

WN Network

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Meals

The 100,000 year way to health, well-being

Fabio Gomes writes: Foods are nutritious, and meals are also nourishing in the full sense. Society is sustained by meals. Dietary patterns based on food and culinary ingredients freshly combined into dishes and meals are the basis for sustaining diets. This may be news to us, but it was normal in the days when everywhere in the world, families gather together and enjoyed their meals, as shown here. The age-old tradition of separate dishes for all to share, still found all over the world where long-established food cultures survive, now takes a modern form in restaurants and at home where people help themselves buffet-style and sit down together.



Editor's note

'Network' is edited by Fabio Gomes. Its purpose is to remind us of the contribution of the arts to our understanding of food, nutrition, health and well-being. Usually it will simply present the art with a caption but without commentary – though we welcome follow-up letters for publication in *Feedback*. Please send contributions for this page to wn.network@gmail.com