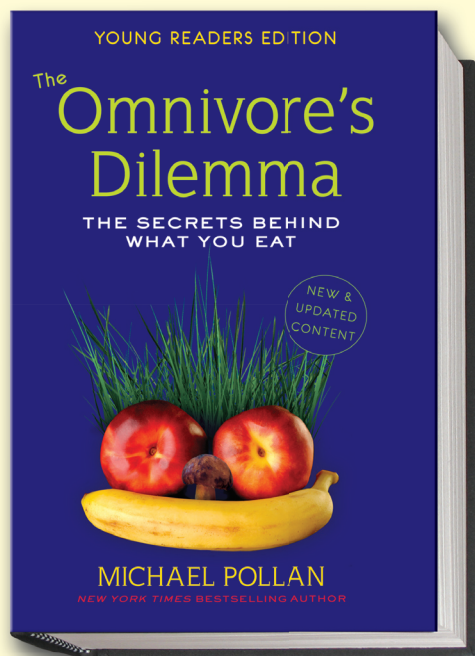


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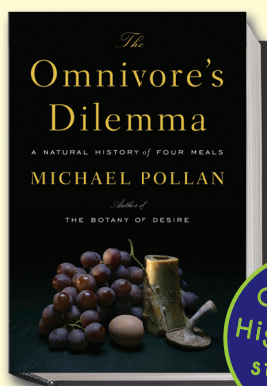
Everyone eats.

But what Americans eat today looks very different from our parents' or grandparents' diets. Use Michael Pollan's new young readers edition to encourage your students to think about the environmental, financial, and political aspects of the food they consume.

Did you ever wonder where your food comes from, or what you should eat and why? Michael Pollan did. He called the problem of choosing what to eat—meat or vegetables? packaged or organic? local or international?—the omnivore's dilemma. To discover how to make the best choices, he became a food detective. And now you can, too! Before you chomp on a cheeseburger, slurp up your soda, or take a bite from a shiny apple, join Michael Pollan behind the scenes of your meals.

To learn more, visit www.michaelpollan.com

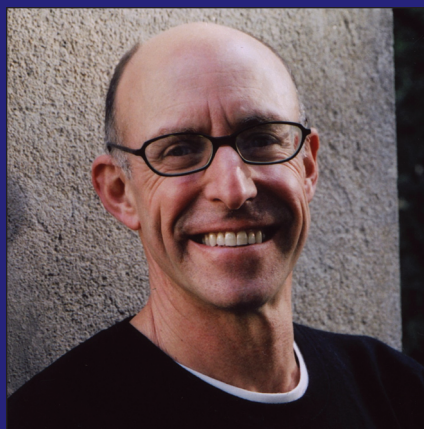
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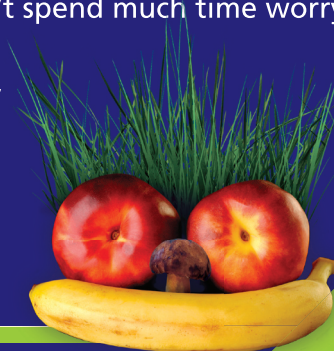
**Don't miss the original Adult Edition—
perfect for High School students.**

Encourage your middle and high schools to incorporate both versions into their curriculums as a district-wide read.



A Note from Author Michael Pollan

"Before I began working on this book, I never gave much thought to where my food came from. I didn't spend much time worrying about what I should and shouldn't eat. Food came from the supermarket, and as long as it tasted good, I ate it."



Great classroom-friendly
activities on back!

Using *The Omnivore's Dilemma* in the Classroom

Research Activities & Questions for Discussion

Food Chain

In biology class, you may see a food chain that goes sun → grass → mouse → hawk. But most people in the United States are removed from this natural food chain. Instead, our food takes a variety of paths from the farm to our fridge.

- Define the following food chains in your own words:
 - Industrial
 - Industrial Organic
 - Local Sustainable
 - Hunter-Gatherer
- The next time you eat a meal, think about the path it took to get to your plate. Where did all the parts come from? Write a list of the food, its components, and, if you can, trace them back to their farm, state, or country of origin.

Corn—It's What's for Breakfast (and Lunch and Dinner)

According to *The Omnivore's Dilemma*, "There are some forty-five thousand items in the average American supermarket and more than a quarter of them now contain corn." You may recognize corn on the cob, or in a can, or even as a bag of chips, but corn sneaks into all kinds of food. Manufacturers also turn corn into hydrogenated oil, corn syrup, sweeteners for your soda, cornstarch, ethanol, plastic, animal feed . . . and the list goes on.

- Study the ingredients on a cereal box. What are they? Where do they come from? Use the Internet to help you.
- How did all this corn get into our food? Government subsidies, shifting populations, and scientific advances have made corn our most plentiful crop and common ingredient. Create a timeline that charts the rise of corn in the U.S. Include political and technological milestones.

Put Your Money Where Your Mouth Is

- Food production is a profitable business. Define the following terms and how they relate to the omnivore's dilemma:
 - Added Value
 - Agribusiness
 - Annual Crops v. Perennial Crops
 - Food Miles
 - Hybrid
 - Subsidies
 - "Voting With Your Fork"

Organic? Oh Really?

Many large corporations have organic brands. Some organic produce is shipped thousands of miles before it reaches your supermarket.

- Choose an "organic" processed food from the grocery store. Use the USDA chart to find out how organic the item really is.

Case Closed?

- Will your discoveries as a food detective change how you make food choices? Why or why not?

