



... requirements to enduring large meals ... large teeth, etc.

- ↳ endurance hunting: chasing prey for up to 8 hours to take down animals who sprint / not adapted for long periods of movement
  - running in heat, accurate tracking
  - lost hair, increased sweating, olfactory glands for social information, stabilized head, springy feet, large butt

## Cooking

How the body processes food!

- Mechanical (chewing)
- Chemical (stomach, small intestine, colon - break down, extract, store)
- Problem: humans have a small digestive system. can't process much food.  
most suited for carnivores (ill equipped to break down plants)

Humans not adapted for raw food. control of fire to cook food

- possibly 1.5 mya: presence of cook fire (learned from wildfires)

• adap

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