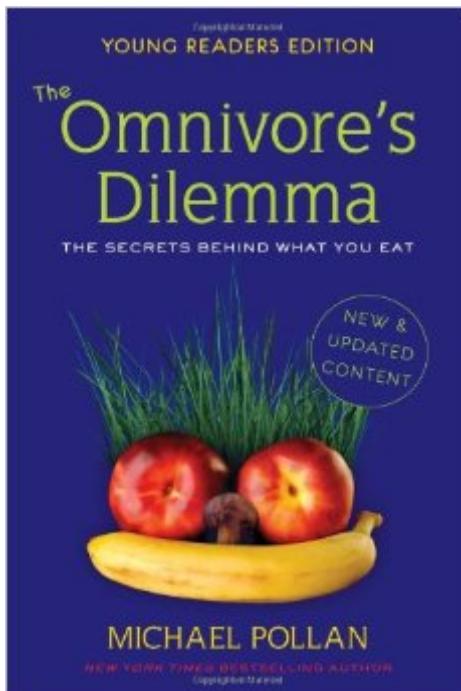


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# The Omnivore's Dilemma: The Secrets Behind What You Eat, Young Readers Edition



## Synopsis

The New York Times bestseller thatâ™s changing Americaâ™s diet is now perfect for younger readers. "Whatâ™s for dinner?" seemed like a simple question until journalist and supermarket detective Michael Pollan delved behind the scenes. From fast food and big organic to small farms and old-fashioned hunting and gathering, this young readersâ™ adaptation of Pollanâ™s famous food-chain exploration encourages kids to consider the personal and global health implications of their food choices. In a smart, compelling format with updated facts, plenty of photos, graphs, and visuals, as well as a new afterword and backmatter, *The Omnivoreâ™s Dilemma* serves up a bold message to the generation that needs it most: Itâ™s time to take charge of our national eating habitsâ™ and it starts with you.

## Book Information

Lexile Measure: 0930 (What's this?)

Paperback: 352 pages

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Shipping Weight: 15.2 ounces

Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (147 customer reviews)

Best Sellers Rank: #43,601 in Books (See Top 100 in Books) #24 in Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition #26 in Books > Children's Books > Education & Reference > Science Studies > Environment & Ecology #51 in Books > Children's Books > Children's Cookbooks

Age Range: 10 and up

Grade Level: 5 and up

## Customer Reviews

Industrial food is not just at the local fast food restaurant. it is also at our grocery stores. Food is made to taste better and have a longer shelf life, but is the chemicals and preservatives we use really worth the health risk? Do we know where our meat comes from, the diet of the cows before they go to the slaughter and become our hamburger and steak? This book is an eye opening education. You can read the adult version, "The Omnivore's Dilemma, A History of Four Meals"

also. Michael Pollan, the book's author is not trying to make us all into vegetarians, although he did try that lifestyle for a short period of time and then went back to eating meat. The point is to be informed about our food, because diet is just as important as exercise. You cannot put empty calories and lots of high fructose corn syrup and genetically modified food into our bodies and then be surprised at the poor body figure we now have. Also have a look into sustainable farming and learn why our current methods of producing food cannot last forever. Why do we dump fossil fuels on our fields? What does this do to the ecosystem of the land, the soil? Also, learn why we cannot go back to using cow manure for fertilizer. Why is it (the cow manure) so toxic to the soil and to us? What is genetically modified corn and other grain doing to our field and why can't we control it from going into other fields? Perhaps industrial food and industrial farming needs to change. Why do farmers over produce and why can they never get compensated for their grain and make a living? When you are through reading this book, Michael Pollan appears in the movie, "Food Inc." which is a great movie to continue on your way in discovering the problem with many American foods.

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