

# Il Cibo E La Cucina Scienza Storia E Cultura Degli Alimenti

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Il cibo e la cucina scienza storia e cultura degli alimenti è un libro che ti offre una panoramica completa e affascinante del mondo del cibo, dalla sua storia antica alle tendenze più recenti, dalla scienza della nutrizione alla cultura gastronomica. È un'opera che non solo ti insegna a cucinare, ma ti fa scoprire il valore del cibo nella nostra vita quotidiana.

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