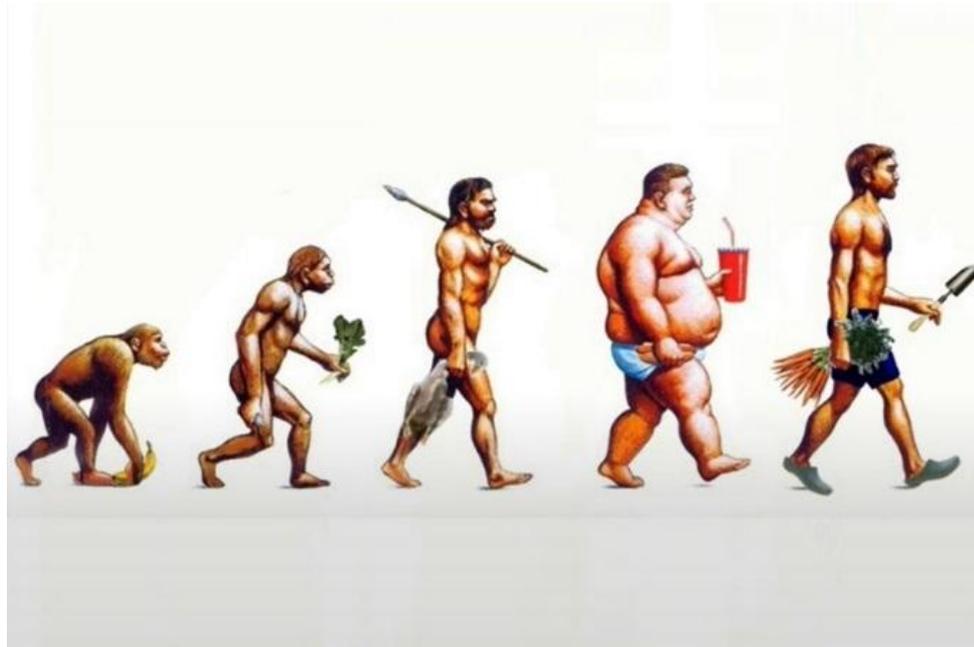


Food for tomorrow: should we learn from the past?



Christophe Lavelle

CNRS / Muséum National d'Histoire Naturelle / Sorbonne Université

christophe.lavelle@mnhn.fr



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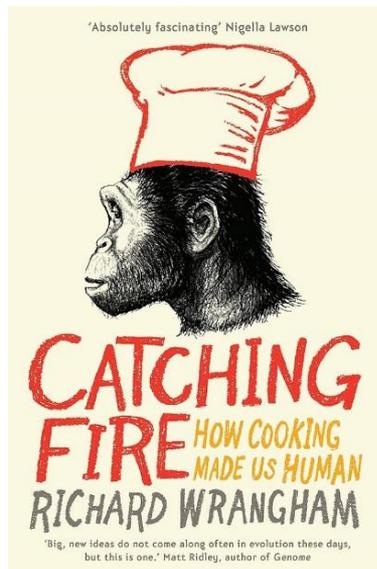
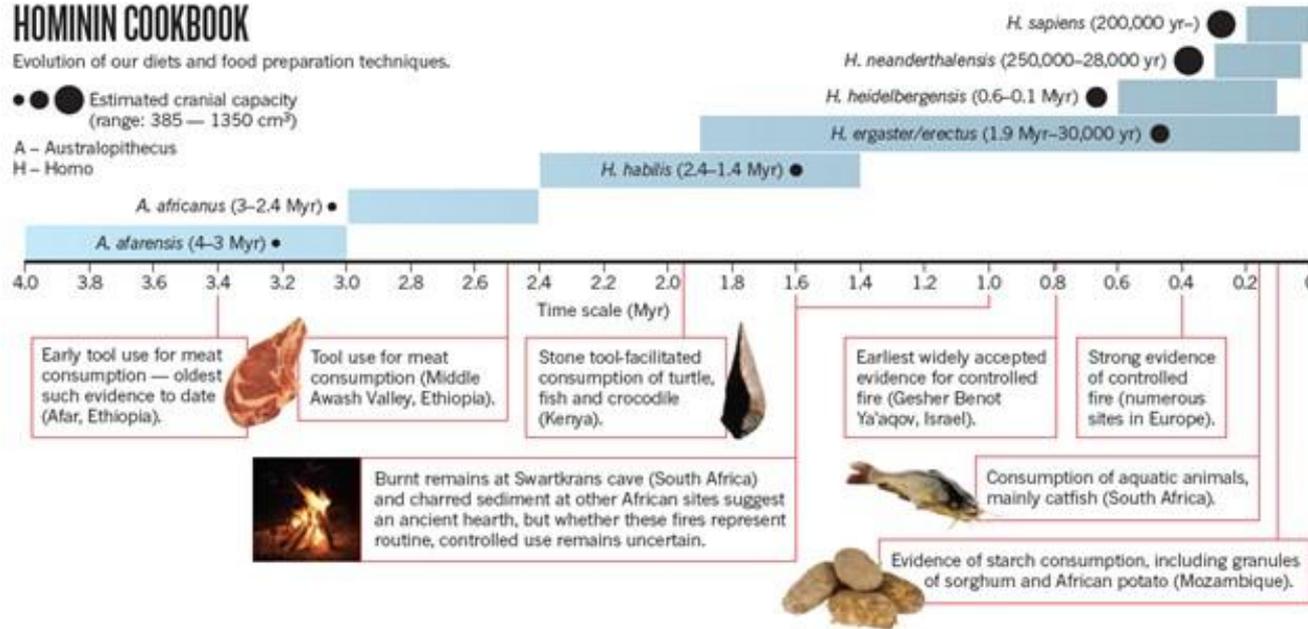
Cooking, evolving

HOMININ COOKBOOK

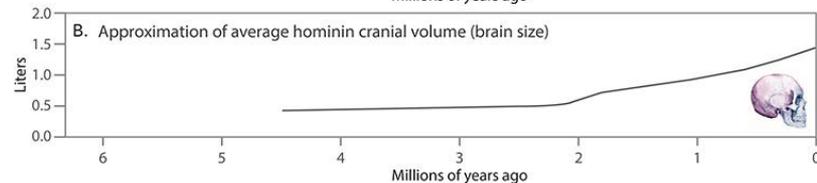
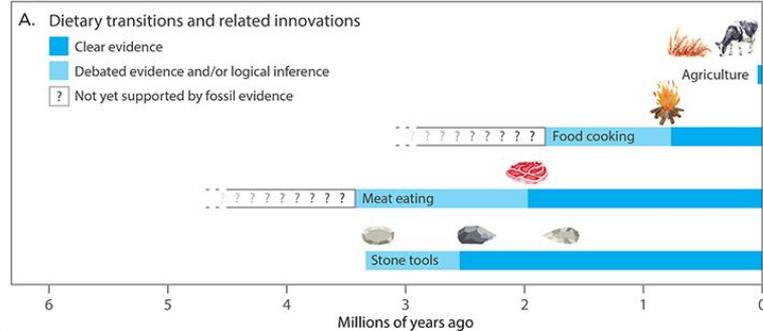
Evolution of our diets and food preparation techniques.

●●● Estimated cranial capacity (range: 385 — 1350 cm³)

A – Australopithecus
H – Homo



Divergence of human/chimpanzee lineages ~6 million years ago → Timeline of hominin evolution → Today

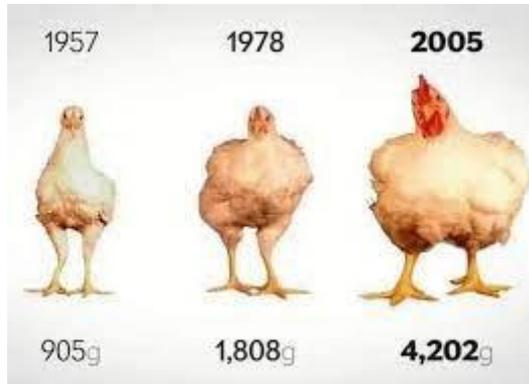


A (too?) quick transformation

Australopithèques	Premiers hommes	Paléolithique moy. et sup.	Proto-Histoire et Histoire	Aujourd'hui
<p>www.hominides.com</p> <p>plantes tubercules, racines...</p> <p>insectes</p> <p>petits animaux</p>	<p>plantes tubercules, racines...</p> <p>viande (charognage et chasse)</p>	<p>plantes tubercules, racines...</p> <p><i>suivant climat</i></p> <p>produits carnés (chasse et pêche)</p>	<p>plantes tubercules, racines...</p> <p>céréales et produits laitiers</p> <p>produits carnés élevage, chasse, pêche</p> <p>sel +</p>	<p>légumes, fruits peu de fibres végétales</p> <p>sucres rapides</p> <p>céréales et pain</p> <p>produits laitiers (acides gras saturés)</p> <p>viande (acides gras saturés) et poisson</p> <p>sel ++</p>



Should we move forward or backward?



We have often spoken of the future state of human societies; I, in turn, want to imagine them as they will be in 2000. [...] We will find the economic solution to perhaps the greatest problem in chemistry, that of the **manufacture of food products**. [...] The day when energy will be obtained economically, it will not take long to manufacture food **from scratch** with carbon borrowed from carbonic acid, hydrogen taken from water, nitrogen and oxygen taken from the atmosphere. [...] A day will come when everyone will take away their **little nitrogen tablet**, their **little lump of fat**, their **little piece of starch** or sugar, their little bottle of aromatic spices, **adapted to their personal taste**; all this manufactured economically and in infinite quantities by our factories. [...] Man will gain in kindness and morality, because he will **cease to live by the carnage and destruction of living creatures**.

Marcellin Berthelot, 1894



To produce



↓
Proteins, lipids, vitB, iron, zinc,...

fat, umami,...

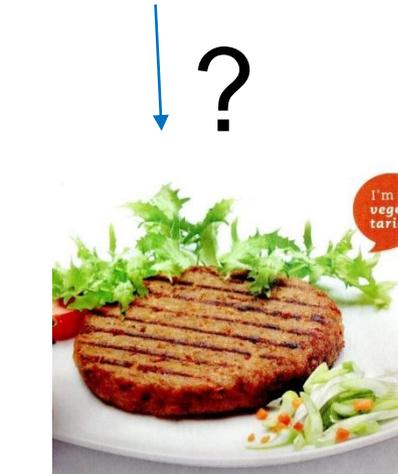


↓
Proteins, lipids, glucids, vitC, calcium, fibers,...

sweet, sour, bitter,...



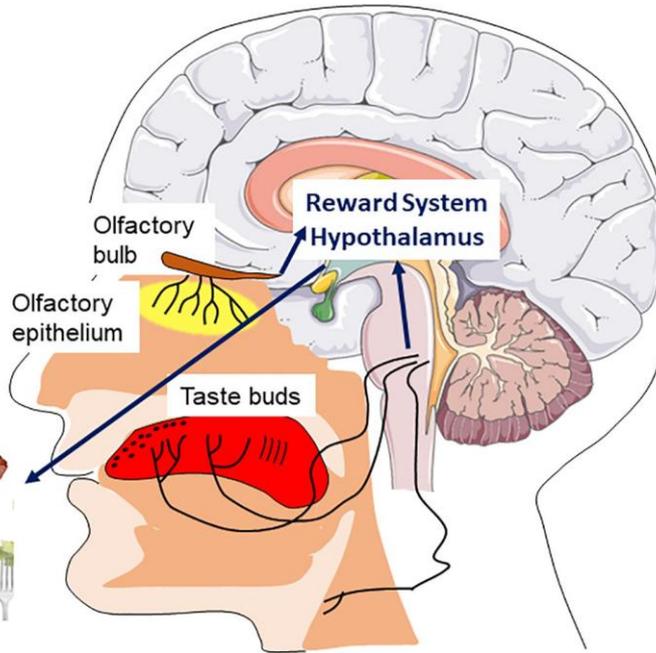
?



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To taste / eat

- Food seeking, Food choice
- Motivation
- Food consumption
- Sensory specific appetite
- Satiation
- Pleasure

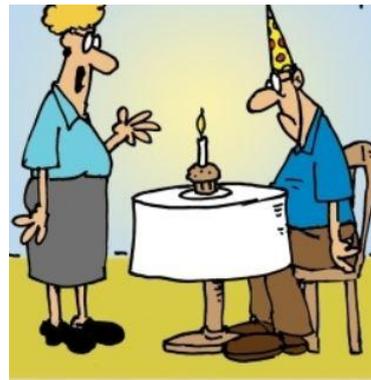


don't worry.
I have
a backup
dinner



© liz climo

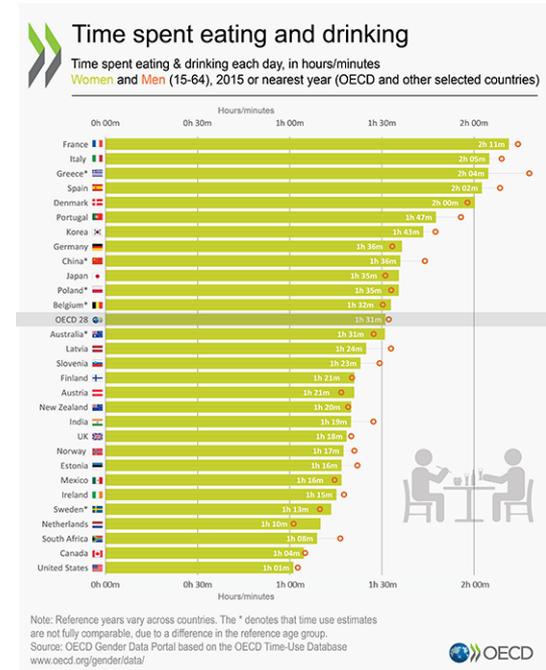
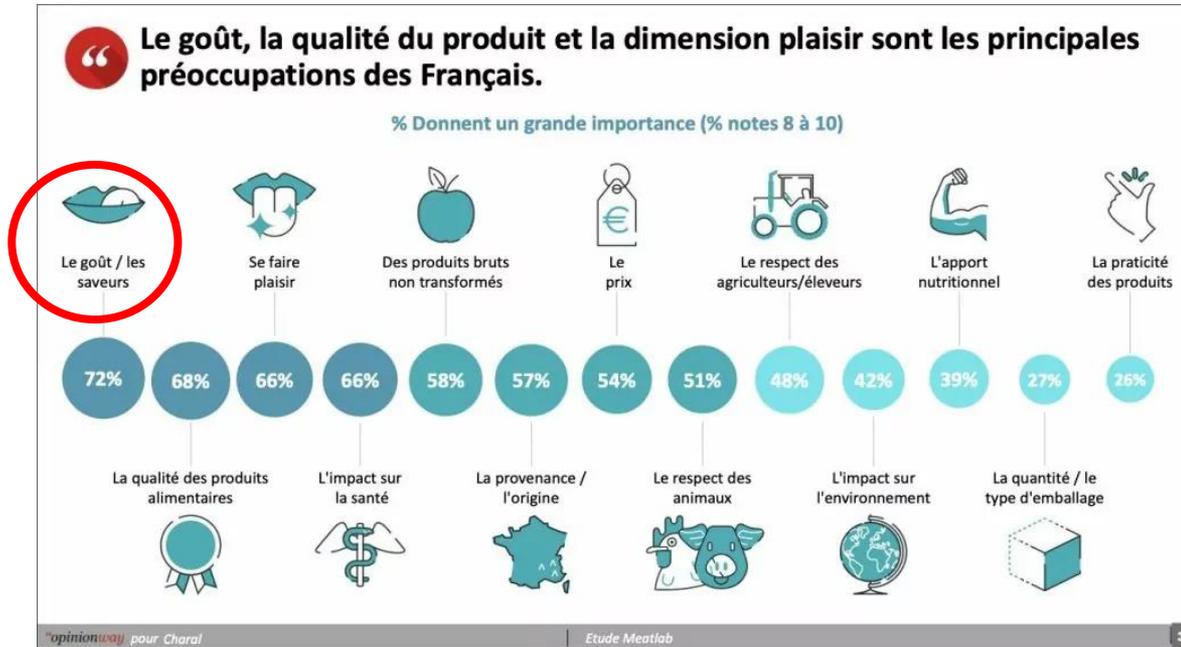
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IT'S WHEAT-FREE, DAIRY-FREE,
FAT-FREE, NUT-FREE, SUGAR-
FREE AND SALT-FREE...ENJOY!

What do people want? Pleasure!

(and, as far as possible, not changing too much our habits)



The destiny of nations depends on how they feed themselves. *Jean-Anthelme Brillat-Savarin (1755-1826)*

It is not enough for a food to be good to eat, it must also be good to think about. *Claude Levi-Strauss (1908-2009)*

Thanks