

Day 45 March 4/5

Review the Key Terms for a couple of minutes before the quiz. Did you finish reading up to ch 19?

Goals:

- Quiz on Key Terms
- more CRQs (A & B)

p. 111-112

**HW 21**: Answer CRQ C. (Brainstorm a little first.)

Keep looking for a good IR book! (Your final choice is due in one week!)

Let's do A. Read p. 111-112 and brainstorm an answer first:

French. don't follow food fads. they eat whatever they want: examples

paradox - it's how the French eat, not what they eat:

examples - not alone; w/ friends & family; no seconds; portion control; no snacking;

"long, leisurely affairs"

A. The French are healthier than Americans because they do not follow health food fads. The French ...

**A.** The French are healthier than Americans because they do not follow health food fads. As Pollan says, the French drink wine, eat lots of cheese and butter and red meat. They do not worry about counting calories and eating health foods. Pollan explains this **paradox** by pointing out that French culture also teaches them how to eat. They do not snack between meals; they eat smaller portions and do not take seconds; they rarely eat alone. Their meals are “long, leisurely affairs” with friends and family. As Pollan says, “how we eat is just as important as what we eat.”

## B. Read p. 113, 114, 116 Brainstorm

eating different foods at the same time

at home ex's

at fast food restaurants each individual eats s.th. different

"Food is not just fuel ..."

Pollan: the same foods together

**HW:** Do **C.** brainstorm and write a paragraph

**B.** The phrase "eating alone together" means that family members are eating different foods even if they're eating at about the same time. Mom might prepare something vegetarian; Dad might need a low carb dish while the kids eat frozen pizza heated in the microwave. Fast food restaurants use this habit of eating alone together by creating separate meals for each member of the family. For many, food is just fuel to get you through the day, but for Pollan, "Food is not just fuel. It's about family, friends, and community." Pollan suggests that part of appreciating and really enjoying food requires not only eating together but eating the same food together.

**HW 21:** Do C on a separate sheet; brainstorm a little first.