

December 7, 2021 The 80th Anniversary of the Attack on Pearl Harbor - propelling the US entry into the Second World War.

Open up to p.127 and look at the picture.

Goals:

- learn how to skim a chapter
- key terms from "organic" to "polyphenols"

Tips for Skimming a chapter:

- Focus on the beginning & end of the chapter
- Look for anything in **bold** print or *italics*.
- Read the **HEADINGS**: guess at the main idea
- Look at pictures/captions and charts & graphs
- Sidebars!

Follow these steps for ch 10 and write a short summary of the ch on a page in your notebook.

organic 130

CC: without synthetic *chemicals*, dangers of *pesticides*

Def: grown w/out synthetic chemicals; raised w/out hormones

ecology 132

CC: living in harmony with nature

Def: the relation between living things and their environment

monoculture 133

CC: and **Def:** growing only one crop

additives 134,151

CC: guar and xanthum gum, several ingredients

Def: sth that has to be added to food (in small quantities) to change it

synthetic 134,138

CC:permitted, *organic*, preservatives, manufactured

Def: sth artificial or manufactured

How did you summarize ch 10 without reading it?

Many organic farms are huge & follow the industrial model but w/out chemical pesticides & fertilizers; organic farms still require lots of fossil fuel. Organic co's controlled by big agribusiness.

Do the same for ch 11:

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polyphenols 156

CC: natural chemicals, human health, prevent or fight cancer, fight infections

Def: a chemical produced by plants

Share your summary of ch 11

Ch 11 More Big Organic

Organic chickens treated just as cruelly as non-organic. Some organic food flown in from far away places. Organic might taste better & might be healthier.

9. My Fast-Food Meal

- Fast Food
- Chicken or Nuggets
- Where's the Beef
- Corn Eaters 'R' Us

At McD's, the Pollans "eat alone together" their fast food meal. Meals seem to have variety but are mostly corn; and they require 10x the calories in fossil fuel. Nuggets and burgers taste more like "fast food" than like chicken or beef.