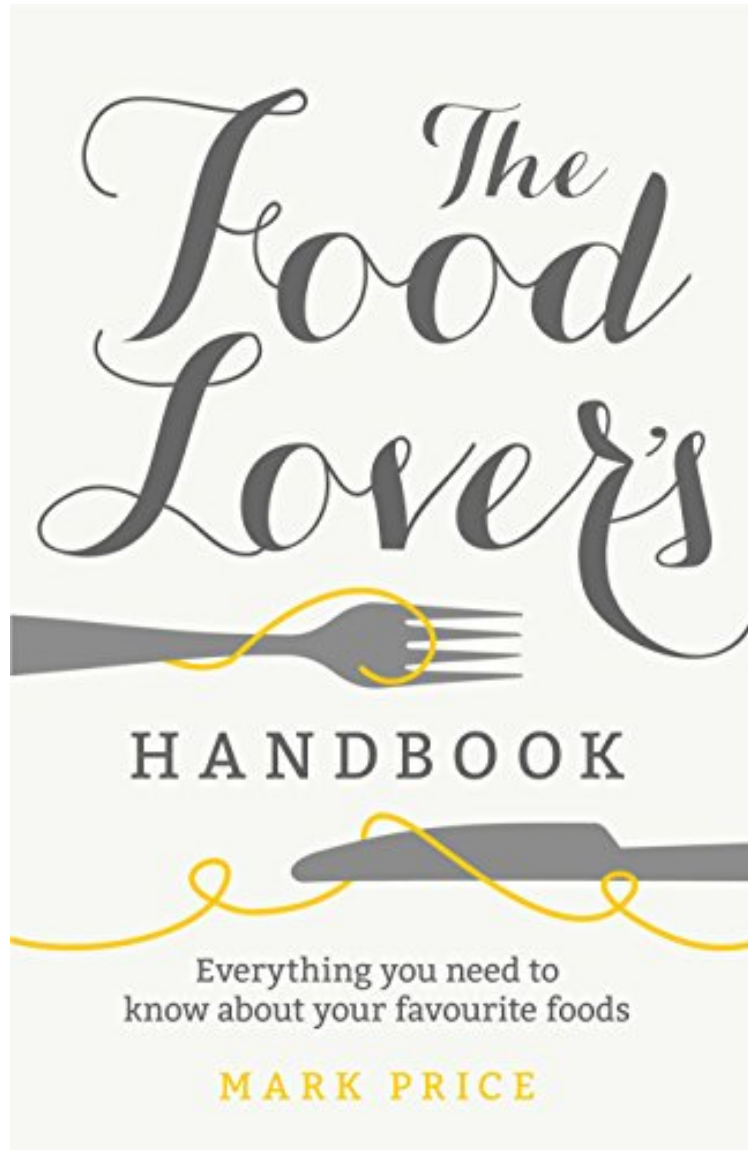


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The Food Lover's Handbook

Mark Price

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Mark Price : The Food Lover's Handbook before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Food Lover's Handbook:

In this beautifully illustrated handbook, food expert Mark Price shines the spotlight on 40 of the most popular foods — from everyday items like tea, coffee and cheese, to luxury products like caviar and chocolate. A timely and topical guide for foodies and everyday shoppers, this book dispels unhelpful food myths and provides fact-based,

unbiased accounts of where food comes from, the morals behind different production methods, and why prices and taste vary. This book will equip readers and shoppers with the tools they need to be able to make informed decisions about what to buy and how much to spend. Standing apart from subjective discussions about taste, and debates around health and nutrition, this book clearly and concisely explains why the cheapest to the most expensive foods cost what they do. Peppered throughout with first-hand experience and anecdotes, Mark Price goes back to the origins of these items, their historical significance and perceived value in today's society, and advice on the products you should "try before you buy"!

"This encyclopedic book covers a vast amount of food and drink...Mark's enthusiasm and knowledge jumps off the page" * The Grocer * "The book is peppered with hard facts and interesting anecdotes, providing an in-depth analysis of some of our most popular food products" * Waitrose Food * About the Author Mark Price is the Managing Director of Waitrose. A self-confessed foodie, he has been dubbed "the chubby grocer" by the press, and is passionate about all things food-related.