

In DEFENSE of FOOD

NAME: _____

[An Eater's Manifesto](#) (Michael Polan, Dir by Michael Schwarz)

Who is Michael Pollan? What is his central organizing research question for this project?

What baseline and starting/initial arguments does he make about food today?

What arguments does the film In Defense of Food make about each of the following?

Anthony Scavotto and children like him (age 11)—

“Western Diet”—

Buffalo wings—

Food Industries and American Governmental subsidies—

The bread our ancestors ate vs. Wonder Bread and many supermarket breads today—

Omega 3s vs. Rice Corn and Omega 6s—

The multi-layered role of Sugars and Insulin—

Bigger Picture campaign marketing, income, people of color—

The importance of a mothers breast milk and recent findings related to “non-digestible” elements in mothers milk—

The diets of the Hadza Tribe in Tanzania —

Pollan's 7 words to remember about our diet for good health—

Nutritionism—

Cholesterol, animal fat, Ansel Keys and the Dietary goals of the United States—

The Harvard Health Study against a low fat diet—

Steve Ritz Hydroponic educational gardens and WILDCAT school in the South Bronx, NY

IFT—INSTITUTE OF FOOD TECHNOLOGIES

Pollan's Food Rules—

Getting KIDS to eat more vegetables—

Fiber and butyrate—

Eating Behaviors and HOW MUCH we eat—

U.S Government involvement in the Social Engineering of our food system design—

The French eating and food traditions—