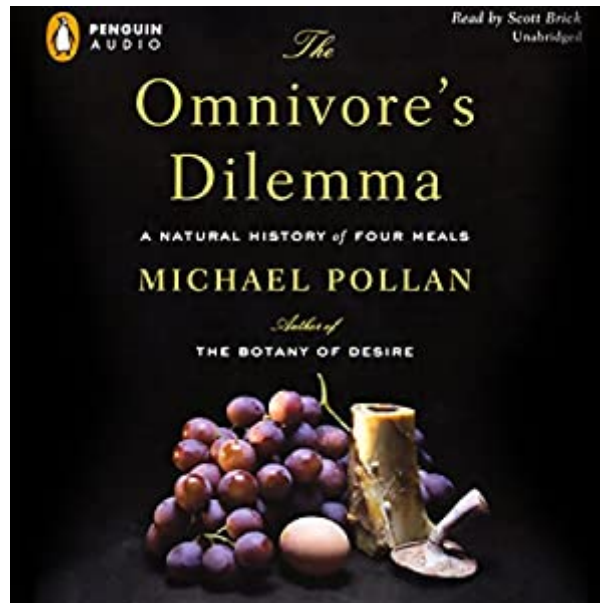




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# The Omnivore's Dilemma: A Natural History Of Four Meals



## Synopsis

FOR USE IN SCHOOLS AND LIBRARIES ONLY. An ecological and anthropological study of eating offers insight into food consumption in the twenty-first century, explaining how an abundance of unlimited food varieties reveals the responsibilities of everyday consumers to protect their health and the environment. --This text refers to the Paperback edition.

## Book Information

Audible Audio Edition

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in Books > Science & Math > Agricultural Sciences > Food Science

## Customer Reviews

I enjoyed this book so much that I sent it as a gift to my grandson, 16, who is a superb amateur chef. He also enjoyed Pollan's lively, informative, and very well written book. This is not a book just for 'foodies', but for the general public as well, as it delves into the ways our food are grown, marketed, used and misused, and impacts on very important current political and economic issues. It's a must read, and well worth your time.

It's disturbing, but I'm glad I read it. When I see most processed food, all I can think of is corn. In fact, when I see meat or dairy products, I now think of corn. If you want to be challenged in the way you eat, read this book. It's a super easy read but it's not so easy to face the facts Pollan lays out. Lifestyle change seems to be expected after reading this work.

A friend predicted that it would make you want to change the way you eat entirely, and she was correct! The problem is, unless a small, sustainable farm is down the road, realistically, you can't. That is not a problem with the book, however--- it's a problem with food production in the USA, and

that is what the author researches and describes in detail. Somewhat long, but worth the investment in time. And this is coming from a person who almost never rates a book 5 stars!

This book is filled with information that ought to be widely known, but sadly isn't. The author also has some fascinating insights and observations. I took off a star because the author has obviously spent much of his life surrounded by elitists, which comes through in much of his prose -- particularly when he is overly apologetic for things he shouldn't be. All in all, it's a great book.

Amazing book. I already have one copy and bought this for my sister. It changed how I look at food and since reading it several years ago I have had a small backyard farm and garden with enough to feed my family. Big fan. A must read

I am a huge fan of Michael Pollan's writings and this one did not disappoint! I have read all but one of his books and read them out of publishing order because really I don't think that matters. Just like his other works this book is written in a very conversational style that invites the reader to really challenge the way they think about what is on their plates. In a very simple way it pushes you to take a minute and take a step back to look at the big picture when it comes to what you eat and where it comes from. For anyone that is interested in eating and living in a sustainable way this book is wonderful. I also highly recommend the Pollan Family Table cookbook - great recipes!

Although I suspected that the organic food I purchase regularly at Whole Foods, Mrs Greens and at local supermarkets is suspect, I had no idea about the farm to supermarket trajectory, not to mention what really goes on in the growing of organic poultry, beef and produce which is distributed by large venues such as the ones I mention. My biggest concern until I read this book was about added hormones and chemicals in my food. Now I truly understand the nature of food production and my helplessness in monitoring my diet unless I purchase a farm and grow my own food or relocate near a sustainable farm in operation. This book should be on every junior high school child's reading list, with additional review in high school. Pollan is at times very funny and found myself laughing out loud despite the sad nature of the content.

I checked this out of the library, and as soon as I finished it I ordered a copy to re-read and to loan to friends. I kept thinking about the ideas he presented and ended up watching almost a dozen video interviews of him and people he mentions. So it is one of those books that really made me

think and that changed the way I think about industrial food and industrial farms. Can't recommend it highly enough. I only wish it was more current -- maybe a second edition one day?

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