



The Omnivore's Dilemma

Michael Pollan

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***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.

The Omnivore's Dilemma Details

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Author : Michael Pollan

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From Reader Review The Omnivore's Dilemma for online ebook

Noelle Van Der Meid says

I used this as a mentor text with my students while teaching persuasive writing. Pollan did a great job of making them aware of where their food comes from. Many students expressed the desire to make changes to their food choice but also asserted that they had little control over what they eat since they must eat what their parents and the school feeds them. Some voices were left out - lower income families, for instance - as well as anything positive about GMOs. My students recognized this and wished Pollan had included more about these issues.

VictoriaC_E1 says

Michael Pollan explores different food chains, informs his readers, and delivers a powerful message in the Omnivore's Dilemma through fascinating personal anecdotes of visiting farms to learn more about food. He compares and contrasts the industrial, industrial-organic, beyond organic, and hunting and gathering food chains and their environmental, societal, and economic impacts. Pollan also raises awareness of the benefits of eating local, organic foods and the ethics involved in the production of food. The Omnivore's Dilemma emphasizes the importance of a close connection with food and how we can "vote with our forks"— make intentional choices about our food and where it comes from. I'd recommend this book to those with an interest in learning more about food and how we can be more involved with it.

Literary Ames {Against GR Censorship} says

<http://audiobooksync.com/books/the-om...>

Alisa Vural says

You'll never look at food the same again. Fascinating and impactful, it will change how and what you eat for the better. The "adult" version is also brilliant but this one is accessible to more reading levels. Read out loud with your family.

Ross_E1 says

The Omnivore's Dilemma by Micheal Pollan is truly an eye-opening book. This book talks about all the process that goes on behind the food we eat. What it does to the food we call organic. You would like this book if you want some real facts about food.

Alice says

“The Omnivore's Dilemma” by Michael Pollan is a book that has made me think of food like never before. This book, telling you the modern day food culture, and where it is coming from has made me think twice when I make food choices. Michael Pollan makes the book interesting by adding images and references, but is very informative. By reading this book, I can clearly see the Pollan is a critical thinker, and puts a lot of thought into what he says in this book. Since he speaks about something he feels passionate about, and you can hear that in the text, I am very grabbed to reading it. The most interesting chapters to me, was the chapters, where i got to know how our modern day food is being made, and what ingredients it contains. Since I have never been taught food has been made this way, this was a shock for me, and I found it very interesting to read about.

I have managed to relate “The Omnivore's Dilemma” to just about everything in my life. I question almost everything eat. “Does this contain corn”, “Is the milk from this cow happy?”, “Is this being sprayed with pesticides”. Luckily, before reading this book, I had settled in being a vegetarian, so when I hear about the inhumane treatment of out animal, I know I have had little to do with that for the past months. I am now planning on staying in this situation for some time, unless the animal is being treated humanely of course, since I can in that case support these types of farms. This book gives reference to many other things. Pollan also visits an industrial-organic farm, as well as the Polyface farm (a real organic farm). He also talks about the do-it-yourself-meal, where the food is hunted, gathered and gardened. I can now forward this information to others, such as my family, and “vote with my fork” as Michael pollan said.

JuliaL_E1 says

The Omnivore's Dilemma tells of the struggles of making correct choices in the modern food industry. It covers the ethical issues in the process of mass-producing food, as well as the socio-economic impacts of the government subsidizing certain unhealthy but cheap foods, and how the chemicals used to produce food today can scar our tomorrow. This book also provided the contrast between family-owned farms and corporate food factories, underlining the beneficial effects of eating organic local foods and the detrimental effects of eating factory produced processed foods. I recommend this book to those who want to make a change for the future of food.

JohnH_E1 says

The omnivore's dilemma depicts the relationshipS between the food that we consume and the whole food chain overall. It shows us where our food comes from, the difference between beyond organic, organic, and industrial food chains, and gives us suggestions on how to be most connected with where our food comes from. I like this book because it solves the obscure mysteries of where our food comes from and also helps us adjust our diet to make it healthy for us.

Ben Fulmer says

I thought the whole book was very interesting. At first it seemed ludicrous to suggest that corn was such a prominent material in our everyday lives. However, Pollan was able to provide adequate evidence to show that his claim was correct. He then goes on to show the stark differences between the different types of meals, which, in my opinion, he does quite well. He is able to experience or at least describe the entire process of different meals, such as one from a large agribusiness company and one from a beyond organic farm. The adaptation was simple and not overly complex, making it a fairly simple read. While being simple it was still interesting and provided useful details, and made good use of graphics and charts. Overall, I would recommend this to most people, although some people will of course benefit more from reading the original version, not the young adult version.

Allison Soulier says

"The Omnivore's Dilemma: Young Readers Edition" is an edited version of Michael Pollan's original "The Omnivore's Dilemma" text so younger readers can grasp the concepts of today's food industry. The young reader's edition was published by Penguin in 2009. It has 352 pages. I gave this book a 4 out of 5 stars because for me not being a young reader, it was an easy read, yet I loved the information that Pollan provided and how much I learned from the text. I would like to read the full version in the future, so I have added that to my "someday" list. "The Omnivore's Dilemma: Young Readers Edition" is considered a "juvenile" nonfiction text. The text was written to inform and persuade Americans to think about what they are eating and putting into their bodies every single day. Pollan challenges the American diet and the food industry that provides what is typically in that diet. 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. It allows kids to also make their own choices about the food they eat while having the knowledge of what is going into their food. There are lots of graphs, statistics, and other visuals to capture the different parts of what Pollan calls the "industrial food chain". The Lexile level is 930L, the Guided Reading Level is W/X, and the grade level is 8th grade. I have taught this book before in student teaching and previously for one of Dr. Albert's classes. In her course, I taught about author's purpose and why that is important to determine what Pollan's intent is for young readers (I can determine an author's point of view or purpose in informational text. (RI.8.6) I can identify the argument and specific claims in a text. (RI.8.8)).

Linda says

Michael Pollan takes the reader through a tour of the food chain. During the tour, he hunts for a wild boar, learns which mushrooms are acceptable (he, like me, was cautioned that getting the wrong mushroom could kill you), purchases a steer that he refuses to name, visits facilities where food is produced. Much fascinating information - including the fact that more corn is consumed in the U.S. than in Mexico. I recommend.

Lindsay says

Everyone should read this book. I don't know what the difference is between this edition and the original but I'm guessing they are pretty much the same.

I have an unhealthy relationship with food. I pretty much live off microwaveable meals, fast food, and going out to eat at Old Chicago and Applebees. I'm not healthy. It's not that I don't like fruits and veggies, I buy them, but then I don't eat them fast enough and they go back. So unhealthy processed junk it is for me and all the extra pounds that come with it. I would like to be one of those people that I see at the grocery store whose carts are filled with fruit and veggies. But I just don't know how to take them and turn them into a meal. Anyway, the first section of the book is about corn. Corn makes me want to barf. At least the corn that comes on the cob or in a can. But apparently EVERYTHING has corn in it. Your meat, your sodas, everything. Because the government (maybe it was the agribusinesses) realized that corn was cheap, it fattens up cows and chickens fast and can be turned into sugar (high fructose corn syrup). So they want farms to grow nothing but corn.

Of course it wasn't always like this. Way back forever ago, there were farms like you see on TV and movies, where the cows and chickens and all the other farm animals are outside eat grass and enjoying life. While there are still some farms like that (thank goodness), for the most part, it sounds like most of the farms just grow corn. The cows and chickens come from the scary farms where animal cruelty happens. And he does talk about places like where the cows go to get pumped full of unhealthy corn (instead of eat grass like they are supposed to) and live in unsanitary spaces covered in their poop. It's inhumane. And of course we all know about the chickens, where they stick a bunch of chickens in a tiny space and then cut off their beaks when they try to fight with one another. And don't be fooled, just because a package says the chicken is free range, that's not always true. Chicken factories will leave a little door open for chickens to get out, but they are so fat from all the corn, that they don't move. It's very sad. And very real. And this corn they feed these poor animals can have bacteria in it, which gets into our food and then we eat it and get sick.

Another sad thing is that even though all these farmers are growing corn, they are making next to nothing on it. He exemplified it, but I had a hard time following it. But it sounds like all the agribusinesses take most of the money and then the farmer gets very little. We need to treat our farmers right. Because they are the ones giving us our food. If we keep going the way we are, we'll all be eating fake food. No fresh fruits and veggies and uncontaminated meats. Just a bunch of artificially colored and flavored foods to look like real food.

So then he goes to some 'organic' places, that really didn't seem all that organic to me. Yes, they are better than places making fake food or pumping chemicals into the food, but I don't know, I didn't really feel like they are being completely true and healthy to the earth or us. I don't buy organic now, because it is a bit more pricey, but after reading this, I think maybe I'll try to do that more often now.

Actually, I would like to start going to farmers markets and buy locally. We all need to do that. Give the money directly to the farmer. Your food (and you) will be healthier because your food will only have to travel a short distance to get to you instead of from a different country. Think of how gross you feel after being trapped in a car or airplane all day. Now imagine that that's your dinner, stuck on a plane or truck for days just wilting away. Ick.

He goes to this place in Virginia called Polyface Farm. This is the kind of farm that you see on TV and how every farm should be. Big and green and the animals are outside and living how animals should live. And the owners of this farm don't ship their products, because they don't believe in shipping food all over the country. I love these people. There needs to be a few farms like this in every state. Instead of buying a hormone filled chicken, you get it fresh. Like people did forever ago. And you only eat what's in season. We've been spoiled with the invention of quick and convenient. You want it, you can get it. Anywhere, anytime. I was thinking that we'd be more healthy if we ate this way. And we'd probably enjoy food more. He mentioned how people used to have meat only on special occasions. Maybe we should go back to that.

But would lowering our meat intake really change the way people treat animals? Could we ever run out of fruit and vegetables if that's all we ate?

The last section of the book is just him trying to catch his own food like people used to have to do. He went wild bore hunting and mushroom hunting. I don't like mushrooms but that sounded kind of fun. I'd do it.

So we know that eating locally is the best thing to do, but will that stop what's going on at the slaughterhouse? How can we stop animal cruelty? Just because we are superior to the cow and chicken doesn't mean we shouldn't treat them with respect. They have feelings to. The author explains how we need these animals. They help fertilize the grass and eat the bugs.

I need to find someone who knows about farmer markets and start going. And maybe I'll go to my local Whole Foods and get some organic food.

We do have a dilemma and if we don't do something about it we are going to be in trouble.

Laila Collman-Hill says

A more approachable variation of the Omnivore's Dilemma- the young reader's edition still communicates all the essential points in an engaging way. I listened to this on audiobook as a companion piece while re-reading the original. Would definitely recommend for any younger readers interested in understanding the food chain and the responsibility of our choices as consumers.

♥Marie Gentilcore says

An excellent book that gives important information about how we get our food. It covered farming, organics, livestock, hunting, etc. and I really liked how it was told in an entertaining and unbiased manner. I learned a lot and plan to make some changes. A few of the key points that will stay with me are "Eat Real Food," "Buy Real Food," and "Eat Real Meals." Highly recommend.

Ziggy_D1 says

The Omnivore's Dilemma, an incredible non-fiction book, tells the reader about the "history" behind our plates. What food cycles exist nowadays, what happens at the start of making or finding our food to eating the food on our plates, and some bits that provoke anger, sadness, and joyfulness. The Omnivore's Dilemma goes back to this theme of self-advocation and how the choices each individual portrays impacts not only the food that we eat, our health, but also the world. I would recommend this book to anyone. Anyone who wants to learn about food, but mostly how food impacts the society that we live in today.
