

Food Geography

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The central aim of cultural ecology is to explore the interactions between human-made systems and the natural environment. This interconnection is most evident in agriculture and broader forms of natural resource use. One of the most direct reflections of agricultural systems is cuisine. Global culinary traditions are remarkably diverse, shaped by both direct and indirect influences of climate. Food is essential for human survival, and the world today faces the looming threat of global hunger. Designing well-balanced diets and developing agricultural strategies based on them is of critical importance. In this presentation, we examine traditional culinary systems through the lens of cultural ecology and geography, highlighting how foodways reflect adaptive responses to environmental and cultural contexts.