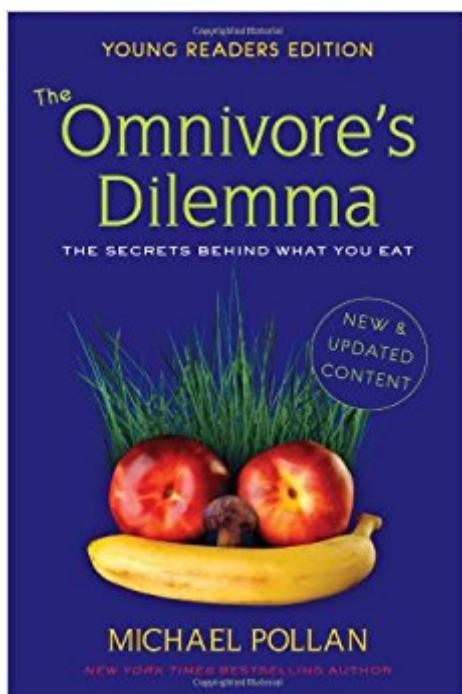


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# The Omnivore's Dilemma: The Secrets Behind What You Eat, Young Readers Edition



## Synopsis

The New York Times bestseller that's changing America's diet is now perfect for younger readers. "What'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 readers' adaptation of Pollan'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 Omnivore's Dilemma* serves up a bold message to the generation that needs it most: It's time to take charge of our national eating habits—and it starts with you.

## Book Information

Lexile Measure: 0930 (What's this?)

Paperback: 352 pages

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Average Customer Review: 4.4 out of 5 stars 166 customer reviews

Best Sellers Rank: #435,943 in Books (See Top 100 in Books) #141 in Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition #288 in Books > Children's Books > Children's Cookbooks #311 in Books > Children's Books > Education & Reference > Science Studies > Environment & Ecology

Age Range: 10 and up

Grade Level: 5 and up

## Customer Reviews

Grade 7 Up •Based on Pollan's best-selling adult book of the same title, this (slightly) shortened version will appeal to thoughtful, socially responsible teens. The book is divided into four sections: "The Industrial Meal" (exemplified by the fact that only two companies, Cargill and ADM, buy nearly a third of all the corn grown in the U.S.); "The Industrial Organic Meal" (covering most of

what's found in stores like Whole Foods); "Local Sustainable" (small farms typically based on grass, not corn); and what he calls the "Do-It-Yourself Meal" (where he hunts a wild pig and gathers wild mushrooms). Pollan has done an amazing amount of research, both of the typical kind (there are 16 pages of footnotes) and the more personal kind. His own research includes slaughtering a chicken himself and eating a fast-food meal in a moving car with his family. He explains complicated issues clearly, offers compelling evidence of the environmental damage done by what he calls the industrial meal, and urges readers not to look away from animal-welfare issues: "We can only decide if we know the truth." An afterword, "Vote with Your Fork," recommends simple actions that will improve the health of our bodies, our society, and our planet. •Lauralyn Persson, Wilmette Public Library, IL

END --This text refers to an out of print or unavailable edition of this title.

"Not every volume will change a reader's life, but this one just might...lively writing rooted in fascinating examples make this accessible and interesting." --Kirkus "[W]ill appeal to thoughtful, socially responsible teens." --School Library Journal "[T]his book uses a recipe of science, history, and humor to create an edifying yet entertaining story." --Horn Book "Young readers--and older ones, too--will find their thinking about food forever changed." --VOYA

I read this from the library when the "adult" one was not available. This one was just the right amount of technical stuff for me. I recommend it for adults as well as "young readers". Very inspiring and informative about our food system and our choices of what to eat. I bought this one to share.

Overall, I really enjoyed this book and the content that it covered. Prior to reading The Omnivore's Dilemma, I had no idea what kind of chemicals or substances I was putting in my body, nor did I really care. However, after reading this book I feel as if I have a whole new outlook on the food that I consume. Because I was so ignorant to the food that I was consuming, I thought that I was eating healthy. I would eat frozen cut up chicken from the grocery store, or buy processed cold cuts in the middle aisle of the grocery store. Growing up, my parents were never strong advocates for eating locally, shopping at whole food markets, or farmer markets. They felt how most people feel. They felt that the food was overpriced, and that it was too far away. However, after reading this book, I spend the extra dollar, and drive the additional mile to go to a whole foods market in my area. The Omnivore's Dilemma is geared more towards older students in the secondary grades. The language and appropriateness used by Pollan in this book is too crude for students in the elementary and middle school grades. For example, during the part when Pollan discusses the process of how

cattle are slaughtered he uses very offensive language that younger students would not be able to handle. Also, there are visuals and pictures showing what the slaughtering process looks like. The word descriptions are extremely detailed and could be seen by younger children in a very negative way. Furthermore, Pollan discusses the idea of death many times throughout the story. For example, when talking about killing animals, Pollan says that animals can't feel the same fear of death as humans, because they can't imagine the future. Many younger students have never been exposed to death, and are not familiar with the process. Therefore, if you read this story to younger students they would be very confused with this analogy. As a primary grade teacher in the elementary school grades, it would be ideal to read a section from the story talking about healthy eating. This is mainly because it is important to promote healthy eating to students at an early age. Therefore, if you read them a section of the story discussing healthy eating, then they will be exposed to the idea of eating less processed foods at an early age. On the other hand, this book is great for secondary aged students. This is mainly because the book gives a lot of background knowledge about how animals are treated in different settings, and different ways that you compensate industrial foods for organic and local foods. For example, it is important for children to know that animals in industrial farms suffer, and are treated very poorly. However, in organic farms and at the Poly face Farm, animals are treated with respect and dignity. They live a good life before they have to be slaughtered and killed. Also, this book allows students to see that they have options when eating. They do not just have to eat processed food all the time. They can eat healthy and provide themselves with nutrients. I will not become a vegetarian after this story; however, I have definitely become more cautious about what I buy, and what I consume in my body. The Omnivore's Dilemma really allowed me to see what is going on in the farms around us. When you are buying food at the grocery store, you do not automatically think, "I wonder how this animal was killed?" However, after reading this story that is the first thing that comes to my mind.

If you'd like to know what you're eating, where it comes from and what the dilemma is, this book is for you. Perfect for young readers, even better for adults who don't want a technical read, just the basics. If you'd like to keep your head in the sand and not worry about your health, your food sources and the connection between the two, then you should probably avoid this one!

Love this book! Taught it as part of my 8th grade ELA curriculum and it spawned incredible conversation with my students. It's also started a wave of mini-farmers in our community - growing what they can, where they can, but more importantly, after reading Mr. Pollan's book they're

curious, asking questions, starting conversations and looking for better ways.

As a kid, I was expecting such a long book to be boring and not worth a read. But, along with making me more aware of what I eat, this book made me want to know more about food. You always made connections to the omnivore's dilemma, and it seemed everything boils down to it. I'll be sure to check out your other books soon!

This book and In Defense of Food should be required high school and college reading. It's that important and still as highly relevant as ever. I've just read it for a third time.

We have used this edition in a class for advanced-level adult English language learners and found it generally accessible to them. I also have read the regular edition of Omnivore's Dilemma and think the young readers edition is better. It eliminates a lot of detail that sometimes clouds the argument in the regular edition, and the use of graphics in the young readers addition also makes the information easier to understand at a glance.

I selected this book for part of a high school health class that I am teaching. I found a teacher's guide online with chapter summaries and discussion questions. I just finished reading the book myself and am so excited to share this with students. This book appropriately educates children about how eating whole foods and knowing where food comes from is far more important than calories and other aspects that our nation tends to focus on.

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