

December 8 Day 59

Summarize ch 11

Review ch 8 & 9

Key Terms

Watch video

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!

Do this with ch 11 and write a summary (2-3 sentences).

polyphenols 156

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

**Def:** a chemical produced by plants

food knowledge 108,109

**CC:** over thousands of years, ... through experience they learned

**Def:** knowing what is healthy to eat w/o knowing (scientifically) why

perennials 172

**CC & Def:** [plants that ] come back year after year

annuals 172

**CC & Def:** have to be planted every year

How did you summarize 11?

## Ch 11 More Big Organic

Organic chickens are treated just as cruelly as non-organic. Some organic food is 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.

*Polyfaces* video

43:00 to 54:00

1:00:00

1:14:00 to 1:22:00