

POLLAN JOURNAL ENTRY #1

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, culture?

Write without stopping for 15 minutes.