

El primer bocado: Cómo aprendemos a comer

Bee Wilson , Guillem Usandizaga (Translator)

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Todos nacemos sabiendo comer, pero aprender a elegir qué comemos nos cuesta un poco más. Nuestra relación con la comida se forja bocado a bocado, desde el primero. ¿Por qué tenemos gustos tan diferentes? ¿Por qué nos sentimos incapaces de cambiar de hábitos? ¿Hay esperanza de cambiar después de la infancia? Bee Wilson analiza paso a paso las etapas en la creación de hábitos alimenticios (buenos y malos), desde el vientre materno hasta la adolescencia, como experta y como madre. Leer este libro es una experiencia liberadora que reconcilia al niño goloso interior con el adulto responsable que somos.

El primer bocado: Cómo aprendemos a comer Details

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From Reader Review El primer bocado: Cómo aprendemos a comer for online ebook

Rebecca says

The minute this book entered my consciousness (reviewed in the Guardian, of course), I couldn't wait to read it. While I generally consider myself a pretty tolerant person, one of the few things that really winds me up are fussy eaters, so a book exploring how and why we develop our tastes and dislikes promised to be very interesting. Wilson groups extreme fussy eating (where disliked foods are basically phobias) as an eating disorder as serious as anorexia, an idea which certainly gave me pause for thought - although I'm still not convinced that your common or garden adult fussy eater is suffering from a mental disorder so much as a bit undisciplined! And, as becomes clear throughout the book, it certainly takes discipline to break the fussy eating habit... The treatment ideas she discusses such as repeated exposure (see *The Man Who Ate Everything* for more on this) aren't exactly new to me, but Wilson brings them together and offers a good mix of theory with practical tips, whether the reluctant eater is yourself or your child.

It's also not only a book about fussy eating, but really all the issues people today have with food - overeating, comfort eating, bingeing and purging - and Wilson also shares her own food experiences and history, along with a lot of other people's stories, so there's really something for anyone looking to mend their relationship with food, or just interested in food psychology.

Her writing is very enjoyable and easy to read, if sometimes rather hyperbolic - for example, apparently 'no home-cooked food, no matter how delicious, can match the power for bringing people together in misty-eyed recollection of industrially produced food.' Sorry, what? That certainly hasn't been my experience, and I don't think that I and the people I'm around are that unusual. But the overall importance of her topic meant that I could forgive the occasional headscratching overstatements.

My one concern is whether this book is most likely going to be preaching to the wide-eating, food literate crowd, rather than those it could help the most. But if anyone who is a fussy eater but wants to change does pick it up, I think it will certainly be very helpful and encouraging.

Thanks to Netgalley for the chance to read this.

Patty says

A nonfiction book about the psychology of eating: how and why people become picky eaters, and how to change; how the body signals and interprets hunger; eating disorders like anorexia and bulimia (a really interesting detail I'd never heard before is that there's apparently increasing evidence that anorexia is genetic and not highly linked to pressure on teenage girls to diet - though of course such pressure is still negative and can cause other problems); cultural pressure to link certain tastes to gender (for instance, sweets for women and meat for men); different cultural traditions of how to introduce new foods to children; basically, every topic you could imagine related to taste preferences.

All of that was quite interesting and fun to read about. My main problem with the book is that, unlike Wilson's previous books, the information is not presented simply for the sake of being interesting, but with the attitude that it's necessary to learn these things in order to deal with the modern world's obesity problem.

It's not a diet book (thankfully!) but over and over again Wilson emphasizes that it's important to do such research and apply such findings because no one knows how to eat anymore and we need to fix that. Which, if you're perfectly happy with how you eat, is a bit annoying to read, and certainly not what I expected from the book. So, be warned. If that's not too much of a problem for you, there is a lot of cool new information here, and I'd give it a qualified recommendation.

I read this as an ARC via NetGalley.

Anna says

This very readable book argues clearly and cogently that eating habits aren't inevitable and can be changed. It is most definitely not a diet book, though. Wilson marshals a range of scientific research and history to explain how babies and children learn which foods they do and don't like and how our adult habits are formed. I found this fascinating, as I had no idea about it before. Did you know what babies can learn to like tastes at four months? So young! The book covers childhood experiences of food in great detail, as these shape what we eat and how we feel about it as adults. Wilson's tone is sympathetic and thoughtful, noting that it's very difficult to know what and how much is healthy to eat currently. Rather than focusing on the food industry, though, she explains how individuals and families experience it. I appreciated that her focus wasn't entirely on the developed world and that she didn't treat her case studies of picky and disordered eaters in a voyeuristic fashion.

I found 'First Bite' a little difficult to read in places, not due to style but due to content. I was a very picky eater as a child and have had problems with food all my life, so some parts hit rather close to home. In some ways, Wilson's book is very encouraging, as it argues you can improve your relationship with food at any age. However, it also doesn't downplay how much effort can be involved. Wilson explains that giving people advice on lifestyle changes doesn't work: they have to want to change rather than feeling defensive. I spotted an interesting contradiction between apparently effective treatments for picky eating and anorexia. The former requires freedom to try unfamiliar foods in tiny amounts until reassured they're safe to eat, without family pressure. The latter apparently requires the opposite: meals with the family in which the sufferer is firmly encouraged to eat more. The chapter about hunger also made me realise what a mysterious sensation it is. Hunger cannot be medically measured via any hormone, enzyme, or similar. It can only be self-reported and different people may not experience it in the same way.

Undoubtedly this book will cause any reader to reflect on their eating habits and how they might want to change them. It taught me a great deal about the biology and history of feeding babies and children, as well as Japanese cuisine. Wilson refuses to give specific advice, but ends the book with a bullet point list of things about eating she wishes she'd learned earlier. This includes a suggestion to eat soup, which I did after finishing the book.

Christina Dudley says

If you read a lot of food/foodie/nutrition books, which I do, the first part of this book will seem very familiar. There's the talk about obesity, processed foods, the disconnect between what we know to be good for us and our eating habits. Many of the same studies put in an appearance--the starving Minnesotans, the one that let babies eat whatever they wanted from a selection of whole foods, and so on---but Wilson's recap is

thoughtful and informative. Where she heads into new territory is discussing how we learn to dis/like the foods we dis/like. It turns out picky eating isn't all or even mostly genetic. It turns out we can relearn what foods we like and increase the variety of what we eat at any age. I was fascinated by the history of advice for baby feeding and the discussions of various eating disorders. Let me just say, after reading about some of the cases in the book, I will never call any of my kids picky eaters again.

This would make a great book club book, if only because food is a subject of such universal torture/interest/love, and trying to get kids to "eat healthy" consumes most moms, if only with guilt.

Although my son is 14, and I'd decided he was never gonna be a kid who ate many vegetables, I was inspired by *FIRST BITE* to try one of the techniques they use on toddlers. I cut a green bean into pea-sized chunks and put it on his plate with one twig from a broccoli florette. The result? He ate them! He even had another green bean, cut up. Dare I hope he will one day graduate to eating an entire bean, or even a few of them? We'll see. But next I'm trying a pea-sized chunk of a roasted beet.

(Thank you to the publisher for allowing me to review a galley copy.)

Haley Keller says

First Bite is all about how people develop their sense of taste. As someone who has always been a picky eater (although I'd like to think I've branched out more now that I'm older), I'm fascinated by how people come to like certain things and not others. It's an exploration of something that is related to nutrition but also isn't like other nutrition books I've read. *First Bite* isn't really concerned with stressing what's healthy and unhealthy. It's just exploring why people come to eat certain foods and not others. I don't think that's something many people think about, yet it's such an interesting question.

I learned so, so much from this book. It raised so many new questions that I've never stopped to think about. Sure, I'd thought before how different cultures have different tastes, and I knew it had to come from what they were fed growing up. But I didn't think about it beyond that. Wilson explores that in *First Bite* though, including why some cultures come to tolerate spicy foods easier than others. I'd always assumed that people who like spicy food developed some sort of tolerance where they can't taste the spiciness as much anymore. It turns out that I was wrong, and the real theory about how people come to tolerate spice wasn't what I expected.

First Bite seems to explore so much, from how the diet of the mother affects breast milk and a baby's future diet to why junk food has become such a big component of today's diets. All of it was fascinating and some really great information. I think anyone is bound to learn something from this book, and it really makes you stop and think about how your own diet came about. But it's never preachy about what you should or shouldn't be eating, even if it makes you stop to think about why your favorite foods are your favorite foods.

I'd recommend this book to just about everyone. We all eat, and we've all developed our own unique tastes that have been influenced by a number of factors. This book is a great way to learn more about how that happened and get you thinking about how you wound up eating the diet that you have.

I received this book from Netgalley in exchange for an honest review.

<http://hmweasley-blog.blogspot.com/20...>

Saba Imtiaz says

As someone who has spent most of her life struggling with weight and diets, this book was an incredible revelation. *First Bite* is not some self righteous call to abandon one's unhealthy eating habits overnight, but it explores how our habits develop, the emotions and experiences that shaped them, and how to be cognisant of this history. It explains how to slowly start to change one's relationship and perception of food, and to adopt tastes that make all meals seem like comfort food. Highly, highly recommended.

Cathie says

I was looking forward to reading Bee Wilson's upcoming novel **First Bite: How We Learn To Eat**. A British food writer and historian, I was anticipating a most intriguing read! However, I wasn't expecting a huge portion of the book to be devoted towards early developmental childhood psychology. And that is how I felt when reading this.

She talks about children as picky eaters and child obesity. This obviously would be better geared toward those with children and ways to watch their nutrition. However, for me with two grown daughters, I can only say I will keep as reference for when I have grandchildren. Had I been aware of this, I perhaps would have sat down with that expectation.

On that note, there is a chapter on "much of what we learn about eating comes from the way our parents feed us." This is a truly hard pill to swallow. At times, it is the habits we share with our children that can impact how our children view eating. At times, views on consumption directly and indirectly influences the direction of what food is and what it means to us. A family's income also influences eating habits as much as guilt and peer pressure.

Towards the end she gets into what I was most interested in.

Our memory of food lends itself into what we not only were exposed to, but the feelings that came with that memory. The author states that eating is a form of learned behavior. But for me it is much more than that. It's the experiences while eating that can be pleasurable or that our taste buds just do not agree with.

Our perception of eating can evolve as we begin to expose ourselves to what is changing in our economy and society. The past few years, there has been a sprouting of neighborhood farmers markets. There has been an economic shift in price for organic. Restaurateurs are touting cage free. What is significant is that our behaviors towards eating can evolve just by the changes that have taken place and what is yet to come.

How our past exposure to food culture and what triggers how our eating habit carries into our food consumption and the behaviors we associate with certain foods we were exposed to throughout our lives. Yes, our early childhood does impact our exposure, but a lot of that is not by choice; hence, I don't feel that should have been the basis of half her book.

I was looking for more than "we are what we eat". It felt like this was a psychology piece on the need to unlearn eating behaviors in order to change our eating habits. Our eating habits are a part of us -and not all

eating habits should be associated as to whether we are healthy or unhealthy eaters.

Just wanted to share I thought this novel would be about the history of eating habits and one's senses, culture, economics, et.al. This stems from my expectation based on the title, the book jacket, and a few book blurbs I can across which had piqued my interest.

Disclaimer: I received this book in exchange for a fair review. All opinions are my own and I was not compensated for this review.

Biblio Files (takingadayoff) says

First Bite is a bit of a departure for Bee Wilson. She usually writes about food history, as in her excellent books *Consider the Fork: A History of How We Cook and Eat* and *Swindled: The Dark History of Food Fraud*, as well as her many articles and reviews in magazines such as *The London Review of Books*.

In this book she investigates how and why we acquire food preferences, and the consequences of those preferences. This involves her delving into biology, chemistry, history, sociology, and a great deal of personal experience.

The science and history of how we decide what and what not to eat is fascinating, although I was not as interested in the emphasis on the many ways that children fail to eat properly or even at all sometimes. Probably those who are parents or who have vivid memories of their own childhood experiences with food will appreciate these discussions more.

Perhaps the most important finding that Wilson details is that food preferences are not set in stone -- you can learn to enjoy food that you've always avoided. Further, whole societies (Japan is her best example) can change their diets for the better. It gives us all a bit of hope that we can reverse the alarming trends of the past several decades.

Wilson also branches out into new territory by actually providing some recommendations on how to deal with the food idiosyncrasies of children and with our own diets as adults.

(Thanks to NetGalley and Basic Books for a digital review copy.)

Andrea says

This book is getting a fourth star from me for two main reasons. First, if I had to describe this book in one word, it would be "hopeful" and I feel like hope is something many of us need to hear about both our personal eating habits and the rising obesity trends around the world. Second, this was super readable (though I really like cognitive psychology so that could be my personal preference). Overall, this book presents the argument that eating well is a skill – something we learn, can unlearn, and can always improve upon. Drawing on tons of research, the book presents evidence for how our taste preferences are formed and just how malleable they can be. I also really enjoyed the sections about "disordered eating" beyond eating disorders, because YES – eating your feelings or eating for reasons that have nothing to do with hunger or NOT eating because of feelings are all issues. More than anything, this book is about the craziness of our

culture in how we think about how children eat, picky eaters, and even the different ways we perceive feeding females versus males. Lots of interesting ideas here and some great practical advice for raising children with healthy, varied palettes as well as “introducing” adults to new foods and flavors.

Bob Schnell says

Advanced reading copy review Due to be published December 1, 2015

I enjoyed Bee Wilson's previous book "Swindled" so was happy to try her latest food-related book "First Bite: How We Learn to Eat". This is not food porn, lusciously describing our first tastes of beloved dishes. Instead it is a scientific observation of how we learn to like and dislike certain foods and spices and how those preferences shape our diets. It is also a guide to how we can change our eating habits towards more healthy and nutritious foods without losing any sense of pleasure in eating.

Despite the parade of studies and their results, the book is at times fascinating, largely interesting and educational. The author personalizes some of the theories presented with her own struggles with food. We learn about the psychology and physiology of eating and how culture plays as much of a part in our diets as society and advertising. While not all chapters were as interesting to me as others, I still never felt the need to skim through to the better parts. While the book would be the greatest help to new parents who want to start their children off on the right foot nutritionally, it would also be helpful to adults who want to change their dietary habits and try new things.

Wanda says

Actual rating : 3.5 stars

Alicia says

I thoroughly enjoyed the research and presentation of the book by Wilson, as much as I enjoy a good Mary Roach book or A Natural History of the Senses because it is well-researched and straightforwardly organized, as evidenced by the twenty some-odd pages of notes and research but also that my favorite chapter was actually the epilogue called This is Not Advice where she summarizes the main points of the book. I basically read this chapter out loud to my husband after he heard bits and pieces of studies or findings from the book as I read it, but this truly encapsulates everything-- my favorite-- "eating well is a skill".

She covers a lot of ground, but again, because it is organized in its presentation, it was all digestible and early understood, though of course there were chapters that I was less interested in, yet there were also sections that I was leaning in to or nodding my head in agreement with (being a 'maintainer' but also about feeding children).

Thank you to Bee Wilson for a sophisticated and educational reading on eating.

Emma Deplores Goodreads Censorship says

This is an informative book about eating: about how taste preferences are formed, and how we can change them, and why it's so hard to start eating healthily when you're used to the opposite, and about eating disorders and their treatment. One of the things I learned from this book is that I do not enjoy reading about eating for nearly 300 pages, so if you love foodie books, your rating will likely be higher than mine. Those three stars represent my level of enjoyment rather than the quality of the book.

In case you, too, are unlikely to read the entire book, here's the short version. Tastes are developed, not inborn (as anyone who's ever deliberately cultivated a taste for something you once disliked knows). So, anyone can learn to like healthy food – which is what anyone who wants to eat healthier must do, because nobody sticks with a diet that feels like punishment at every meal. The best way to develop good taste in children is to start very young: babies are particularly open to new flavors at 4–7 months of age. But once you're past that, let children choose among healthy foods without forcing anything down their throats, and keep offering small amounts until they start to like it. This actually works at any age, even for extremely picky eaters.

But the way we eat in the first world has gone badly wrong, with an abundance of cheap food offering poor nutrition. It doesn't help that our methods of training children to eat are inherited from a time when famine, rather than obesity, was the primary danger: hence the fact that "cleaning your plate" is considered virtuous. People are healthier when they regulate their eating based on actual hunger, rather than external cues like portion size, or dealing with emotions by eating.

If you are going to read a book related to diet in some way, I suspect that this is the sanest option you'll find: the author isn't pushing any particular diet, or cutting out any category of food entirely. She does recommend eating primarily fruits and veggies and limiting the processed foods (which I think all can agree is the healthiest way to eat), but focuses on the importance of finding dishes you enjoy, and then expanding that list – nobody likes everything, which is okay. And enjoying a slice of cake every now and then won't hurt you, though a diet primarily based on processed and sugary foods likely will.

So I certainly found some interesting material here, and I think it's useful information for anyone looking to improve their own diet, and especially for parents who want to teach their children to eat right. It will be an interesting read also for foodies interested in the historical and scientific information the author presents; Wilson provides a good historical overview of the topic and discusses many relevant studies. However, I found the book a little padded and longer than necessary, as a reader who was interested in the information but didn't relish the time spent reading it. For the only book about food and eating that I'm likely to read, though, it seems like a good choice.

Elsa K says

I found this book fascinating and recommend it to anyone interested in food, cooking, psychology, children eating habits or the history of eating. I am going to seek out other books by Bee Wilson. It was an engaging read for an interesting topic. I also liked the mini chapters on certain foods.

One take away is that the WHO (World Health Organization) states that newborns should not eat anything other than breast milk (or formula) until 6 months old. The studies Ms. Wilson state show that this is not a good idea long term. She and other scientists state the best time to expose babies to new foods and tastes is between 4-8 month range. Other countries, like France, do this with great results. If you wait until after this time, they will be much more adverse to new flavors. They still advocate getting most nutrients from breast milk, but that parents should take advantage of this short window to get their babies trying new things. I honestly will look into that more if we have more children. I followed the doctors advice and waited until 6 months, but my children are not great natural eaters. We eat healthy and my kids always have to eat what we do, but they are resistant eaters.

I also have been putting into practice the idea of "tiny bites." It has already transformed my 6 and 3 year old into cucumber lovers, they both used to hate them! I hope to continue to do this to get them to try and enjoy new foods. I also hope to help myself get over my adversity to fish. I also love the idea of teaching children to be good eaters, to enjoy healthy foods and that our tastes can change!

I also found the history really interesting! All in all, a great read!

Elizabeth says

Well-researched and thought-provoking. Some aspects of this novel really resonated with my own experiences. A bit repetitive and circuitous, so skimming is sufficient.
