

The omnivore's dilemma: a natural history of four meals book review sample

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The Omnivore's Dilemma: A Natural History of Four Meals: Book Review

Introduction

‘ The Omnivore's Dilemma: A Natural History of Four Meals’ is a highly acclaimed book by American author, Michael Pollan. The book was published in year 2006 and whole book seems to search the answer of a simple question, what should we eat. In this book, Pollan marks out record and component of different foods with his very specific findings. This paper intends to discuss the book, ‘ The Omnivore's Dilemma: A Natural History of Four Meals’ and further focuses on some related aspects.

Discussion

There are several interesting things in this book for readers and since Pollan is a journalist, his approach reflects throughout the book. Book is divided into three parts and the first part talks about industrial food. Pollan starts this part with discussing about the corn. Here he gives very exclusive information about the corn and also mentions that how after corn leaves farm, it is fed to various animals like fish, pigs, birds, and cows. Pollan suggests that since cows do not like corn and it is hard to digest for cows, cows suffer from numerous problems and ultimately their milk as well as beef makes people sick (Pollan M. , 2006).

Pollan chases the corn from farm to the Mc Donald where it lodges its strong presence. He finds that corn after being processed, turns into Soda, milk shake, cheese burger, french fries, chicken nuggets, saldas and several other food items. The author, in first part of the book represents several facts

which suggests readers that we consume corn in substantial amount, no matter what we eat in modern life (Pollan M.).

Michael pollan presents several harmful effects of corn. He suggests that it enhances animal's growth in an abnormal way and ultimately affects the health of people who consume their meat or milk. Pollan, in first part of his book, is more concerned about the public health. Apart from this aspect, he also highlights the monetary aspects of the corn and explains how it causes losses to the farmers. Pollan also presents some very interesting facts about its political, economical, ethical, social, psychological and environmental effects (Cowen, 2006)

In this part of the book, author satisfactorily suggests that American food system has been completely changed. He shows how modern food production has been made artificial and people are suffering with numerous health related problems. He also tries to remind readers that earlier American style of producing food was natural and health friendly.

Conclusion

After having observed the book, its subject matter and different aspects of 'The Omnivore's Dilemma: A Natural History of Four Meals', it is good to conclude by saying that the author has done a highly commendable job. In today's lifestyle, people research a lot and try to know about their doctor and lawyer before getting their services but they do not know about the food that they consume. Author has presented a unique idea in respect of food system and habits of people. He does not suggest or impose his thoughts upon people but presents analytical study and leaves everything else on readers.

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