

POLLAN JOURNAL ENTRY #1

Part One – Personal Reflection – 15 minutes

What is your current relationship to food? Describe a typical meal—both its contents and manner of consumption. What percentage of your food do you prepare yourself? How often do you sit at a common table and eat with family or friends? Do you read ingredients labels on your food? To what extent do you choose your food based upon nutritional contents? To what extent flavor, color, texture?

Part Two – Textual Analysis – 15 minutes

Pollan begins his book by describing the rise of nutrition science and its impact upon the American diet. A combined effort on the part of the food industry, journalism, and government, the new pseudo-science he dubs “nutritionalism,” while purporting to make us healthier, has actually, says Pollan, made us “fatter, sicker, and more poorly nourished” than ever. Considering Pollan’s thesis (meaning), evidence (strategy), and tone (language), summarize the argument of part one of his book in your own words. Explain his ideas to someone who is interested in nutrition, but has not read the book.

Write without stopping for 30 minutes.