

How a School Lunch Box Inspired the Idea for a Unique Food Science Book

Let's Talk Food Presents



Author presentation: When food writer and mom, Anastacia Marx de Salcedo wondered about the origin of some of the sandwich fixings in her daughter's lunch box one day her curiosity uncovered surprising answers and led to *Combat-Ready Kitchen: How the U.S. Military Shapes the Way You Eat*.

Combat-Ready Kitchen is a fascinating historical look at how rations for soldiers developed, including the Aztecs and the ancient Romans.

Several unsettling lessons are presented from the book others describe as a fun food science read. But the content also illustrates how products created for one industry can be marketed to a completely new one.

References

C-Span.org

<http://www.c-span.org/video/?402061-1/book-discussion-combatready-kitchen>

Let's Talk about Food

<http://www.letstalkaboutfood.com/>

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[*Niche eBook*](#)