

POLLAN JOURNAL ENTRY #2

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 15 minutes.