



The Omnivore's Dilemma: Young Readers Edition

By 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.

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Editorial Review

From School Library Journal

Grade 7 Up—Based on Pollan's best-selling adult book of the same title, this (slightly) shortened version will appeal to thoughtful, socially responsible teens. The book is divided into four sections: "The Industrial Meal" (exemplified by the fact that only two companies, Cargill and ADM, buy nearly a third of all the corn grown in the U.S.); "The Industrial Organic Meal" (covering most of what's found in stores like Whole Foods); "Local Sustainable" (small farms typically based on grass, not corn); and what he calls the "Do-It-Yourself Meal" (where he hunts a wild pig and gathers wild mushrooms). Pollan has done an amazing amount of research, both of the typical kind (there are 16 pages of footnotes) and the more personal kind. His own research includes slaughtering a chicken himself and eating a fast-food meal in a moving car with his family. He explains complicated issues clearly, offers compelling evidence of the environmental damage done by what he calls the industrial meal, and urges readers not to look away from animal-welfare issues: "We can only decide if we know the truth." An afterword, "Vote with Your Fork," recommends simple actions that will improve the health of our bodies, our society, and our planet.—*Lauralyn Persson, Wilmette Public Library, IL* END

Review

"Not every volume will change a reader's life, but this one just might...lively writing rooted in fascinating examples make this accessible and interesting." --*Kirkus*

"[W]ill appeal to thoughtful, socially responsible teens." --*School Library Journal*

"[T]his book uses a recipe of science, history, and humor to create an edifying yet entertaining story." --*Horn Book*

"Young readers--and older ones, too--will find their thinking about food forever changed." --*VOYA*

About the Author

Michael Pollan is the author of five books: *Second Nature*, *A Place of My Own*, *The Botany of Desire*, which received the Borders Original Voices Award for the best nonfiction work of 2001 and was recognized as a best book of the year by the American Booksellers Association and Amazon, and the national bestsellers, *The Omnivore's Dilemma*, and *In Defense of Food*.

A longtime contributing writer to *The New York Times Magazine*, Pollan is also the Knight Professor of Journalism at UC Berkeley. His writing on food and agriculture has won numerous awards, including the Reuters/World Conservation Union Global Award in Environmental Journalism, the James Beard Award, and the Genesis Award from the American Humane Association.

Users Review

From reader reviews:

Jonathan Head:

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guys that aren't like that. This The Omnivore's Dilemma: Young Readers Edition book is readable through you who hate those straight word style. You will find the info here are arrange for enjoyable looking at experience without leaving possibly decrease the knowledge that want to give to you. The writer regarding The Omnivore's Dilemma: Young Readers Edition content conveys the idea easily to understand by many people. The printed and e-book are not different in the content but it just different by means of it. So , do you nonetheless thinking The Omnivore's Dilemma: Young Readers Edition is not loveable to be your top collection reading book?

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Steve Diaz:

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Brad Sharpe:

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