

# Book review

Literature



Book Review: Omnivore's Dilemma (Industrial Corn) The book by Michael Pollan d " The Omnivore's Dilemma: A Natural History of Four Meals" is one of the masterpieces of modern literature. The major idea of the work is a detailed investigation of the selection of the meals people are eating daily. Omnivores do not care what they eat and how they eat it. Anything which is categorized as edible is good for consumption during breakfasts, dinners and suppers. The author presents human beings a dilemma of what to eat and when to eat it to be healthy. American way of eating as well as major food habits have been investigated by Pollan in this book. Food chains are being analyzed in detail. The analysis takes its beginning in the way food is grown and processed in food industries. The writer traces every meal from its actual conception up to its final stage and consumption by a customer. The aim of this paper is to analyze the first part of the book, " Industrial Corn". It consists of seven chapters, the main aim of which is to present writer's considerations in the process of food chains exploration. The variety of meals Americans consume is really immense, because the nation is a melting pot itself with every nation having added something of their national cuisine. A big part of discussion of this part of the book is devoted to the industrial food which is related to corn products. The work exposes the nature and the means corn is devoured by American people directly through their daily food or indirectly through feeding the domestic animals. Furthermore, it is known that corn is used in chemicals production. Thus, production of glucose and fructose-based syrup is made out of corn. " Industrial Corn" is a detailed discussion of the way such plant as corn has gradually gained its dominance in the food industry of America. A number of factors such as economical, biological, political and cultural have played a

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role in corn gaining its position in the diet of the nation. The control the corn has over the diet of Americans is significantly powerful.

To have a thorough and original research Pollan starts from investigating one corn farm located in Iowa and owned by George Naylor. Human beings have been investing in this plant cultivation for quite a long time. Pollan gives a fair share of criticism to the agricultural industrial model of Americans. On the one hand, some of the scientific inventions make agriculture processes much easier while growing of the plants much more fruitful. On the other hand, however, modern scientific advances in agriculture affect natural processes of growing corn. The environmental and health implications of modern methodology of corn production are very significant.

Furthermore, the investigation and discussion is focused on the way the livestock are fed and the ambiguities of feeding animals with corn, while consumption of grass is best for their metabolic system. Therefore, Pollan mentions a number of ambiguities and inconsistencies in the national production and consumption of food based on corn. The author also discusses the way animals are cured from fatal diseases and the types of antibiotics they consume. Thus, the food most of the people consume on daily bases is rather artificially modified with a number of adverse effects both to human health and life as well as the environment.

The common expectations from the book were that it would present informative discussion of the types of food as well as some details of food production. The reader is positively surprised with the thorough research and investigation the author has done prior to writing the book. Besides, the reader is constantly kept intrigued which holds attention of the reader.

Usage of humor makes perception of serious and sometimes frightening

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facts milder and more philosophical.

#### References

Pollan, M. (2006). *The Omnivores dilemma: A natural history of four meals.*

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