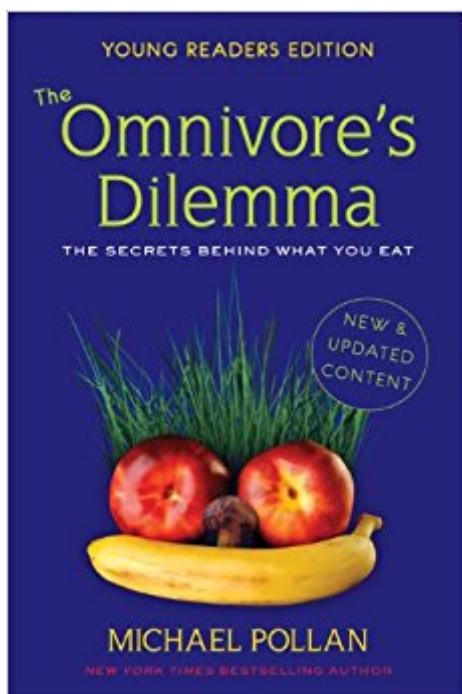


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# The Omnivore's Dilemma (Young Readers Edition) (Turtleback School & Library Binding Edition)



## Synopsis

FOR USE IN SCHOOLS AND LIBRARIES ONLY. Delves into facts about food, life expectancy as it relates to consumption, and global health implications resulting from food choices made by people around the world, encouraging readers to consider their food choices and eating habits.

## Book Information

Library Binding: 352 pages

Publisher: Turtleback Books; Reprint edition (October 15, 2009)

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ISBN-10: 0606087230

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Product Dimensions: 8.8 x 6 x 1.2 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 4.5 out of 5 stars 1,488 customer reviews

Best Sellers Rank: #1,615,325 in Books (See Top 100 in Books) #68 in Books > Teens > Personal Health > Diet & Nutrition #78 in Books > Teens > Hobbies & Games > Cooking #104 in Books > Teens > Education & Reference > Science & Technology > Ecology

Age Range: 12 and up

Grade Level: 7 and up

## Customer Reviews

[Signature]Reviewed by Pamela Kaufman Pollan (The Botany of Desire) examines what he calls "our national eating disorder" (the Atkins craze, the precipitous rise in obesity) in this remarkably clearheaded book. It's a fascinating journey up and down the food chain, one that might change the way you read the label on a frozen dinner, dig into a steak or decide whether to buy organic eggs. You'll certainly never look at a Chicken McNugget the same way again. Pollan approaches his mission not as an activist but as a naturalist: "The way we eat represents our most profound engagement with the natural world." All food, he points out, originates with plants, animals and fungi. "[E]ven the deathless Twinkie is constructed out of... well, precisely what I don't know offhand, but ultimately some sort of formerly living creature, i.e., a species. We haven't yet begun to synthesize our foods from petroleum, at least not directly." Pollan's narrative strategy is simple: he traces four meals back to their ur-species. He starts with a McDonald's lunch, which he and his family gobble up in their car. Surprise: the origin of this meal is a cornfield in Iowa. Corn feeds the steer that turns into the burgers, becomes the oil that cooks the fries and the syrup that sweetens

the shakes and the sodas, and makes up 13 of the 38 ingredients (yikes) in the Chicken McNuggets.Indeed, one of the many eye-openers in the book is the prevalence of corn in the American diet; of the 45,000 items in a supermarket, more than a quarter contain corn. Pollan meditates on the freakishly protean nature of the corn plant and looks at how the food industry has exploited it, to the detriment of everyone from farmers to fat-and-getting-fatter Americans. Besides Stephen King, few other writers have made a corn field seem so sinister.Later, Pollan prepares a dinner with items from Whole Foods, investigating the flaws in the world of "big organic

In The Botany of Desire (2001), about how people and plants coevolve, Michael Pollan teased greater issues from speciously small phenomena. The Omnivore's Dilemma exhibits this same gift; a Chicken McNugget, for example, illustrates our consumption of corn and, in turn, agribusiness's oil dependency. In a journey that takes us from an "organic" California chicken farm to Vermont, Pollan asks basic questions about the moral and ecological consequences of our food. Critics agree it's a wake-up call and, written in clear, informative prose, also entertaining. Most found Pollan's quest for his foraged meal the highlight, though the Los Angeles Times faulted Pollan's hypocritical method of "living off the land." Many also voiced a desire for a more concrete vision for the future. But if the book doesn't outline a diet plan, it's nonetheless a loud, convincing call for change.Copyright Â© 2004 Phillips & Nelson Media, Inc. --This text refers to an alternate Library Binding edition.

I enjoyed this book so much that I sent it as a gift to my grandson, 16, who is a superb amateur chef. He also enjoyed Pollan's lively, informative, and very well written book. This is not a book just for 'foodies' , but for the general public as well, as it delves into the ways our food are grown, marketed, used and misused, and impacts on very important current political and economic issues. It's a must read, and well worth your time.

It's disturbing, but I'm glad I read it. When I see most processed food, all I can think of is corn. In fact, when I see meat or dairy products, I now think of corn. If you want to be challenged in the way you eat, read this book. It's a super easy read but it's not so easy to face the facts Pollan lays out. Lifestyle change seems to be expected after reading this work.

A friend predicted that it would make you want to change the way you eat entirely, and she was correct! The problem is, unless a small, sustainable farm is down the road, realistically, you can't. That is not a problem with the book, however--- it's a problem with food production in the USA, and

that is what the author researches and describes in detail. Somewhat long, but worth the investment in time. And this is coming from a person who almost never rates a book 5 stars!

This book is filled with information that ought to be widely known, but sadly isn't. The author also has some fascinating insights and observations. I took off a star because the author has obviously spent much of his life surrounded by elitists, which comes through in much of his prose -- particularly when he is overly apologetic for things he shouldn't be. All in all, it's a great book.

Amazing book. I already have one copy and bought this for my sister. It changed how I look at food and since reading it several years ago I have had a small backyard farm and garden with enough to feed my family. Big fan. A must read

I am a huge fan of Michael Pollan's writings and this one did not disappoint! I have read all but one of his books and read them out of publishing order because really I don't think that matters. Just like his other works this book is written in a very conversational style that invites the reader to really challenge the way they think about what is on their plates. In a very simple way it pushes you to take a minute and take a step back to look at the big picture when it comes to what you eat and where it comes from. For anyone that is interested in eating and living in a sustainable way this book is wonderful. I also highly recommend the Pollan Family Table cookbook - great recipes!

Although I suspected that the organic food I purchase regularly at Whole Foods, Mrs Greens and at local supermarkets is suspect, I had no idea about the farm to supermarket trajectory, not to mention what really goes on in the growing of organic poultry, beef and produce which is distributed by large venues such as the ones I mention. My biggest concern until I read this book was about added hormones and chemicals in my food. Now I truly understand the nature of food production and my helplessness in monitoring my diet unless I purchase a farm and grow my own food or relocate near a sustainable farm in operation. This book should be on every junior high school child's reading list, with additional review in high school. Pollan is at times very funny and found myself laughing out loud despite the sad nature of the content.

I checked this out of the library, and as soon as I finished it I ordered a copy to re-read and to loan to friends. I kept thinking about the ideas he presented and ended up watching almost a dozen video interviews of him and people he mentions. So it is one of those books that really made me

think and that changed the way I think about industrial food and industrial farms. Can't recommend it highly enough. I only wish it was more current -- maybe a second edition one day?

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