Teaching Essay: Food in the First Half of the American History Survey

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"Food in the First Half of the American History Survey" is the first in a series of commissioned articles for the Book Channel that aim to help teachers and professors incorporate the latest research into their curriculum. Helen Zoe Veit is an Associate Professor at Michigan State University and specializes in nineteenth and twentieth century American history. Her first book Modern Food, Moral Food: Self-Control, Science, and the Rise of Modern American Eating in the Early Twentieth Century was a finalist for the 2014 James Beard Award in Reference and Scholarship. More on Dr. Veit's project on the intersection of food and American history can be found at her website.
Recommended Readings
Michigan State University Feeding America: The Historic American Cookbook Project