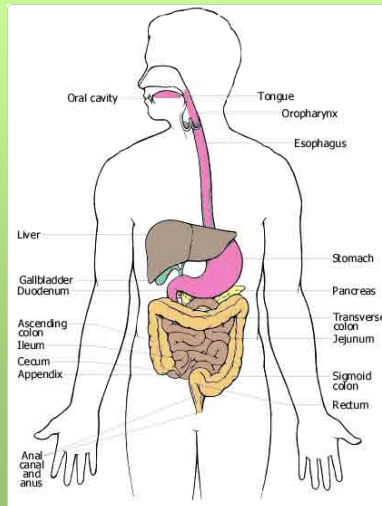
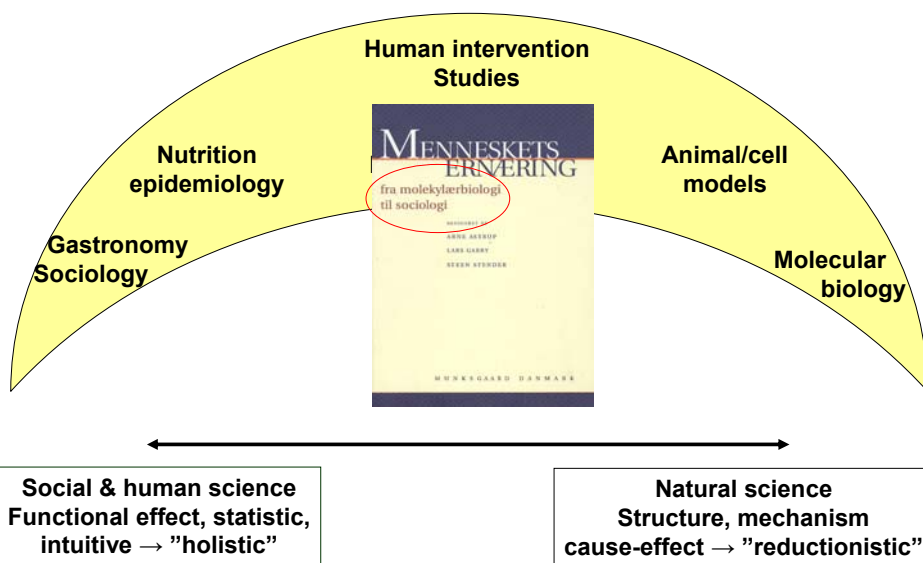


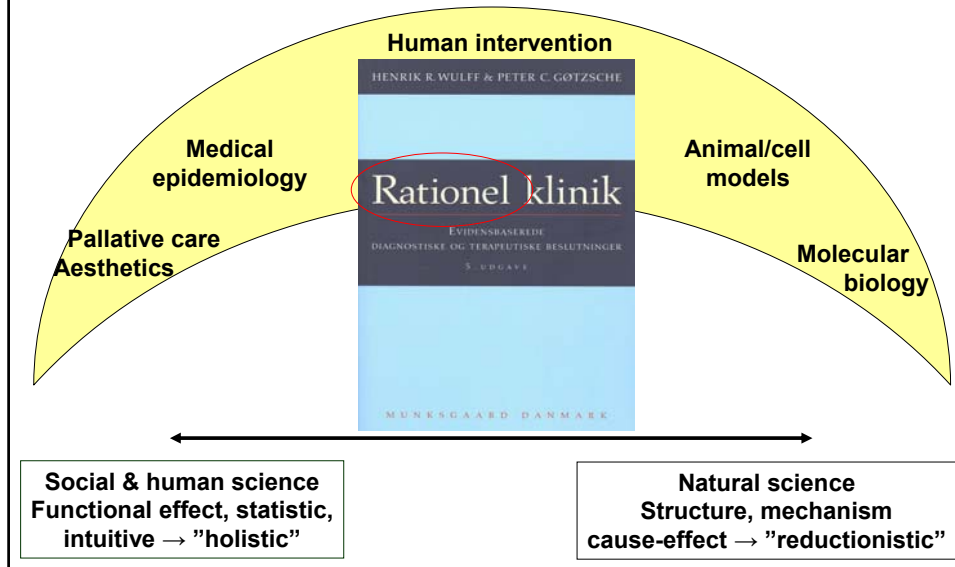
Nutrition: Man's most intimate contact with surrounding nature



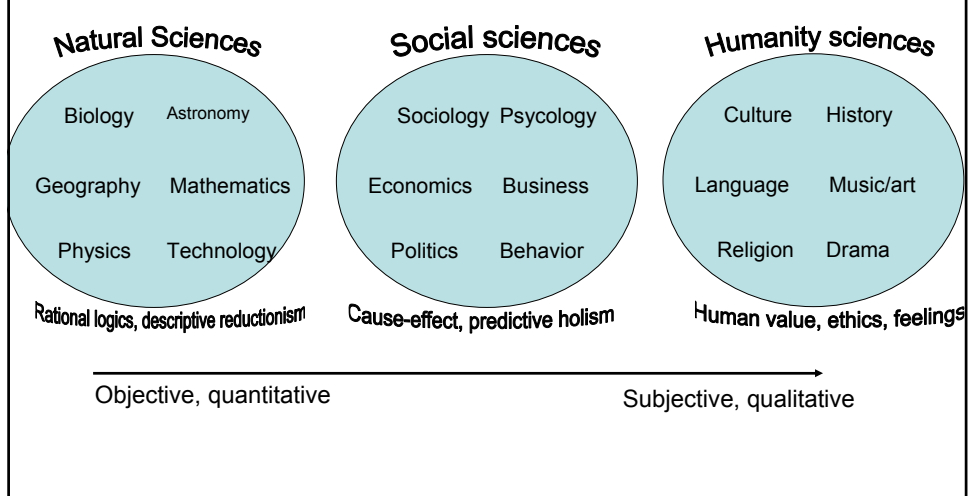
Human Food and Nutrition: Natural, social and human science



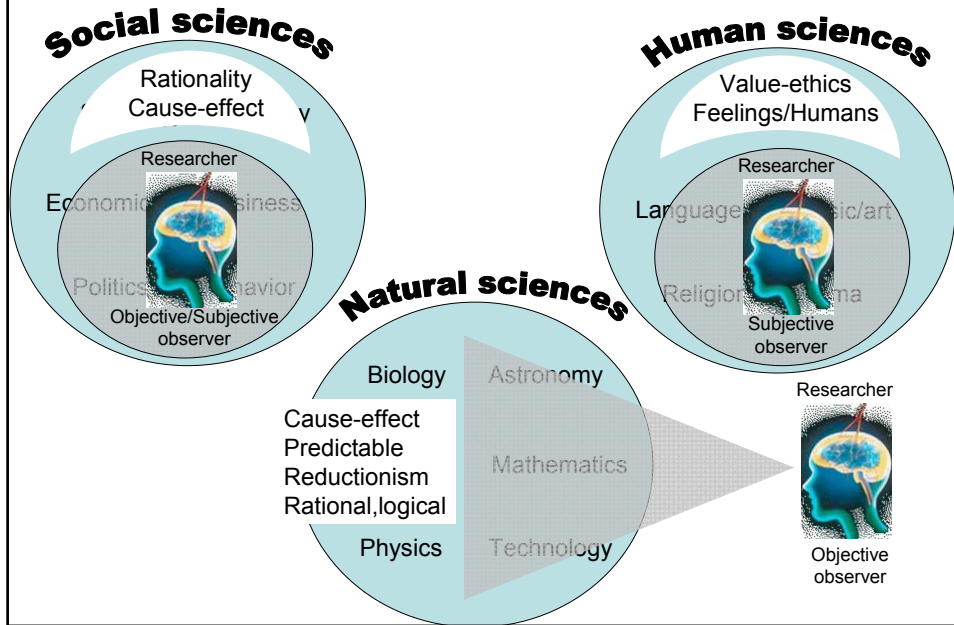
Human Medicine: Natural, social and human science



What are the main fields of academic study?



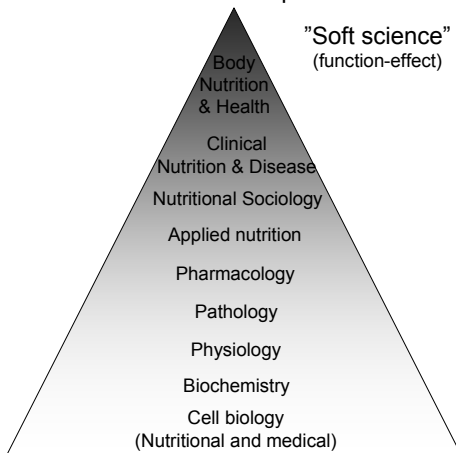
The sciences – main categories:



Food & medicine science philosophy

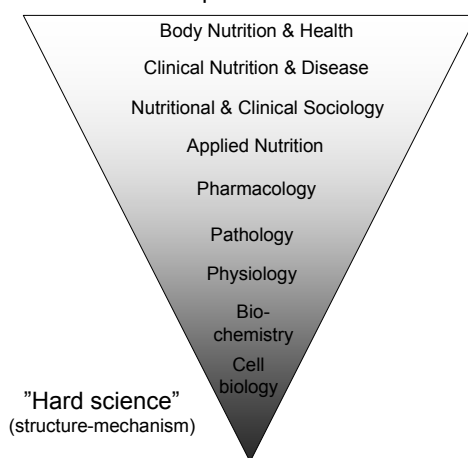
Classical Western
(dualism-reductionism
Greek philosophy – Christianity)

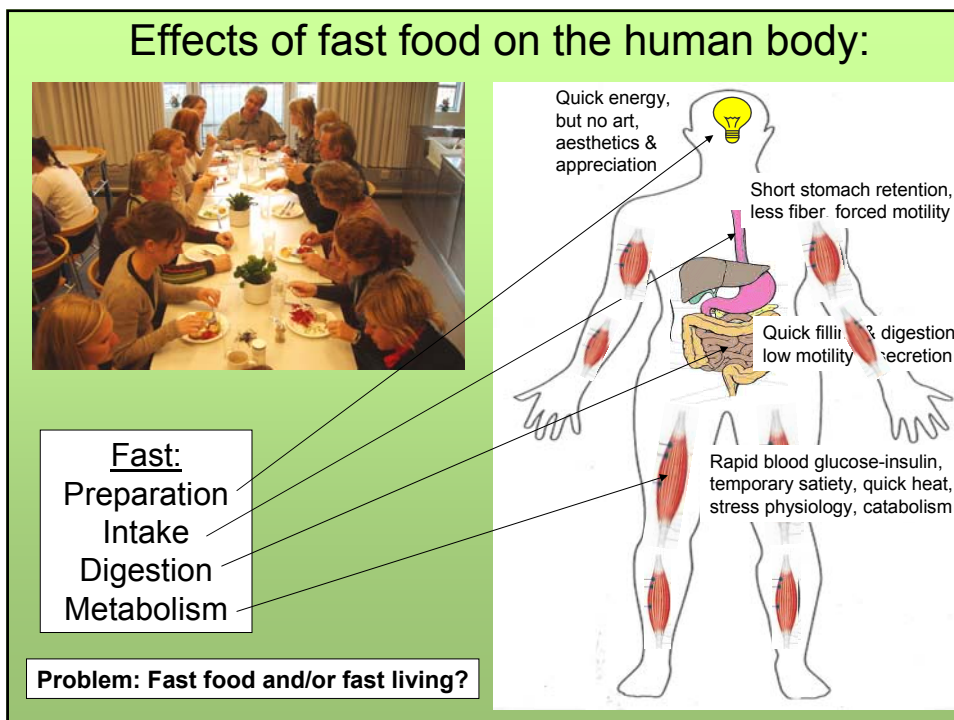
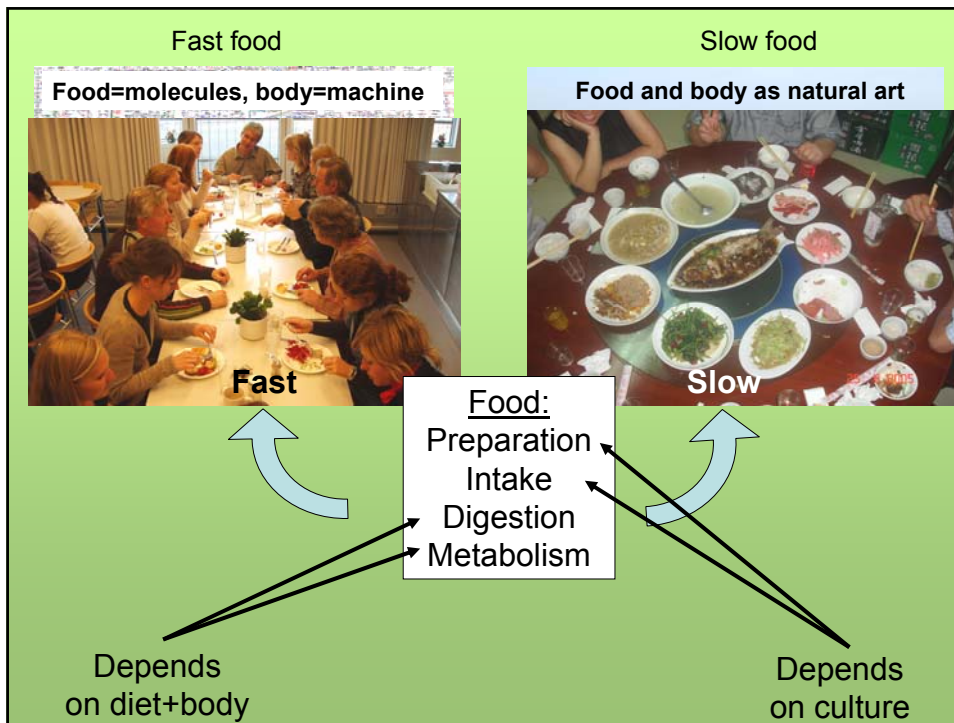
Bottom→up



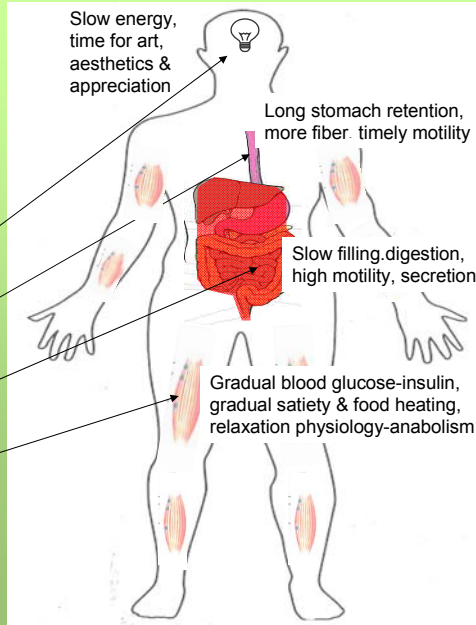
Classical Eastern
(holism-balance,
Nature mysticism -Taoism)

Top→down





Effects of slow food on the human body:



Slow:
Preparation
Intake
Digestion
Metabolism

Aim: Slow food and/or slow living?

Human Nutrition evidence hierarchy

