

EATOLOGY

食学概论

Liu Guangwei and Zhang Zhenmei

刘广伟 张振楣 著

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序一

当今世界环境、资源、人口、和平、健康五大问题，已经成为人类面临的全球性问题。各大问题之间又呈现出一种你中有我、我中有你的错综复杂状态。摆在我面前的这本《食学概论》，正是站在全局的高度，从一个全新的视角，为我们揭示了这五大问题之间的一种联系——食事。作者以宏观的视野，创新的胆识，对地球村全体人类的食生活，做了前所未有的剖析和阐述，让我们重新审视我们的食生产、食生活，审视我们每一个人的食行为。作者提出“两个健康”的理论，把全球问题和每一个人的利益联系起来，把全人类利益和自然生态联系起来。食学的绝对普遍性，在于把环境污染、生态问题与每一个人的饮食行为紧紧联系起来，从人人都关注的健康谈起，更能打动人心。

人类发展至今，任何年代，任何个人，都离不开食事。但从来没有食学，从来没有人从科学的角度来研究和总结人类饮食这件大事。历史上的先哲虽然在这方面有不少思考，但从未形成系统理论；现代人热衷于美食享受，对饮食不当带来的弊端却熟视无睹。我以为，《食学概论》的出版有四大贡献：一是填补了学科的空白，确立了食学学科的基本概念和理论体系；二是发现了自工业文明以来，人类食事逆原生化、割裂化、碎片化的危害性，找到了解决当今许多世界问题的新路径；三是提出了一系列新概念，如食权、食业、食病、食灾、食秩序、食效率、食审美等，丰富了人类的知识体系；四是提出了科学摄食的指导原则，既通俗易懂，又利于操作，很有实用价值。

该书作者尝试建立一个以食为内容的大系统，并探讨这个食系统与其他

系统之间的关系，特别是与人体系统、生态系统的关系。作者提出，食生产的高效率，并不完全是好事，因为它已经威胁到了人类的健康。值得注意的是，作者认为，食学的创建，还将影响现有的行政管理体制，并大胆提出了建立食业部的构想，设想将种植业、养殖业、畜牧业、渔业、食品加工业、饮料制造业、餐饮业、食品监督等与食相关的所有部门，整合重组，进行统一管理。这样的构想，不仅符合精简机构、提高效率的要求，而且可以有效地解决食品安全监管等社会热点问题，减少扯皮，扭转原来各自为政、被动应付的局面。

《食学概论》的出版，为我们打开了一个认识食事、认识食界的新天地。希望社会各界都来关注和重视食学，有更多的专家学者参与到食学研究中来，让食学这门新的学说，开花结果，惠及人类，惠及自然，最终惠及每一个人。

《食学概论》让人警醒，让人思索，让人们重新审视我们的各种食行为。这是一个创新，应该赞赏和鼓励这样的创新。

胡振民

(全国政协常委、教科文卫体副主任)

FOREWORD 1

It's been a global issue of environment, resources, population, peace and health that human are facing with, and these problems are interlaced and perplexing. Now this book of *Eatology*, from a new perspective of eating matters, reveals the relationship of the five major problems. On a micro view, with the courage of creativity, the writer has made an unprecedented analysis and explanation on human eating matters in the world, which helps us to review food production, eating life, and eating behavior of every single person. In fact, the absolute universality of eatology can connect global issue with personal interests, and connect human interests with nature ecology. And it refers to eating behavior that nobody can live without, and to health that everyone is concerned with, which is enough to let people accept. Moreover, it is more persuasive that eatology connects environmental pollution and ecological damage with every single eating behavior.

Since the development of human, nobody has ever lived without making eating behavior at any time. But there has never been a subject called ecology that could study and summarize human eating on a scientific perspective. Though there have been a lot of thinking on this in history, it didn't come out with any system. And modern people enjoy eating, but choose to ignore the disadvantage that eating has caused. In my point of view, the publishing of *Eatology* has made four major contributions: firstly, it fills in the gap of discipline, as well as establishes the basic concept and theoretical system of eatology discipline. Secondly, it has found a new way to solve global problems which have been caused by against-original ecology since the discovery

of industrial civilization. Thirdly, many new concepts are presented in this book, like eating rights, eating industry, eating diseases, eating disasters, eating order, food efficiency, and food aesthetic appreciation, having enriched knowledge system. Fourthly, it puts forward the guidance of scientific ingestion, easy to understand and operate, quite practical.

The writer's trying to build a big system based on eating, and to discuss its relation with other systems, especially that with human system and ecological system. According to the writer, high efficiency of eating production is not always right, as it has threatened human health, and it's worth noting that the foundation of eatology will influence present administrative system. As the writer has proposed a bold idea of establishing eating industry ministry which will recombine all ministries referring to eating as planting industry, livestock breeding, animal industry, fishing industry, food production, beverage manufacturing, catering industry, food supervision, etc. This notion not only complies with agencies streamlining and efficiency increasing, but also effectively deals with the hot issues of environment-protection, food safety supervision, decreasing buck-passing, and reversing the situation that agencies are lack of coordination and act passively.

Eatology brings us a new world of reknowing eating matters and eating field. I do hope the whole society focus on eatology and attach importance to eatology, and more specialists get engaged in eatology study, making it benefit to the society, to the nature, ultimately to ourselves. *Eatology* is astonishing, making us to think and review our various eating behaviors. Innovations like this should be appreciated and encouraged.

Hu Zhenmin

**Member of CPPCC(Chinese People's Political
Consultative Conference)**

序二

这是世界第一部食学专著。作为食学的奠基人，这部专著是作者多年思考的结晶，他在向世界和人类传达着非常重要的理念。这部专著的重要性在于倡导食物的原生性，把人的健康和地球的健康联系起来，将以前那些割裂的、分散的饮食理念整合在一起，重新分类和梳理，并能发现其中的问题，找出解决的办法。让我们看到了一个完整的、广阔的“食学世界”。

迄今为止，我们西方人的食品仍然直接或间接地依靠工业化生产。东方人的饮食理念则更重视健康，注重饮食的选择。《食学概论》从东方文化的基础上起步，从宏观的角度上确立了一个全新的体系，是用东方人的思维对工业文明的一种反思，对全人类未来食行为的改变都有启发意义。它为问题百出的人类食界打开了一扇窗户，送来了新鲜的空气。

《食学概论》的论述科学、清晰、深入浅出，新的思维、新的观点、新的概念术语很多。例如，提出食权的四项内容：获得食物的权利、分享食物的权利、尊重食物的权利、养护食源的权利；还分为三大食权，这是人类食秩序建设的基石。特别是提出有四种美食家：烹饪艺术家、传统美食家、现代美食家、美食大家。指出了传统美食家的不足，让我们耳目一新，开始重新认识美食家这个身份，我们应该如何引导人们能够吃得更加健康。

我创办的世界美食美酒图书博览会已经举办了17届，现在每年都有来自世界160多个国家的美食图书，这些参展的图书涵盖食谱、美食家

著作、餐饮教育三大类几万本，但是，关于食学的专著还是第一次见到。为此，祝贺刘广伟先生著作的成功出版，作为他的朋友我感到很荣幸，同时我也欣赏他的智慧以及卓越的努力。

爱德华·君度

(世界美食美酒图书博览会主席)

FOREWORD 2

Liu Guangwei has an important message for the world through the first monograph ever of eatology. After years of thinking and writing, he is now ready. The importance of this book lies in an advocacy of food naturality. It connects human health with the earth health, unifies and then reclassifies the decentralized eating concepts, showing us a complete and broad world of eatology, and helping to discover the problems, and ways to deal with them.

I met Mr.Liu eight years ago because of his magazines. The European leader in food trade magazines had asked me to see if they could build a partnership with him. In China, and outside he was already considered as the leader and highly respected. He is a powerful business leader but he is also a humble and reserved man, with a deep care for the world. He wants to do as much as possible to help from his key position in the sector. He is reaching for the world, to try to make a real change of eating behaviors, towards more balance for all.


Eatology is a chance for China, and the world. In most of the West, it is now industry that leads and controls directly or indirectly the future of what we eat. It is different in the East, where the people kept alive the healthy concepts of what they should eat. Starting with the basics of oriental culture, *Eatology* is an effort to build up a brand new system from macro-perspective, as well as an oriental reflecting on industrial civilization. It is in fact inspiring for the future of human eating behaviors. And it opens a window of fresh air in a difficult world.

The book of *Eatology* is scientific, clear and simple with much new thinking, many new concepts and terms. Like the four issues of eating rights.

And it contains three major eating rights which are the foundation stone of eating orders. Especially, it proposes four kinds of gastrologist, and it is refreshing to point out the deficiencies of them, helping us to reevaluate gastrologist, and to better know how to guide people eat healthily.

Gourmand World Cookbook Awards, founded by me, has been held 17 times, with books from more than 160 countries in the world every year. They are tens of thousands of books in three categories, including recipes, gastrologist's books, and catering education. However, there has never been a monograph of eatology. It's a big success for Mr. Liu to publish this book.

Thank you, Mr.Liu, I am very honored to be your friend, and I admire your intelligent and generous effort.


2014-5-5

**Gourmand World Cookbook Awards,
President and Founder**

前言

宇宙因生命的存在彰显意义，所有的生命都有同化和异化两个方面。所谓同化，是指吸收营养；所谓异化是指排出代谢废料。这是世界上每天都在发生的事情，既天经地义，又平淡无奇。然而在这平淡无奇中，却包含着种种学问。尤其是人类的食事，蕴藏着人类最基本的文明密码，制约、决定着人类社会的发展趋向。

工业文明以来，社会分工更细，生产效率更高，商品极大丰富，带动了科学技术突飞猛进，推动了许多行业的繁荣发展。但是食事却是个例外。因为过度的食源开发，严重的食环境污染，不仅破坏了地球的生态，更威胁着人类的健康。

更细的行业分工，使食识“碎片化”、食业“割裂化”；更高的生产效率，使食产“逆原生化”、食物“负营养化”。人类食事在大发展的同时，问题频出。当高产粮、速成鸡初次和我们见面时，卖相、口感、价格打动了每一个人。直到今天，人们才认识到了180天的鸡比45天的鸡的好处。

人们用了500年的时间，终于明白，人是原生性的，需要原生性的食物维系健康，而工业文明是在违背生物原生性的基础上建立起来的，让我们离食物原生性越来越远。

为什么在以往漫长的历史上，没有出现食学？为什么在处处皆学问的当今时代，惟有食事没有上升到科学高度？为什么在高度发达的现代社会，科学摄食远没有成为人们的自觉行动？这确实值得我们深思。或许，认为食事太过于寻常而熟视无睹；或许，吃饭的事过于简单而与深奥的学问无涉；也

可能由于饥不果腹的年代过去并不太久，从何奢谈食学？也许正是这些想法，限制和阻碍了食学的诞生。

食学是研究人类进食规律的学问，是探索和研究人体与食物之间关系的科学。人类在这个世界上生存和繁衍的历史，就是与各种形态的食物和谐相处的历史，就是人类用智慧和技能不断改造食材的历史，也是人类借助饮食来满足自己、抚慰自己、愉悦自己的历史。

食学研究的目的，一是维护人类的健康，二是维护地球健康。两者共为一体，不可分割。威胁人类健康的有“四大食病”，即饥食病、污食病、偏食病和过食病；威胁地球健康的有“两大食灾”，即环境食灾和生态食灾。面对食病和食灾迫切需要反思我们的食行为，需要用更加科学的理论指导我们的食行为。

为此，我们提出了“九业归一”的食业概念，改变被割裂化的现状；提出了“六态九宜”的摄食观，指导人们科学合理饮食；提出了“五觉双元”的食审美理论，把享受和健康统一起来；提出了“五大丑相”的食道德观，提倡摒弃食行为中的不良习惯；提出了“两个健康”的理念，把人和地球生态的健康统一起来。

食学学科的建立，具备了四个要素：准确的定义，明确的目的，科学的结构和无穷的课题。

食学建设任重道远，研究食规律，主张食权利，完善食秩序，提高食效率，加强食教育，改善食生态，需要几十年或上百年的时间。

我们坚信，食学的成熟期人类平均寿命将达到 100 岁，食学的繁荣期人类平均寿命将达到 120 岁。

食学改变你我，食学改变世界。

Introduction

The universe shows meaning only with the existence of life, all of which go with both assimilation and dissimilation. The process of absorbing nutrients is called assimilation, while the process of excretion called dissimilation. These happen everyday worldwide, common and nothing exciting. However, it contains various knowledge, especially that the eating matters hide elementary codes of human civilization, deciding the trend of human society. As eating is inseparable from every single man in the world. It matters human future.

Since industrial civilization, technology has rapidly advanced, and many industries has well prospered due to more specific social division, higher production efficiency and a wide selection of merchandise. However, eating matter is an exception.

Excessive food sources exploration and severe environmental pollution damaged ecology, and more threatened human health. More specific social division makes eating knowledge unsystematic while eating industry cracked. And higher efficiency makes food production against original ecology while food products innutritive. Human eating matters are greatly developing with problems. It once impressed everyone with good appearance, taste and price when high-production food and fast-grown chicken came to us. But suddenly one day, we are so shocked to realize that 180-days-grown chicken do better than 45-days-grown ones.

It has taken us 500 years to finally understand that human with original nature need original food to maintain healthy. Contrarily, based on against-original ecology, industrial civilization drove us further and further from natural

food.

It's worth reflecting why eatology wasn't established in the past long history, why eating matters wasn't referred to as a science nowadays in the popularity of learning, why scientific ingestion wasn't taken positively in the highly-developed modern society. Maybe eating matters are too common to be considered. Maybe eating is too simple to be connected with profound learning. Maybe it hasn't passed too long that people wouldn't get starved anymore. Or maybe it's these ideas that restricted and prevented eatology study.

Eatology is a science of studying eating regularities, and exploring human-and-food relation. To say the least, human on the earth live to harmoniously deal with various food, to constantly transform food material with wisdom and technique, to satisfy ourselves, to comfort ourselves and to delight ourselves by eating.

Eatology study aims two aspects: to maintain human healthy, and to keep the earth healthy. They are unified, inseparable, promoting and constraining each other. As we know, excessive food resource development and severe environment pollution have damaged our surroundings. And four major eating diseases derived from starvation, polluted food, food preference and over-ingestion have threatened human, while two major eating disasters of environment and ecology have threatened the earth, faced with which, we eagerly need to reflect our eating behaviors, and to direct them with more scientific theory. Accordingly, we put forward the concept of Nine-industries Unification to change the cracked status of eating industry, the concept of Six States and Nine Propers to guide human eat scientifically, the aesthetic concept of Five Senses and Duality to connect enjoyment with health, and the virtue of Five Types of Eating Vice to reject bad habits in eating behaviors.

The establishment of eatology discipline has four elements. They are precise definition, specific aim, scientific structure, and infinite topics.

Eatology study is an arduous task, and will take us decades, or even

hundreds of years to research regularities of eating, to claim eating rights, to complete eating orders, to promote food production efficiency, to enhance eating education, and to improve the environment of food resource.

We're convinced that human average lifespan will be up to 100 years at the mature period of eatology, and to 120 years at the prosperous period.

Eatology changes you and me, and eatology changes the world.

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食学是研究人与食物关系的学科,目的是人类和地球生态的健康,核心结构是食生产、食利用、食文化,特点是普遍性、通俗性、践行性。食学将对教育体系、图书分类体系、行政体系产生深远影响。

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大自然虽然为人类提供了大量、多样的食物来源,但人类的食源是有限的,无限度的索取会给人类带来灾难。与此同时,全球食源利用不平衡问题日益严重,环境、食物、人类三者之间矛盾日益突出。

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第三章 食业

食业是人类最大的行业,占世界经济总量50%以上。食生产效率和食物品质的矛盾,至今没有得到充分的认识。食业效率和社会效率的矛盾被食业的割裂化所掩盖,食业部的设置是各国行政管理改革的新趋势。