



# The World in Your Lunch Box: The Wacky History and Weird Science of Everyday Foods

*Claire Eamer*

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A ham sandwich on white bread. Macaroni and cheese. Peanut-butter-and-banana roll-ups. They may sound like ordinary items, but they take us on an amazing journey through the rich history and astonishing science of food. Explore a week of lunches—from apples to pizza—by taking a romp through thousands of years of extraordinary events. Some are amusing, like the accidental invention of potato chips. Others are tragic, such as the Spice Wars, which killed thousands of people. Consider that ham sandwich: Ancient Romans first made ham by curing meat with salt and smoke to kill microbes, while yeast (which burps gas) produces the fluffy texture of bread. Aztec farmers bred tomatoes from small, bitter berries into plump, sweet fruit, and watermelons sustained travelers 10,000 years ago in the Kalahari Desert. With a vibrant design and quirky illustrations, *The World in Your Lunch Box* is like the perfect lunch: satisfying, well-balanced, and totally delicious.

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