

# Exercise



**ASSIGN  
BUSTER**

Unhappy Meals by Michael Pollan affiliation Unhappy Meals by Michael Pollan  
Task Eat food, not too much, and Mostly plants are what Michael Pollan stresses in his article in the New York Times Magazine. Pollen claims that it is important to elude food products that claim to be nutritious and go back to the foods of the ancient times. Eating less is also important to pollen and before consume food make sure you are aware of the nutrients it contains.

#### Task 2

Pollan argues that majority of the stuff we claim to eat consist of synthetic nutrients rather than food that would be known by your ancestors. He says that the present foods even with their claims of being nutritious are not better than food in the ancient generations. He says that what you consume is vital but what it emanates down to is how much you eat. Thus it is good to eat like the French do, they are the healthiest groups of people yet they have a number of the worst diets worldwide. And lastly, an individual is at an advantage consuming whole fresh foods instead of food products that have been processed.

#### Task 3

He wants his readers be aware that they should not just eat any food and should be aware that even some low-fat foods have been confirmed that they do not work. Therefore: one should be familiar with the ingredients in the food they consume; eat frequently plants; cook for yourself; pay extra for nutritious diets and eat less; and Eat like an omnivore and like the French. He also insists that people should keep off from supermarkets and eat real stuff that do not have health assertions (POLLAN, 2007).

#### Task 4

In his article, Pollen seems to answer the question on: whether are there

<https://assignbuster.com/exercise/>

more nutrients in foods that have been manufactured and are claiming to be nutritious than in natural foods?; And how sure are we that these studies on diets that claim certain foods to have nutrients have more benefits than harms to our health?

#### Task 5

His main idea is on nutritionism. He examines the effect nutritionism has on human beings. He does this through his explanation of how a political mix-up has made companies assert that their produce is healthy. This political mix-up is denoting to a situation where George McGovern contradicted himself on the matters concerning particular nutrient. He said publicly how the nutrient was unhealthy, and later he comes with an opposite opinion of his previous statements. Through this pollen paints an image that nutritionism is good for food companies and marketers but it is not good for human beings. He claims that human beings are contented to receive updates that they should consume more of one thing rather than another; we have a habit of piling on nutrients that we are told are nutritious.

#### Task 6

He supports his claiming that not all humans are the same and foods are not manufactured according to one's digestive system, and for this reason individuals cannot consume the same thing. He also says that some studies on the diet are conducted among certain individuals who do not eat meat, who do not smoke or drink or individuals who are affluent or smarter. Therefore, this studies are not trustworthy, and people should just go for natural foods and avoid processed foods.

#### References

POLLAN, M. (2007, January 28). The New York Times. Unhappy Meals, 1.

<https://assignbuster.com/exercise/>

Retrieved from [http://www.nytimes.com/2007/01/28/magazine/28nutritionism.t.html?pagewanted=all&\\_r=0](http://www.nytimes.com/2007/01/28/magazine/28nutritionism.t.html?pagewanted=all&_r=0)

[com/2007/01/28/magazine/28nutritionism.t.html?pagewanted=all&\\_r=0](http://www.nytimes.com/2007/01/28/magazine/28nutritionism.t.html?pagewanted=all&_r=0)