



What & How We Eat

Read. Watch. Listen.

READ

Chevat, Richie and Pollan, Michael. *The Omnivore's Dilemma: The Secrets Behind What You Eat*. Penguin Press, 2015.

New York Times journalist Michael Pollen's bestselling book is adapted and updated for teens. This groundbreaking work offers insight into food consumption in the 21st century, explaining how an abundance of unlimited food varieties reveals the responsibilities of consumers to protect their health and the environment.

DK, *How Food Works: The Facts Visually Explained*. DK, 2017.

This series of infographics and quick facts from the creators of the popular *How Stuff Works* podcast is perfect for readers who want to know what their food is made of and how nutrition labels and special diets work but prefer easy to understand visuals and facts over long articles and complicated terms.

"Genetically Modified Food." *Opposing Viewpoints Online Collection*, Gale, 2019. *Opposing Viewpoints in Context*, <http://link.galegroup.com/apps/doc/PC3010999249/OVIC?u=spok67112&sid=OVIC&xid=74f827e7>. Accessed 22 June 2019.

A two-page history on how genetically modified food became more than just farmers using selective breeding techniques on crops; on what issues are around the environmental and safety concerns; and on what laws have been in place regarding labelling and regulating genetically modified food.

DIGITAL RESOURCES

Opposing Viewpoints in Context

Access this resource at www.sclld.org/opposing-viewpoints

Search "genetically modified food" you are at this resource.

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WATCH

Food, Inc., Dir. Kenner, Robert. Magnolia Pictures, Participant Media, River Road Entertainment, 31 Jul 2009. Film.

This documentary shares a well-researched look at how profit is often placed ahead of the health of consumers, animals, and food production workers within the food industry.

LISTEN

Thomas, Emily. "Organic Inc." *British Broadcasting Company*, The Food Chain, 12 May 2019. <https://www.bbc.co.uk/programmes/w3csyp04>

A panel of organic farmers from the U.S., Netherlands, and India examine big business's involvement on the burgeoning organic movement and how worldwide organically labelled food might not meet the definition of organic we commonly hold. This half-hour, simple explanation shares how major corporations are able to get around the values of the organic movement and what consumers can do about it.

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