



Hunger and Work in a Savage Tribe: A Functional Study of Nutrition Among the Southern Bantu (Routledge Classic Ethnographies)

Audrey Richards

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Hunger and Work in a Savage Tribe examines the cultural aspects of food and eating among the Southern Bantu, taking as its starting point the bold statement 'nutrition as a biological process is more fundamental than sex'. When it was first published in 1932, with a preface by Malinowski, it laid the groundwork for sociological theory of nutrition. Richards was also among the first anthropologists to establish women's lives and the social sphere as legitimate subjects for anthropological study.

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