

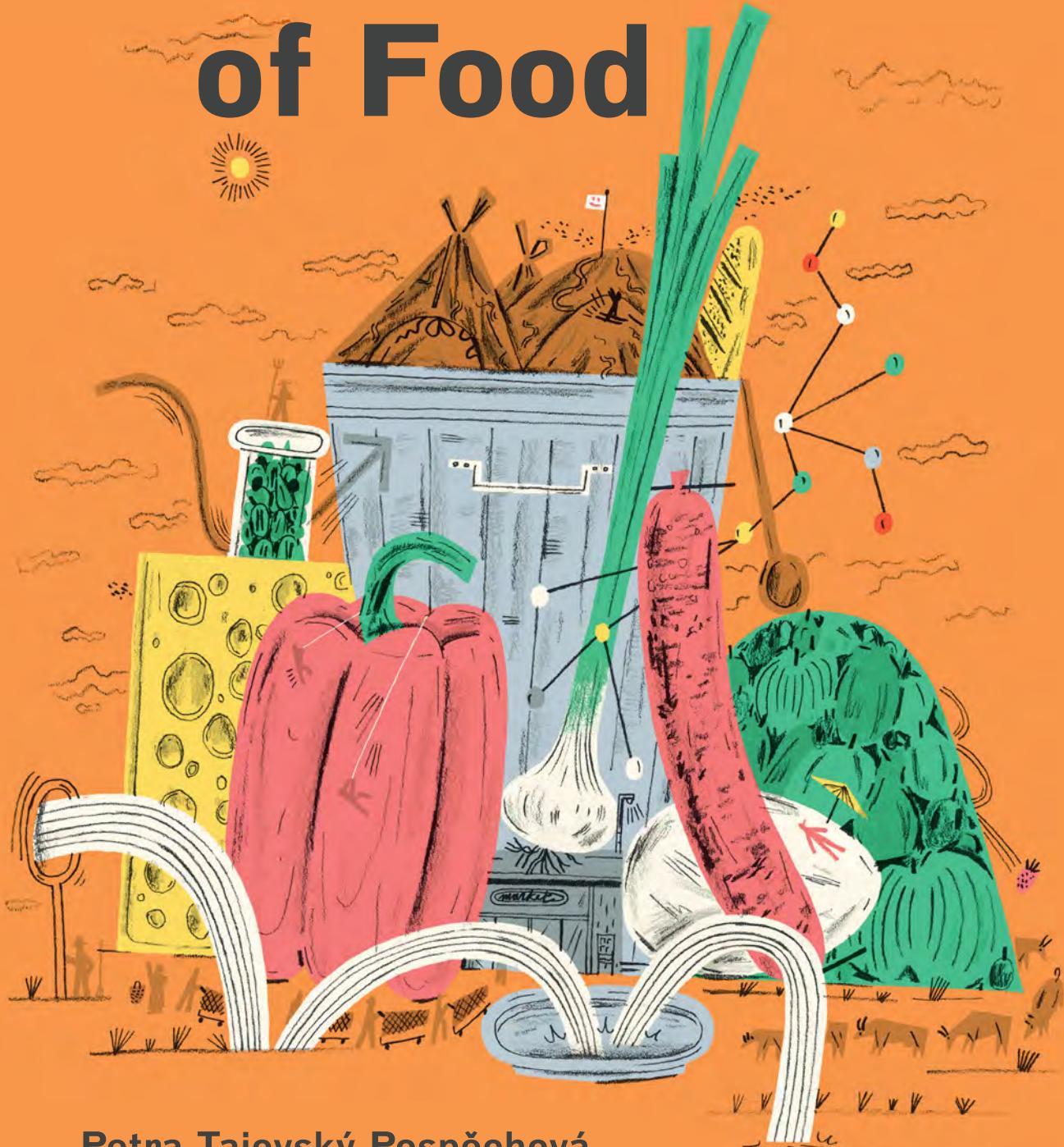


A Book Full of Food



Petra Tajovský Pospěchová

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Petra Tajovský Pospěchová
Illustrated by Jakub Bachorík

The story of food is like an enormous, colourful jigsaw puzzle. It isn't just about tables laid out with various kinds of dishes – food comes in many other forms.

The things we eat can work as **medicine or poison**. You shouldn't eat polar bear liver!



Food is the building material for our muscles, brain, and other organs. It creates a kind of chemical magic in the body.

Some foods **smell so nice** they make your mouth water, while others **smell so awful** you're not allowed to take them on the bus.

What we eat **says a lot about how we see the world**. Some people try to protect the environment, while others are passionate about eating meat.

The culinary world has always inspired artists: Giuseppe Arcimboldo painted a portrait of Emperor Rudolf II consisting of fruit, Roald Dahl wrote the book *Charlie and the Chocolate Factory*, and the street artist Timo from Brno turned ordinary margarine into an artwork entitled *Drama*.

Food can sometimes tell travellers more about a place than a guidebook. People eat roasted guinea pigs in Peru, and the aroma of melted cheese wafts through Swiss valleys.

The food we eat can show how wealthy we are. Truffles and caviar can cost as much as a car.



Many times in history, shortages of food have led to **revolutions**.

Cooking can make you a superstar with millions of followers, like Gordon Ramsay or Yolanda Gampp.

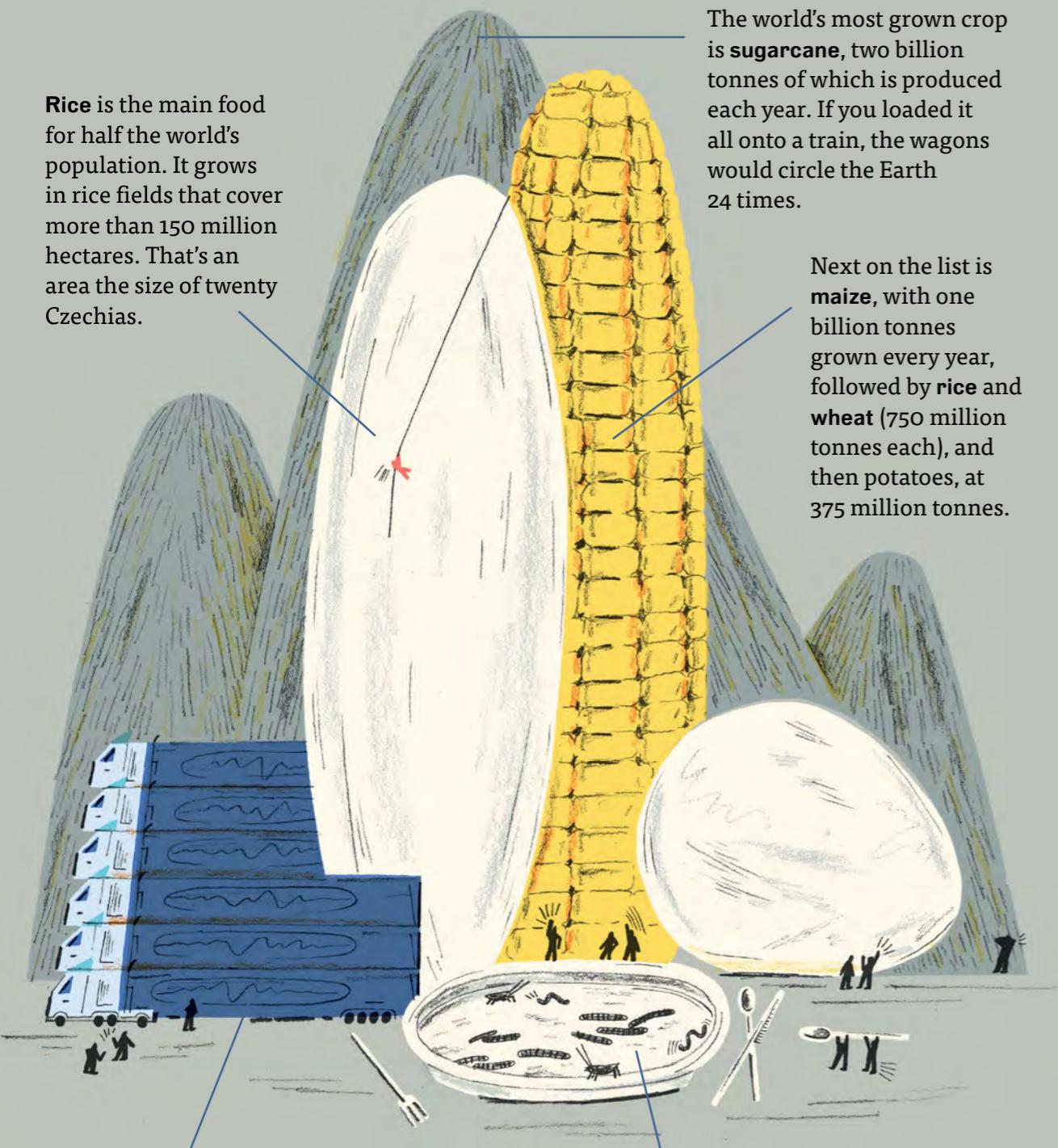
Sometimes food is used as an insult. Nobody wants to be called a turnip head.

Who invented the first chocolate, and what kinds of sweet delicacies are eaten around the world? What chemical wonders or harm can food work, and what healing properties does chewing gum have? Who ate the first sandwich in history, and how has the food industry changed the world? Why would anyone eat raw squirrel in public, and why is it important to think about where our food comes from?

You'll find out the answers to all these questions in this book. So let's explore food in all its dimensions!

Food for thought

Rice is the main food for half the world's population. It grows in rice fields that cover more than 150 million hectares. That's an area the size of twenty Czechias.



In the time it takes to say "one," people around the world eat **86 tonnes of food**. That's the same as six fully loaded lorries.

The world's most grown crop is **sugarcane**, two billion tonnes of which is produced each year. If you loaded it all onto a train, the wagons would circle the Earth 24 times.

Next on the list is **maize**, with one billion tonnes grown every year, followed by **rice** and **wheat** (750 million tonnes each), and then potatoes, at 375 million tonnes.

Every year, a third of all food produced ends up in the dustbin. The average European throws away 155 kilograms of food a year. That's roughly the weight of a panda or a motorbike.



Rhubarb can grow up to three centimetres in a single day. You can even hear it growing – it makes little cracking sounds.

A single fast food burger can contain meat from as many as 100 different cows.

Every day, **three billion cups of tea** are drunk around the world. That's enough to fill a reservoir such as Lipno or Želivka.

Around the year 1000 CE, differences in wealth between people began to grow wider, and this was reflected in what they ate. While rich nobles in castles held grand feasts with many courses, including game, poultry, wine and mead, poor people mostly ate grain porridge, soups, dark bread and dairy products. They only had meat on special occasions.



An Italian priest baked the **first pretzel**. It was given as a reward to children who had studied well.



The first mention of **pizza** was in the town of Gaeta in Italy. Back then, it was a baked flatbread with a lard or garlic topping.



The explorer Vasco da Gama was the first European to sail to India. This opened up a sea route for **trading spices**. They had previously only been transported by land.

1498

Another great change in the diets of our distant ancestors came with overseas discoveries. Explorers brought back potatoes, tomatoes, cucumbers, peppers and maize from their ocean voyages. Thanks to such discoveries, the diets of poorer people became more varied and nutritious.



The English pirate Francis Drake brought the **first potatoes** to Europe. However, it was several decades before people started liking them.

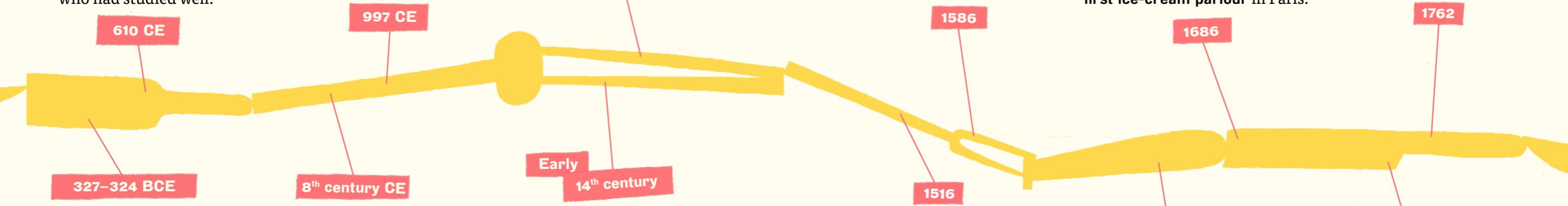


A Sicilian man named Francesco Procopio dei Coltelli started the **first ice-cream parlour** in Paris.



The **sandwich** was born. It was first made for John Montagu, the Earl of Sandwich, so he could eat while he was playing cards.

1762



Alexander the Great brought back **lemons, exotic spices and rice** from his expeditions to Asia.



In Asia, people ate an **early kind of sushi**: fish wrapped in rice. But they didn't eat the rice. It was only there to stop the fish going off.



The oldest surviving handwritten **cookbooks and menus** date from the time of Holy Roman Emperor Charles IV.



William IV, Duke of Bavaria, introduced a law that specified which ingredients could be used to make beer. This was the **first law created to protect consumers**.



Most of our ancestors ate with their hands or with a spoon. For a long time, **forks** were only used by the nobility. Albrecht von Wallenstein, for example, had 157 of them.



Chips were invented in Belgium. They were fried twice in beef or horse fat.

Mega-expensive ingredients

Some food can cost a fortune. There's a chocolate pudding with caviar and edible gold, which costs as much as a luxury car. And there's a burger made from Kobe beef and truffles, which is as pricey as a holiday for a whole family. What makes these dishes so expensive is the ingredients, because they are rare and costly to obtain.



Pata negra, which translates as “black foot,” is a dried Spanish ham made from black Iberian pigs. These aristocratic porkers roam in oak groves and feed on acorns, which gives the slowly dried pork leg its irresistible flavour.

Kobe beef is a special kind of meat that comes only from cattle raised in the Japanese city of Kobe, in Hyōgo Prefecture. The cows are fed treats, including beer mash, and are regularly given massages to keep them feeling relaxed and happy.

Elvish honey comes from wild Turkish bees that live in hard-to-reach caves deep below sea level. It is believed to have many healing powers. It's sold in beautifully decorated glass jars.

Foie gras, or fatted goose liver, is produced using a method many people find cruel. Geese are force-fed and given little room to move, so their livers become extra fatty. Today, the same results can be achieved by a more humane method: the goose is given a special injection instead.

Saffron is made from dried red and yellow stigmas and styles that are picked by hand from the flowers of the saffron crocus. The best saffron comes from Kashmir, India. It's used for its special taste and a golden colour.

Almas caviar is the most expensive caviar in the world. It's made from the eggs of a critically endangered fish called the beluga sturgeon. It has an unusual white colour and a buttery, nutty and salty taste. *Almas* means “diamonds” in Persian, and the price of this caviar is comparable.

Edible gold is used in luxury cuisine mostly to impress the diners. It doesn't have any flavour and only crunches slightly when you bite it. Extremely fine sheets of gold are used to wrap sushi or decorate desserts.

White truffles are rare mushrooms with a very distinctive smell. They grow underground and are found with the aid of specially trained dogs. The most expensive and best-tasting truffles are picked in northern Italy near the town of Alba.

* All prices listed are per kilogram.

Culinary superstars

The roots of modern cuisine were laid down by legendary chefs of the past. Around the beginning of the 20th century, many of them came from elite culinary schools and their restaurants were often the recipients of Michelin stars. Later, chefs with their own

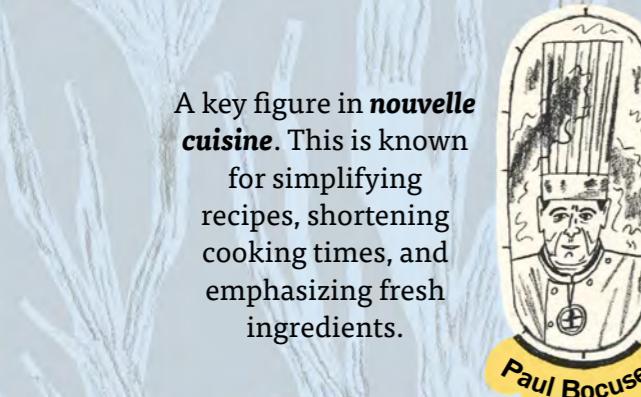
TV shows or cooking competition judges became increasingly popular. Today's gastronomic celebrities often rise to fame through the internet, without a single star or restaurant to their name.



The godfather of **haute cuisine**, meaning gourmet food from the finest quality ingredients.



A pioneer of **Nordic cuisine** who values local ingredients and experiments with lichens, ash, and fermentation.



A key figure in **nouvelle cuisine**. This is known for simplifying recipes, shortening cooking times, and emphasizing fresh ingredients.



His **local cuisine** uses fresh ingredients grown nearby to create simple but masterful dishes. It's economical and environmentally friendly.



One of today's "nomad chefs," who don't have their own restaurant, but gain fame by posting videos on YouTube.



Masters of **molecular gastronomy**, which changes the texture and form of ingredients – turning cucumbers into jelly balls and carrots into smoke.



This **YouTube baking star** creates incredible cakes, such as a sequinned hat in honour of Beyoncé.



A **vegan chef** who cooks with no waste. Every scrap of her ingredients is used in her kitchen.



This celebrity chef keeps his Instagram followers entertained with **fun videos of quick and easy recipes**. He also campaigns for healthier school meals.



A culinary legend who **taught American viewers to cook** French cuisine. Her 1960s cooking programme is still watched today.



A chef who is more famous for his fiery personality and colourful language as a **judge on TV cooking competitions** than for his gastronomy.



A chef who **blends Asian and American cuisine**; his Momofuku pork buns were a global sensation.



He left luxury hotels to open Zurich's **Neue Taverne restaurant**, where he crafts unforgettable dishes from seasonal vegetables.

A MICHELIN STAR is top honour for outstanding restaurants. The best of the best are awarded three stars.

Celebrating the year with food

In China, Japan and other Asian countries, people eat long noodles to celebrate the New Year. The noodles must not be cut, because whole ones are thought to bring a long life to the person eating them.



MARCH

14



Purim is a happy Jewish holiday commemorating how the Persian Jews were saved from the plan of annihilation of the evil royal advisor Haman. On Purim, it is the tradition to give someone two portions of food. These can be triangular pastries called "Haman's ears."

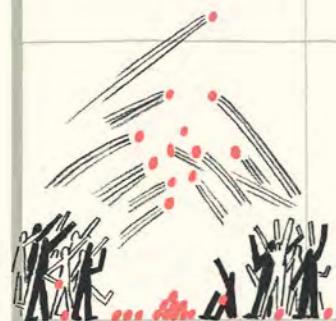
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In Singapore, people make *murtabak* for Easter. It is a thin pancake filled with a cooked mix of minced meat, garlic, onion, spices and eggs, which is fried in ghee.



APRIL

1



In the Spanish town of Buñol, a tomato fight called "La Tomatina" is held every year. Tens of thousands of people throw ripe tomatoes at each other, and the streets run with rivers of tomato juice.

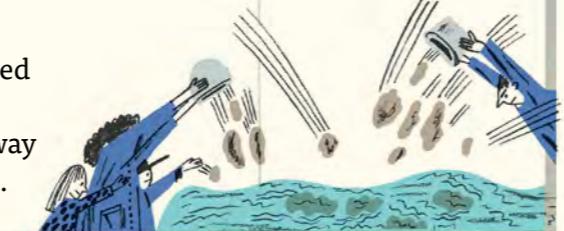
AUGUST



DECEMBER

6

In Greece, people throw a sweet porridge called *koliva* into the sea on St Nicholas Day. As Nicholas is the patron saint of sailors, it is a way of honouring those who lost their lives at sea.



Week 51



25

In Greenland, on Christmas Day, people eat *kiviak*, which is seal stuffed with fermented auks (small seabirds) and raw whale skin with fat. In inhospitable places like Greenland, this food provides important nutrients and vitamins.

MARCH

05



MARCH

17



Week 12

JUNE

21



Fermented herrings called surströmming smell terrible, but no Swedish midsummer solstice celebration would be complete without them. They're eaten with new potatoes and flatbread.

Thanksgiving Day is celebrated in the United States on the fourth Thursday in November and in Canada on the second Monday in October. The main dish is a huge roast turkey with stuffing.

DECEMBER

Week 52

Fried caterpillars, known as mopane worms, are a favourite delicacy served on Christmas Eve in South Africa, Botswana, Namibia and Zimbabwe.



The Māori people of New Zealand prepare a special dish called *hāngī* for New Year's Eve. They wrap meat, sweet potatoes and potatoes in banana leaves, place them on hot stones in a pit, and cook them slowly for many hours.

Clever kitchen tools



Ovens of the world



The **tandoor** is a clay oven shaped like a bell. Flatbreads are baked by pressing the raw dough onto the hot inner wall.



The **horno** looks like a clay beehive. South American Indigenous peoples originally used it to bake bread, but today it's more often used to cook corn or meat.



The **Neapolitan** is a stone or brick oven, mainly used in Italy for making pizza.



In Paraguay and Argentina, people bake corn bread or breakfast rolls in a **tatakua** oven built from mud and bricks.



A **chorkor** is a rectangular clay oven used in Ghana for smoking fish. A rack with fish is placed on top of the open firebox and covered with a wooden lid.



The **hāngī**, a Māori oven, is a pit in the ground lined with stones. The stones are heated, then food wrapped in leaves is placed between them and covered with earth. In this way, the food is baked, boiled and steamed at the same time.



In the **tabun**, a portable clay oven, people burn dried animal dung, twigs or charcoal. In the Middle East, it is used for baking flatbreads.

Street food

Street food is food you buy on the street from a food stall, takeaway window, or food truck (a van or lorry turned into a kitchen). In many countries, it's the best way to try the local food.

Chips, Belgium

The correct way to cook Belgian chips is to fry them twice in beef fat, to make them as crispy as possible.

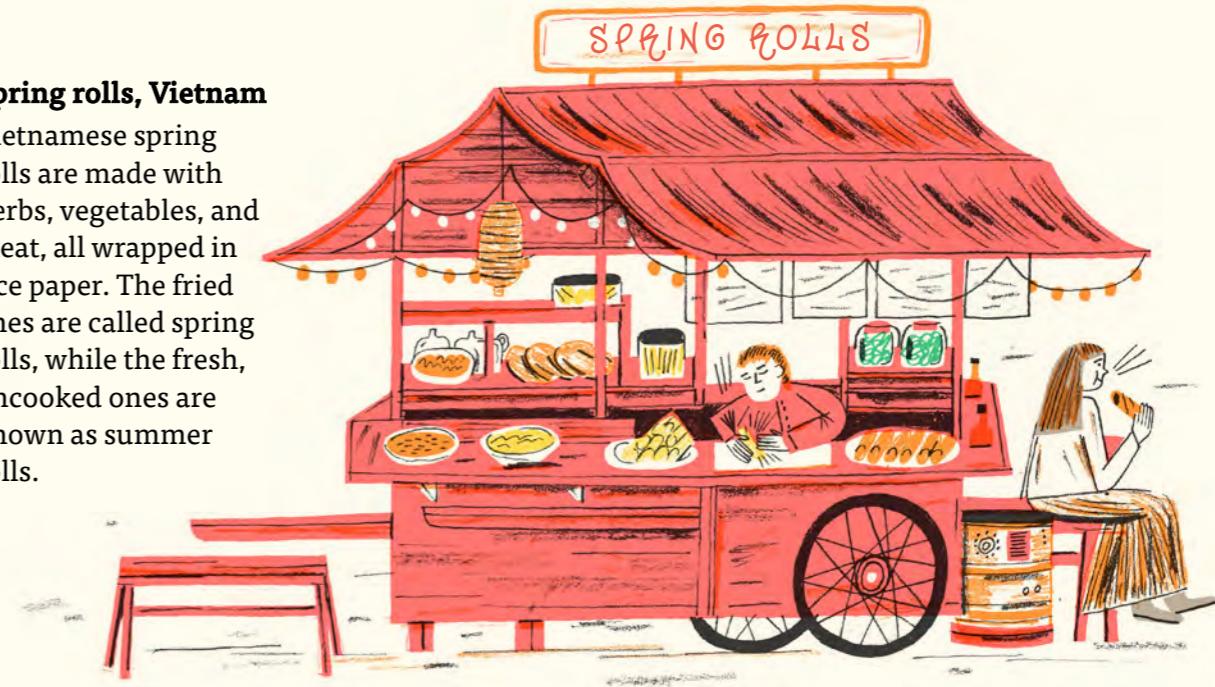


Pizza, Italy

In Italy, you will find this baked flatbread everywhere. The most classic or "pizza-like" pizza can be found in Naples, with tomato, basil, and mozzarella cheese topping.

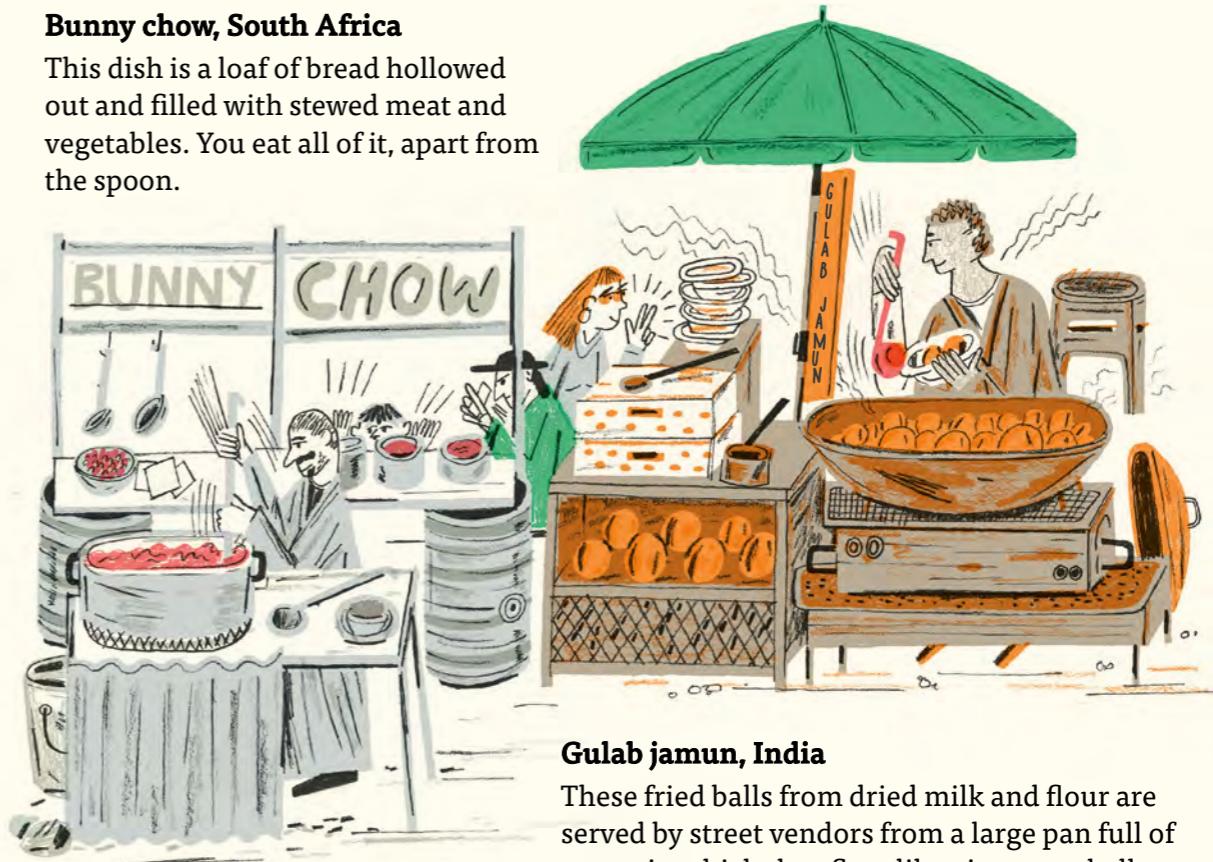
Spring rolls, Vietnam

Vietnamese spring rolls are made with herbs, vegetables, and meat, all wrapped in rice paper. The fried ones are called spring rolls, while the fresh, uncooked ones are known as summer rolls.



Bunny chow, South Africa

This dish is a loaf of bread hollowed out and filled with stewed meat and vegetables. You eat all of it, apart from the spoon.



Gulab jamun, India

These fried balls from dried milk and flour are served by street vendors from a large pan full of syrup, in which they float like ping pong balls.

A world of sweet things

A dessert made from very thin filo pastry filled with nuts, which is soaked in syrup after baking.



Fried ridged rolls made from unleavened dough, dipped in syrup.

A pastry with a filling of nuts or figs, but sometimes apricots and thyme



Sweet pastries filled with poppy seeds, curd cheese, ground nuts, or fruit jam.



koláče

This dessert is made with mascarpone, ladyfingers, almond liqueur, and coffee.



tiramisu

Two fluffy discs made from egg whites and almond flour, joined with cream. They come in many flavours and colours.

Mushroom-shaped sweet buns, which are baked in paper cups. The dough can include chocolate, blueberries, raisins, or dates.



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Sweet yeast dough wrapped around a thick spit, baked over a fire, and sprinkled with sugar.



Slowly baked layers of dough spread with cream, which are covered with melted butter or yogurt and honey before serving.



flija

This is a sweet grid-patterned biscuit with caramel filling. When placed on a cup of tea, the filling melts beautifully.



These little balls are made entirely from chocolate and coated in chocolate sprinkles.



brigadeiro

A meringue-based cake decorated with whipped cream and fruit, named in honour of the prima ballerina Anna Pavlovna Pavlova.



pavlova

A layered almond-scented cake, filled with plum jam flavoured with cinnamon, vanilla, and cloves.



vinarterta

Biscuits with chocolate chips, nuts, or cranberries.



cookies

Sticky rice cakes filled with sesame paste or sweet red beans.



mochi

Sweet, crunchy biscuits that contain a piece of paper with a fortune or proverb inside.



fortune cookies

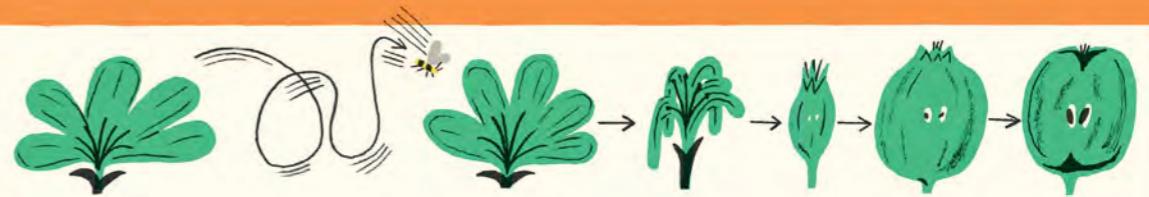
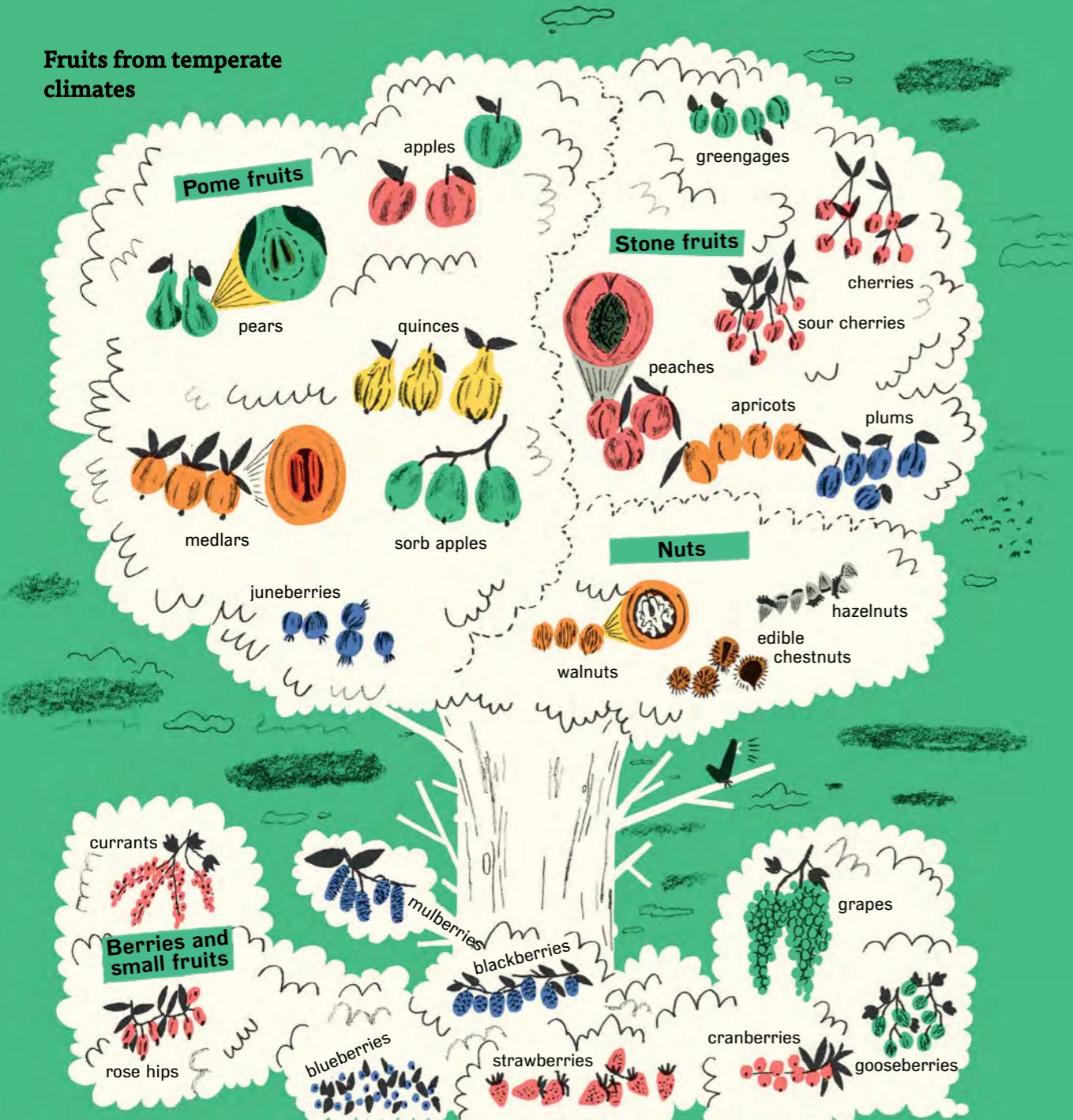


haluhalo

From trees and bushes

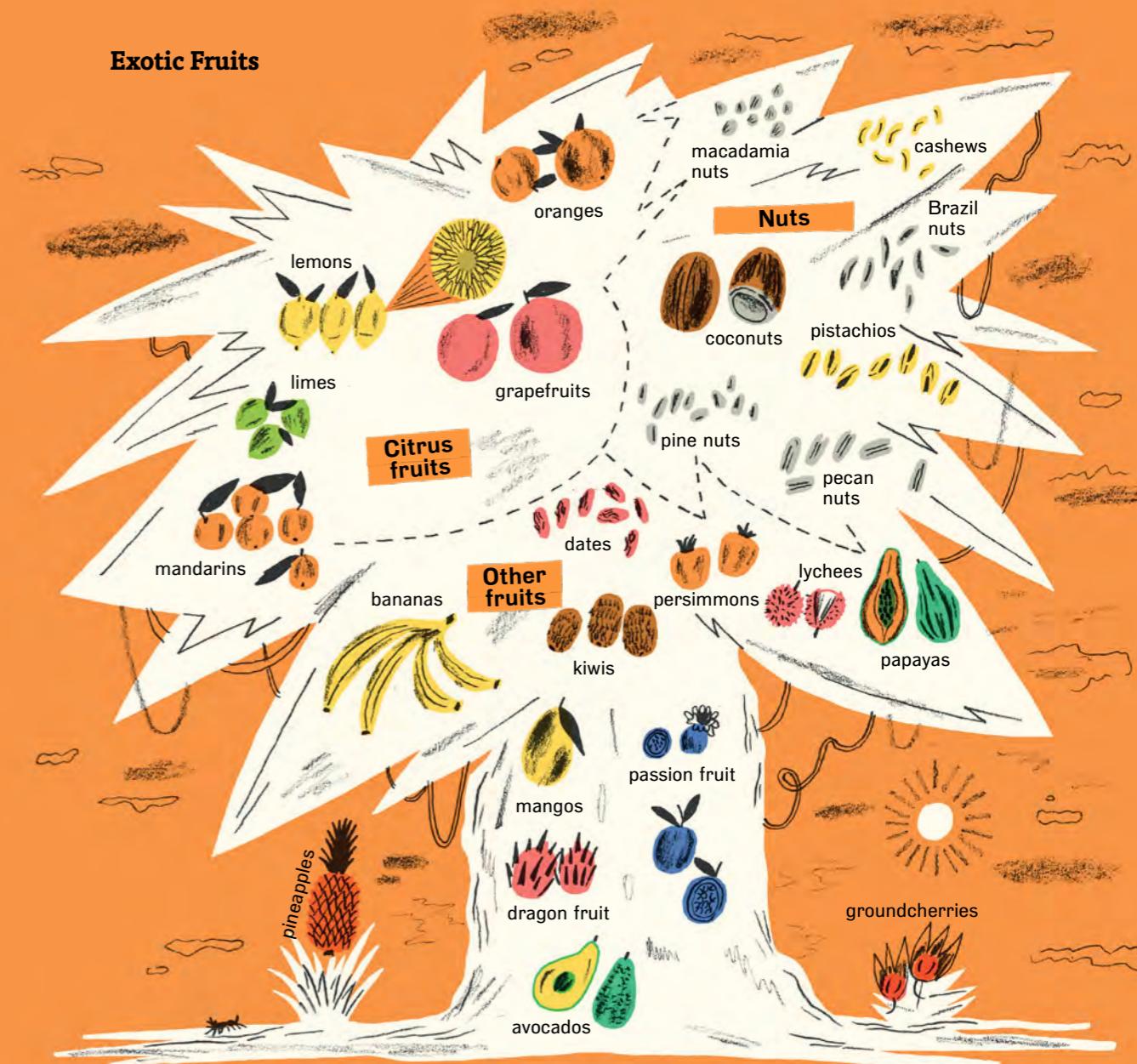
Fruits are the diverse edible products of trees, bushes, and shrubs, and they are packed with vitamins. Over time, humans have managed to alter wild plants to make them hardier and their fruits juicier and tastier. This is called selective breeding. Thanks to this process, today every type of fruit has many varieties with different flavours and colours.

Fruits from temperate climates



HOW FRUIT FORMS First, insects or the wind carry pollen from one flower to another. This leads to fertilization, and soon after, the flower begins to transform into a fruit.

Exotic Fruits

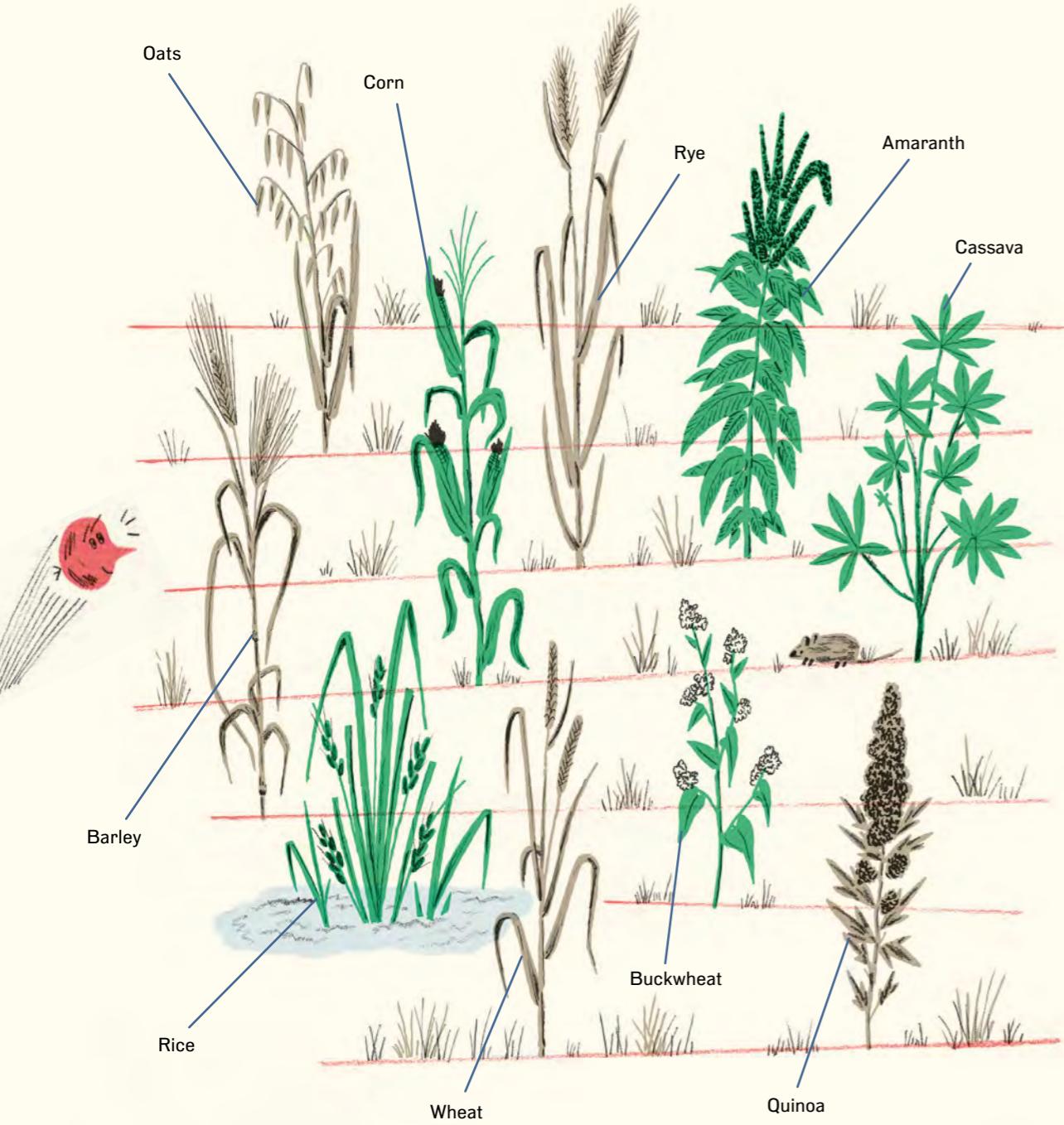


From grains

Grains feed the world. In Asia, rice is the most important grain, while in Europe it is wheat. In South America, corn predominates, whereas in Africa, it is cassava. Flour made from all kinds of grains is used to make bread, pasta, porridge, as well as cakes and breakfast cereals.

Although grains might seem like little dried

up bits with no life in them, when they are ground up and mixed with water, something special happens. Enzymes are activated that speed up chemical processes. This simple mixture of flour and water then becomes "alive." This is called a sourdough starter and it can be used to make bread or cakes.



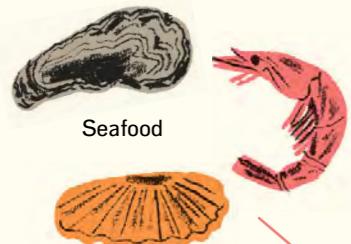
From noodles to dumplings

In Europe, the basic ingredient for making pasta is wheat flour. In Asia, they also use rice flour and buckwheat flour. You'll even find buckwheat in flat alpine noodles called *pizzoccheri*, which gives them their nice speckled appearance.

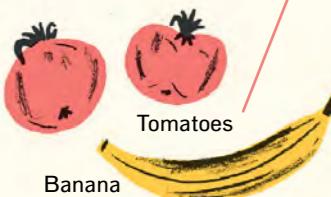


Minerals

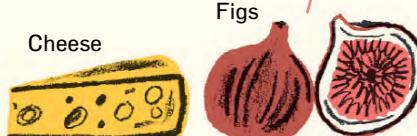
The basic minerals found in nature have been organized into a table. Many of them are essential for the proper functioning of the human body. We can get the ideal combination of them by eating a varied diet.



We need it for the functioning of muscles and nerves and to maintain the balance within our cells.



Important for maintaining a healthy heart rhythm and building proteins.



Necessary for our bones, teeth and muscles.

H HYDROGEN							
Li LITHIUM	Be BERYLLIUM						
Na SODIUM	Mg MAGNESIUM						
K POTASSIUM	Ca CALCIUM	Sc SCANDIUM	Ti TITANIUM	V VANADIUM	Cr CHROMIUM	Mn MANGANESE	Fe IRON
Rb RUBIDIUM	Sr STRONTIUM	Y YTTRIUM	Zr ZIRCONIUM	Nb NIOBIUM	Mo MOLYBDENUM	Tc TECHNETIUM	Ru RUTHENIUM
Cs CAESIUM	Ba BARIUM	La LANTHANUM	Hf HAFNIUM	Ta TANTALUM	W TUNGSTEN	Re RHENIUM	Os OSMIUM
Fr FRANCIUM	Ra RADIUM	Ac ACTINIUM	Rf RUTHERFORDIUM	Db DUBNIUM	Sg SEABORGIUM	Bh BOHRIUM	Hs HASSIUM
						Mt MEITNERIUM	
Ce CERIUM	Pr PRAESEODYMIUM	Nd NEODYMIUM	Pm PROMETHIUM	Sm SAMARIUM	Eu EUROPIUM		
Th THORIUM	Pa PROTACTINIUM	U URANIUM	Np NEPTUNIUM	Pu PLUTONIUM	Am AMERICIUM		

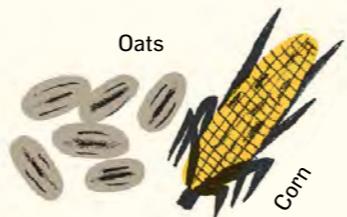
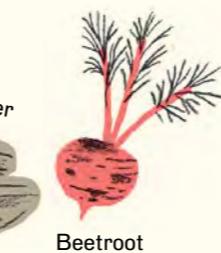
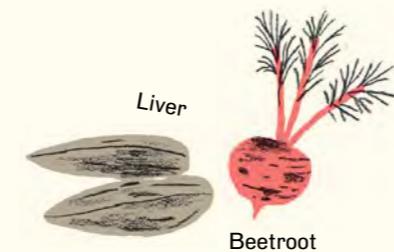


Releases tension in the body and helps the body regenerate.

Helps make red blood cells, which carry oxygen from the lungs all around the body.



Helps the body make better use of sugar.

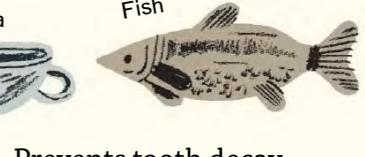


It is part of tendons and helps build nails, hair and bones. It also keeps blood vessels flexible.

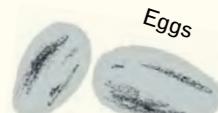


Strengthens immunity and helps build bones.

He HELIUM						
B BORON	C CARBON	N NITROGEN	O OXYGEN	F FLUORINE	Ne NEON	
Al ALUMINUM	Si SILICON	P PHOSPHORUS	S SULPHUR	Cl CHLORINE	Ar ARGON	
Ni NICKEL	Cu COPPER	Zn ZINC	Ga GALLIUM	Ge GERMANIUM	As ARSENIC	Se SELENIUM
Pd PALLADIUM	Ag SILVER	Cd CADMIUM	In INDIUM	Sb ANTIMONY	Te TELLURIUM	Br BROMINE
Pt PLATINUM	Au GOLD	Hg MERCURY	Tl THALLIUM	Pb LEAD	Bi BISMUTH	Po POLONIUM
				At ASTATINE	Rn RADON	Kr KRYPTON
						Xe XENON



Prevents tooth decay.



Regulates blood sugar levels. Important for the growth of hair, nails, skin and joints.



Along with potassium and sodium, maintains correct blood pressure and water balance. Chlorine is also important for good digestion.

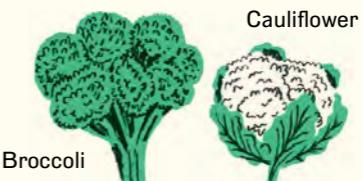


Essential for healthy growth and body development.

Gd GADOLINIUM	Tb TERBIUM	Dy DYSPROSIUM	Ho HOLMIUM	Er ERBIUM	Tm THULIUM	Yb YTTERBIUM	Lu LUTETIUM
Cm CURIUM	Bk BERKELIUM	Cf CALIFORNIUM	Es EINSTEINIUM	Fm FERMIUM	Md MENDELEVIUM	No NOBELIUM	Lr LAWRENCIUM



Protects the body from infection and inflammation, and helps heal wounds and burns. Improves hair, nail and skin quality.



Important for building bones and teeth.

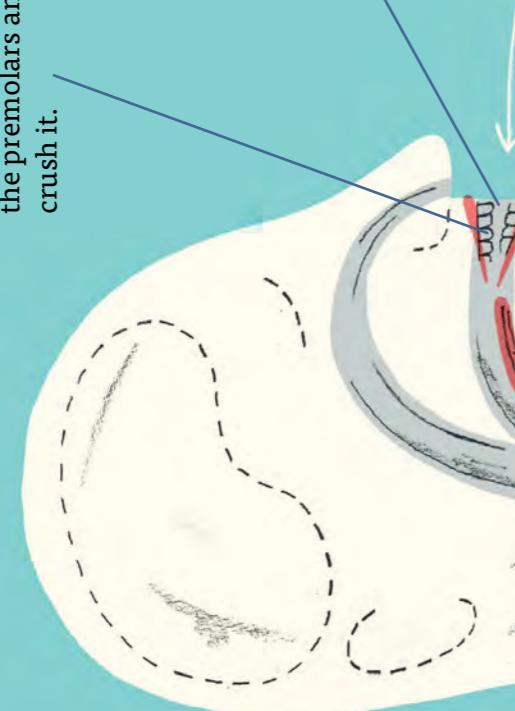


Boosts the immune system.

What happens to food inside our body

Food is fuel for the human body. Our body can very effectively process it and take everything it needs to live. This is done by various digestive organs, body fluids, and also an army of helpful bacteria living in our intestines.

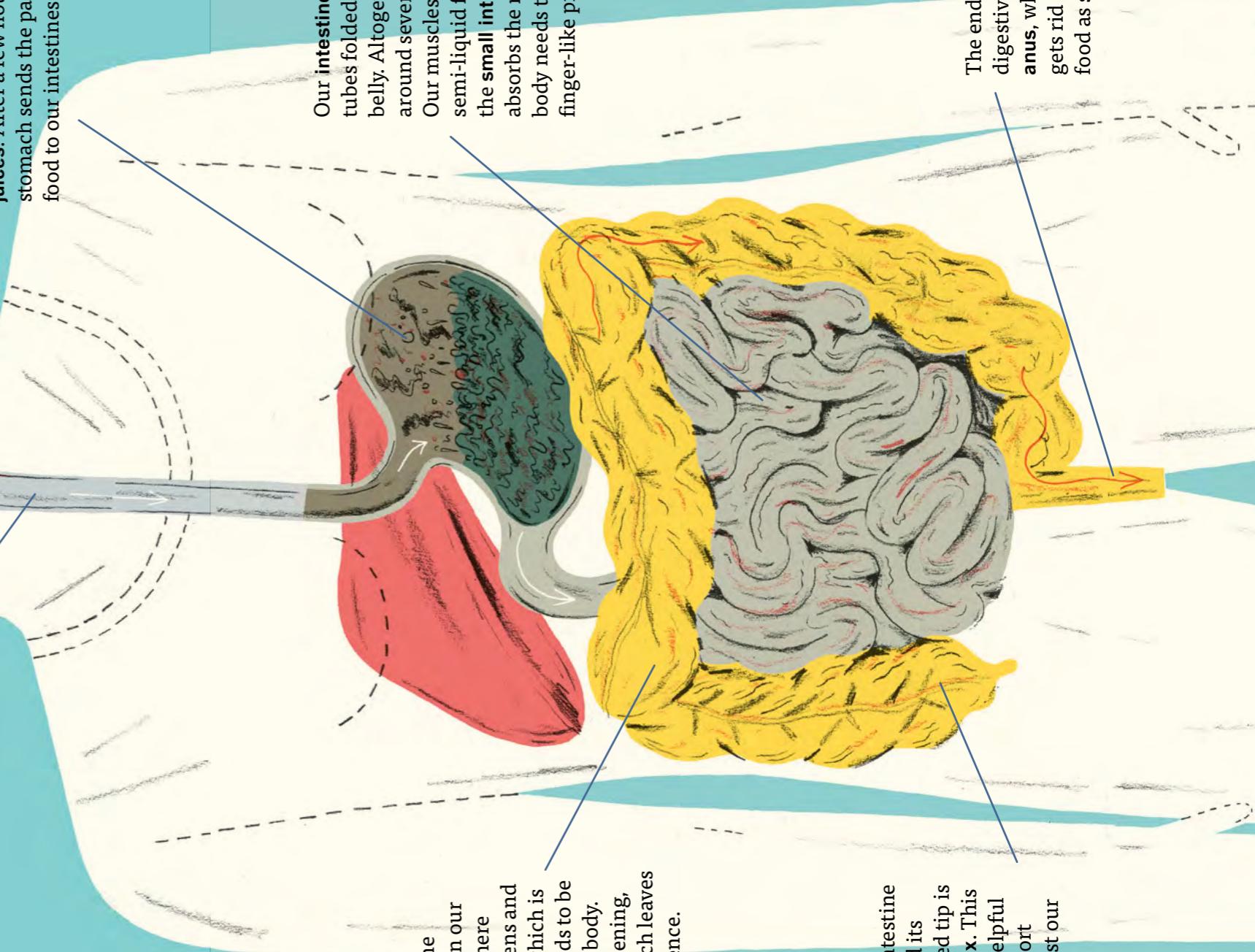
Our **teeth** are the first to work on the food. At the front, the incisors bite off pieces of food and the canines hold and tear it, while further back the premolars and molars grind and crush it.



After we swallow, the food goes down our **throat** and into a long tube called the **oesophagus**. It takes only around seven seconds to travel through it.

Our **tongue** mixes the bits of food with saliva and turns them into a rough paste. At the same time, our brain receives a message about what kind of food is on its way.

From the oesophagus, food enters our **stomach**. Its job is to mix the food up and dissolve it with **gastric juices**. After a few hours, the stomach sends the partly digested food to our intestines.



The next part of the journey happens in our **large intestine**, where the mixture thickens and turns into stool, which is the waste that needs to be expelled from the body. While this is happening, gas can form, which leaves the body as flatulence.

Our **intestines** are flexible tubes folded up in our belly. Altogether, they are around seven metres long. Our muscles push the semi-liquid food through the **small intestine**, which absorbs the nutrients the body needs through tiny finger-like projections.

Part of the large intestine is the **caecum**, and its small worm-shaped tip is called the **appendix**. This place is home to helpful bacteria that support digestion and boost our immunity.

The end of the digestive system is the **anus**, where the body gets rid of undigested food as stool.

Who invented the hot dog? Why do we love sweet things so much? And what really goes on inside factories that make food?

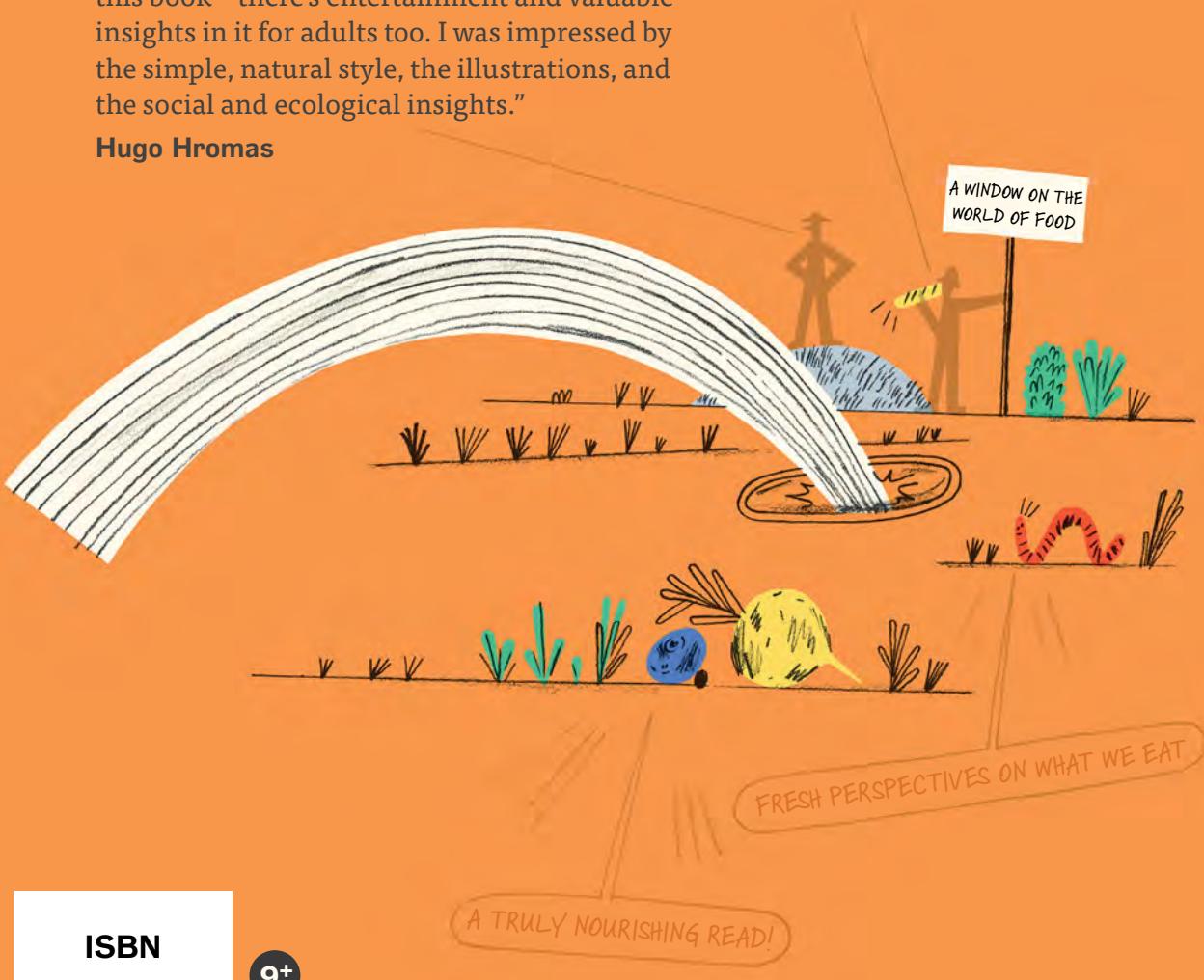
Food is so much more than what's on the table. Food is the basic building material for the human body. It can act as medicine, but also as poison. Believe it or not, you can poison yourself with chocolate. You'll learn more about this and many other things in this book. How food reflects human history, how it mirrors the landscape it comes from, and how it reveals who we are and what we like. Food can even be used to dish out insults. But it's better to avoid it... people might think you've got mashed potato for brains.

"You don't have to be nine to be blown away by this book – there's entertainment and valuable insights in it for adults too. I was impressed by the simple, natural style, the illustrations, and the social and ecological insights."

Hugo Hromas

"Exactly the kind of book me and my children have been waiting for. It's written in an easily digestible way, and the kids happily devour it. With all its fun facts and jokes, you'll be entertaining your friends for a long time."

**Juliana Fischerová
(alias Maškrtnica)**



ISBN

9+