

## WN Network

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*Diego Velázquez: Old woman frying eggs*

### Commensality: preparing fresh food

*Fabio Gomes writes:* Let us notice and practice and celebrate cooking and all that goes with it, including consciousness from childhood of the central place of preparation, cooking, and meals within the family and in company, for health and well-being. The Spanish master Diego Velázquez (1599-1650) painted this commemoration of culinary arts when aged 19. The boy carries a melon.



#### Editor's note

The purpose of *Network* is to remind us of the contribution of the arts to our understanding of food, nutrition, health and well-being. Usually it will simply present the art with a caption but without commentary – though we welcome follow-up letters for publication in *Feedback*. This painting by a young master has also been the cover of the magazine published by the UK Guild of Food Writers. Please send contributions for this page to [wn.network@gmail.com](mailto:wn.network@gmail.com)