

Day 43 Feb. 25/26

Do you find this book boring?

Well, now is your chance to begin reading an exciting book! Begin looking for a new **IR book** now. You should have it chosen by March 11/12 Day 47.

Goals:

- go over quizzes
- key terms "food knowledge" to "polyphenols"
- chapter summaries 7-9
- check **HW 20** (literal questions p52- p99)

1. Candy, mayonnaise, hot dogs, magazine covers, and building materials all contain _____

2. What has happened in the last 100 years to the number of people in America who operate farms? _____

3. Nitrogen is used for fertilizer and what else?

4. Where is corn stored after it is harvested?

1. Maltodextrin, Ascorbic acid, lecithin, and xanthan gum all come from _____

2. Pollan visits a huge corn farm and gets to plant some corn. What does he use to plant the corn?

3. What is one reason why corn is so much cheaper than fruits and vegetables? _____

4. What do companies like Cargill and Archer, Daniels, Midland (ADM) do?

Omnivore's Dilemma Reading Check 5-9 **E**


1. "An animal city, a beef factory, a place where cattle are force-fed an unnatural diet," what is the author describing?
2. What do companies do when they *add value* to food?
3. Since 1971 health experts have noticed an unhealthy trend growing in the U.S. What is it? _____
4. Why is our sense of disgust so important for us humans?
5. Where does the author take his family in chapter 9?

G Name _____

1. Corn is not a natural food for cattle; their stomach evolved to eat mostly _____
2. Give two examples of *adding value* to food.
_____ and _____
3. What do you call it when fast-food restaurants give you an extra-large portion for just a little more money?
4. Why is our sense of disgust so important for us humans?
5. What does HFCS stand for?

meaning
↓

food knowledge	108,109	knowing what is healthy to eat <u>w/o</u> knowing scientifically why
organic	130	grown w/o chemicals, esp. <u>pesticides</u>
ecology	132	the relation between living things and their environment



monoculture	133	growing only one crop
additives	134, 151	<u>s.th.</u> that has to be added to food in small quantities to change it
synthetic	134, 138	s.th. artificial or manufactured
polyphenols	156	a chemical produced by plants

Write your own summary of chapter 9.

- review the title of the chapter
- look at the section headings and ask yourself, "What's the main idea of that section?"
- any Key Terms you can use
- Do not look at the next page until you have finished your own summary.

I will come around and check your **HW 20** (the literal questions p52 to p99).

Compare your summary with this one:

Ch 9 "My Fast-food Meal"

Fast food taking over
At McD's, the Pollans "eat alone together." Meals seem to have variety but are mostly corn. The industrial food chain is bad for the farmers, for the environment, for the animals, and for the health of humans. (We, too, are making sacrifices to the corn god.)

What are the three most important points?

For **day 44**, we will have a short open-book quiz focusing on chapter summaries. If you've done the reading, it should be easy.

HW 21: Read up to and including ch 16 and finish the literal questions to p126

Analogy *this is to that just as that is to _____* "

house:garage :: desk: chair

fans:cheering :: students: learning