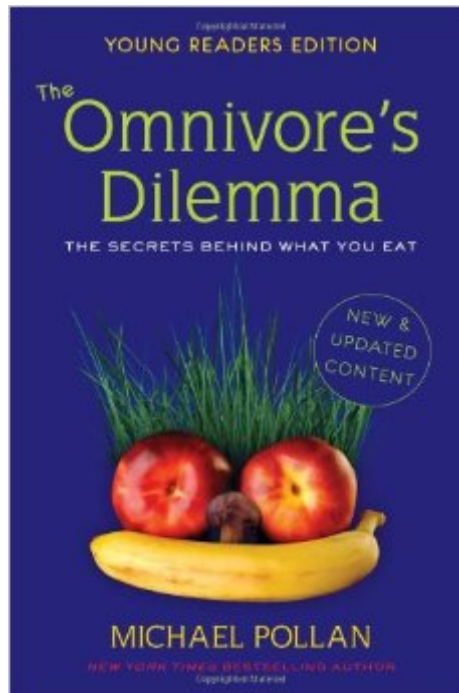


The book was found

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 readersâ€”Whatâ€™s for dinner?â€”seemed like a simple questionâ€”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

Publisher: Dial Books; Reprint edition (October 15, 2009)

Language: English

ISBN-10: 0803735006

ISBN-13: 978-0803735002

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 15.2 ounces

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

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

[Download to continue reading...](#)

The Omnivore's Dilemma: The Secrets Behind What You Eat, Young Readers Edition The Omnivore's Dilemma: Young Readers Edition The Omnivore's Dilemma: A Natural History of Four Meals Minecraft Secrets: Master Handbook Edition: Top 100 Ultimate Minecraft Secrets You May Have Never Seen Before (Unofficial Minecraft Secrets Guide for Kids) (Ultimate Minecraft Secrets Handbook) The Ethical Meat Handbook: Complete Home Butchery, Charcuterie and Cooking for the Conscious Omnivore Vegan Vegetarian Omnivore: Dinner for Everyone at the Table Food With Benefits: The JingSlingers' Delicious and Game-Changing Organic SuperFood Recipes of Gluten-Free & Sugar-Free, Paleo, Vegan & Omnivore Comfort Foods Yummy Supper: 100 Fresh, Luscious & Honest Recipes from a Gluten-Free Omnivore Left Behind Series Prequel Set (The Rising, Anarchist is Born Before they were Left Behind/ The Regime, Evil Advances Before they were Left Behind/ The Rapture, In the Twinkling of an Eye Countdown to the Earth's Last Days) The Innovator's Dilemma: The Revolutionary Book That Will Change the Way You Do Business Behind the Blue and Gray: The Soldier's Life in the Civil War (Young Readers' History of the Civil War) Behind the Bedroom Wall (Historical Fiction for Young Readers) Folk & Fairy Tale Easy Readers Parent Pack: 15 Classic Stories That Are "Just Right" for Young Readers A to Z Mysteries Super Edition #5: The New Year Dragon Dilemma (A Stepping Stone Book(TM)) Minecraft Secrets Handbook: 101 Ultimate Secrets: The Awesome Minecraft Secrets Handbook for ALL Minecraft Fans: Tips and Tricks That You Need to Know (An Unofficial Minecraft Handbook) MINECRAFT: MINECRAFT SECRETS HANDBOOK: Top 101 Incredible Minecraft Secrets Handbook You Need

To Know (Unofficial Minecraft Secrets Guide for Kids) (Ultimate Minecraft Secret Guide Handbooks)
Groundhog's Dilemma National Security and The Nuclear Dilemma: An Introduction to the American
Experience in the Cold War Australias Endangered Species: The Extinction Dilemma (Books from
Down Under) The Puritan Dilemma: The Story of John Winthrop (Library of American Biography)

[Dmca](#)