Back In Time For Dinner: From Spam to Sushi: How We've Changed the Way We Eat

Mary Gwynn

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There has been a revolution in our kitchens. In 1950, the average housewife worked a seventy-five-hour week. No one owned a fridge or had seen a teabag, let alone an avocado or a Curly Wurly . Ten years later, sugar consumption had rocketed: we ate more biscuits for dinner than vegetables and fruit. It was not until the mid 1990s that we started to worry about 'five a day'. And now, nearly twenty years on from the first vegetable-box delivery scheme, we are fatter than ever before . . . Has there ever been a golden age of the family meal?

Full of delicious detail, this marvellous companion to the BBC series is rich with nostalgia and provides a feast of extraordinary factual nuggets. Who can guess the filling of the first pre-packed sandwich in 1984? And who could have foreseen then that a kitchen robot that can write your shopping list is now just around the corner?

Reflecting all the fads and fashions that have graced our table, *Back in Time for Dinner* is much more than a book about dinner; it holds a mirror to our changing family lives.

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