In Defense of Food by Michael Pollen

1. What is Pollen’s philosophy?
2. What is to “eat food”?
3. What is orthorexia?
4. What did William Prout identify as the three principal constituents of food?
5. Who first coined the term nutritionism?
6. What was Hipocrates’ phrase?
7. What did Liebig consider to be the “master nutrient”?
8. Which food is considered the first synthetic “healthy food”?
9. When was the imitation rule tossed out?
10. What was 1988 known also?
11. Why is it harder to sell whole foods?
12. For the last 30 years, what is considered the most important nutrition campaign?
13. What is the lipid hypothesis?
14. What is odd about Americans on a low fat diet?
15. What is a nutritional philosophy and why is it bad?
16. What is the nutritionism ‘s promise?
17. What do we assume about food scientists?
18. When Americans hear the word “chocolate cake” they think what word? The French?
19. Describe the results of the aboriginal diet experiment.
20. What are the main features of Western diet?
21. What is the elephant in the room regarding Western diet?
22. What is a key feature of a modern diet?
23. What are the origins of refined grains?
24. What are the three macronutrients that plants need to grow?
25. What did the USDA tracking out of 43 crops it had tracked show?
26. What does reductionist science focus on?
27. What advice did Joan Gussow give?
28. What does nutritionism think when it looks at French people?