

Omnivore's Dilemma Chapter by Chapter Summary Part III.docx

by Jennifer Cook

FILE	141014-16863-7FKVK4_ATTACHMENT_24627620141014-16863-1JO9QM8.DOCX (24.08K)		
TIME SUBMITTED	13-OCT-2014 09:30PM	WORD COUNT	1429
SUBMISSION ID	464142399	CHARACTER COUNT	6763

Book: Omnivore's Dilemma by: Michael Pollan

Book Category: Culinary

Student Name: Jennifer Cook

Course: HES 242 I01 – Food Science Online: Fall 2014

Instructor: Prema Monteiro, EdS, MS, BS

Chapter by Chapter Part III Summary

In this section, Michael Pollan explores the forest and the many different debates surrounding it. He talks about different intriguing points and questions concerning Omnivore's Dilemma. The predicament is amid the sanctification of having the adeptness to eat many different things from natural surroundings and the anathema of not knowing what is innocuous to eat. Omnivores can indeed eat anything, but typically society is regulated by traditions. Pollan also decides to create a meal for himself that is made entirely from foods that were hunted, gathered, or grown by him (Pollan, p. 277).

Part III: Personal – The Forest

Chapter 15: The Forager

1. **Do I agree with Pollan that hunting and gathering food is no longer sufficient for us?** Unfortunately, I do agree with his belief on this. I agree with Pollan that there is not enough wildlife left for us to hunt as a means of providing us with food. This is because society has done more harm to our environment than can be reversed.
2. **What would be the sacrifices or advantages to trying to reestablish more of that food chain? Would the effort be worthwhile? Why or Why not?** The sacrifices for me would be that I would have to learn how to eat what I killed. As of right now, that is not a very appetizing choice. I am not even able to watch someone kill a chicken and then eat it. In addition to this, I would have to sacrifice a great deal of the "junk" food that I currently eat. I would also have to sacrifice a great deal more time to eat in this fashion, which, including me, is not something most American's have these days. As for the advantages, the main ones for me would be a healthier lifestyle and knowing what I am putting in my mouth. The effort would be worth it for the health benefits of eating this way, but for most of society (including me); it would not be worth it due to the busy lifestyles that everyone leads.

Chapter 16: The Omnivore's Dilemma

1. **What are the influences of society on what we eat? How might this alter our health?**
American culture allows the government, advertisements, fad dieting, and other things to sway the way we eat. Other cultures eat in a more traditional manner based off of the way they were reared. The French take time to relax and enjoy the foods they eat. They rarely eat the "bad foods." Because Americans eat the way we do, it affects our health in many ways. Fast foods are extremely unhealthy, but yet we continue to eat these types of meals. Fad dieting is rampant in this country, and it can also be detrimental to our health.
2. **Is the American diet much different than other countries?** Yes. Americans do not eat consistently, which is why eating disorders are prevalent in our country. As Pollan points out, each member of the family eats an entirely different meal at meal times. The family dinner, and more generally a cultural consensus on the subject of eating, appears to be the latest such casualty of capitalism (p. 302).

Chapter 17: The Ethics of Eating Animals

1. **Summarize the various moral questions discussed with regard to eating meat.** These days society worries about whether and animal is suffering or not. Animal rights activists believe that animals have emotions similar to humans. More people are also distinctly aware of the possibility of animal suffering. Much of the time, this is why people become Vegetarians. They are unable to cope with how an animal is killed; therefore, they have a guilty conscience every time they try to eat meat. Pollan asserted, "if our concern is for the health of nature – rather than, say, the internal consistency of our moral code or the condition of our souls – then eating animals may sometimes be the most ethical thing to do" (p. 327).
2. **What are my views on the ethical questions of animal suffering and my meat consumption?** Until now, I have never considered animal suffering as part of my decision on whether I eat meat or not. I know that animal cruelty exists, but it has never been put into context as far as meat processing for human consumption. However, I have never been a huge fan of meat either. My reasoning for this was more because of the hormones, antibiotics, etc. that I know the animals are fed and given. I could live with or without it. But, I also know that meat is needed for the protein, so I have always made myself eat it to a certain degree. If I was aware of an animal that suffered just to put meat on my table to eat, then I would more than likely not eat it. I know Pollan feels that domesticated animals suffer far less than that of wild animals, but that presents an even further moral question for me. Is eating domesticated animals OK?

Chapter 18: Hunting: The Meat

1. **What various sentiments does Pollan experience while hunting?** He was happy when he first killed the boar; however, this soon led to disgust when he had to eviscerate the animal. He was even disgusted when he viewed the picture he had taken with the boar and had a smile on his face. He eventually became ashamed (Pollan, pp. 356 – 361).
2. **Do I think hunting my own food would give me a different perspective as I ate?** Honestly, I do not think that I could hunt and kill my meat. I know that I could do the necessary steps to prepare the meat to cook, and then eat it afterwards. The live animal images, as well as the gruesomeness of the preparation, would be in the back of my mind the entire time making it impossible for me to eat. A friend of mine prepared and cooked rabbit meat a week or so ago. Although I was nowhere around when he prepared it, the images of a live rabbit were in my mind. He also sells domesticated rabbits as pets. I was able to choke it down, but felt myself get overwhelmed with nausea several times during the meal. Although I could probably hunt and kill meat for other people, I do not think that I could do it for myself. Then again, I am not sure I could hunt and kill an animal for meat at all.

Chapter 19: Gathering: The Fungi

1. **What does mushroom foraging imply about the omnivore's dilemma?** Pollan points out that mushrooms highlight the omnivore dilemma, in that they are heavenly, but can also be very lethal. "Fungi also lack the comprehensible syntax of plants, the orderly and visible chronology of seed and vegetative growth, flower, fruit, and seed again" (Pollan, 374).

Chapter 20: The Perfect Meal

1. **What was the gist of this chapter?** Pollan prepares the "Perfect Meal," which was the point of the entire book. He had appetizers from the garden. He had pate that was made from the liver of the pig he had previously hunted and killed. The main course was Wild California pig. He made his bread by using wild yeast. He had a salad made with lettuce from the garden. He had herbal tea made from wild chamomile. He also had a dessert made from cherries that he had foraged from a neighbor's tree overhanging his yard. However, Pollan asserts that this meal is just as unsustainable as a meal from McDonalds. Both should be reserved for special occasions in reality, rather than an ordinary everyday meal (Pollan, pp. 398 – 411).

2. Has reading the book changed the way I think about food or what I choose to eat?

This book has given me great diverse ideas about the choices I will make or not make in my eating habits in the future. Although I have known some of the things presented in this book were healthier for me, I did not realize just how much. "Putting a great dish on the table is our way of celebrating the wonders of form we humans can create from this matter – this quantity of sacrificed life – just before the body takes its first destructive bite" (Pollan, p. 405).

References

Pollan, M. (2006). *The omnivore's dilemma: A natural history of four meals*. New York: Penguin Press.

Omnivore's Dilemma Chapter by Chapter Summary Part III.docx

ORIGINALITY REPORT

5%

SIMILARITY INDEX

4%

INTERNET SOURCES

0%

PUBLICATIONS

5%

STUDENT PAPERS

PRIMARY SOURCES

1

Submitted to DeVry University

Student Paper

3%

2

jmarbach.com

Internet Source

2%

3

Submitted to University of North Alabama

Student Paper

1%

EXCLUDE QUOTES ON

EXCLUDE MATCHES OFF

EXCLUDE
BIBLIOGRAPHY ON