

[Free and download] Food Inc.: A Participant Guide: How Industrial Food is Making Us Sicker, Fatter, and Poorer-And What You Can Do About It

## Food Inc.: A Participant Guide: How Industrial Food is Making Us Sicker, Fatter, and Poorer-And What You Can Do About It

*Karl Weber*

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**Karl Weber : Food Inc.: A Participant Guide: How Industrial Food is Making Us Sicker, Fatter, and Poorer-And What You Can Do About It** before purchasing it in order to gage whether or not it would be worth my time, and all praised Food Inc.: A Participant Guide: How Industrial Food is Making Us Sicker, Fatter, and Poorer-And What You Can Do About It:

5 of 5 people found the following review helpful. More Soapbox than SubstanceBy K. BurnsI went into this book

knowing what I believed to be meager snippets of information about the Food Industry. I finished this book with little more information than what I already knew, which as I said, was meager. Honestly, I'm quite disappointed. I could tell by Part One opening with Eric Schlosser, Rolling Stone, a little left of center, that the book I was reading was going to be more political than informative. Parts One and Two were Soapbox Letters with tidbits of meaty information. By midway Part Two until the end of the book, which is the bulk of the book, don't expect any in-depth descriptions about Corporate food, organics, GMOs, animal welfare, hormones, cancer, etc. The book takes a sharp bend to Climate Change and maintains that bend for the remainder. The only author that I felt any sympathy towards was Joel Salatin in Part Three, Chapter Ten. I did a little further research on him and he describes himself as a "Christian-libertarian-environmentalist-capitalist-lunatic-Farmer", which helped me understand my liking him. I didn't feel like he was preaching or taking the route of the victim. His approach was very proactive and liberating. In the end, there isn't any information in this book that I will refer to in the future. I won't have a discussion with a Monsanto cheerleader and say "Well in 'Food Inc.' I know Monsanto does x,y, or z." What I knew about Monsanto pre-Food Inc is what I know about Monsanto post-Food Inc. What I know about GMOs, organics, animal welfare, etc is all the same. What I did learn is that I am a Christian Libertarian Capitalist who is concerned with the environment (to a degree, not in worship) and furthermore concerned with the chemicals that I place in my children's bodies. I am concerned with my family's food sovereignty. I am concerned that Corporations, like Monsanto, are legally maneuvering themselves to take away that sovereignty. I also learned that I am in company with a lot of people that I disagree with politically. I am concerned that their approach is in fact sabotaging food sovereignty. So, for the readers out there, if you're far left of center, this will probably be an enjoyable yet uninformative read. If you're anywhere else on the political spectrum this will be an incredibly boring and uninformative read. 0 of 0 people found the following review helpful. This book enhances the documentary. By Desiree Deel've been in the food industry for a number of years, so there isn't much that surprised me in this book. I had to get it for a class that I'm in, so I had to read it even though I never would have picked it up on my own. It is a great companion to the documentary. It almost feels like the commentary and deleted scenes section of a DVD put into book form. You get a chance to learn more about the people involved in making the film and get a better background about why the film was made. I rated it 3-stars because, for me, it is just okay. Someone that is actually a part of the intended audience, an informed consumer, may get more out of it than I did. 0 of 0 people found the following review helpful. Eye opening and should be read by as many people ... By JMEye opening and should be read by as many people as possible to spread the word on where the food you consume comes from. Will make you look at your choices when shopping in a supermarket.

Food, Inc. is guaranteed to shake up our perceptions of what we eat. This powerful documentary deconstructing the corporate food industry in America was hailed by Entertainment Weekly as more than a terrific movie it's an important movie. Aided by expert commentators such as Michael Pollan and Eric Schlosser, the film poses questions such as: Where has my food come from, and who has processed it? What are the giant agribusinesses and what stake do they have in maintaining the status quo of food production and consumption? How can I feed my family healthy foods affordably? Expanding on the film's themes, the book Food, Inc. will answer those questions through a series of challenging essays by leading experts and thinkers. This book will encourage those inspired by the film to learn more about the issues, and act to change the world.

David Denby, New Yorker "Those of us who avoid junk food, with many sighs of relief and self-approval, may still be eating junk a good deal of the time. This enraging fact, which will not surprise anyone who has read such muckraking books as Eric Schlosser's "Fast Food Nation" (2001) and Michael Pollan's "The Omnivore's Dilemma" (2006), is one of the disconcerting meanings of the powerful new documentary "Food, Inc.," an angry blast of disgust aimed at the American food industry. The American Conservative: "If you care about what you're eating, you should see the new documentary Food Inc." TakePart.com "Most of you have probably heard about Food, Inc., the movie, but did you also know there's a companion book to the film? The book explores the challenges raised by the movie in fascinating depth through 13 essays, most of them written especially for this book, and many by experts featured in the film. Highlights include chapters by Michael Pollan ("Omnivore's Dilemma" and "In Defense of Food"), Anna Lappe ("Edge and Grub"), Eric Schlosser ("Fast Food Nation" and film co-producer), Robert Kenner (film director), and a chapter on asking the right questions from Sustainable Table! The book is so popular it's already in its fourth printing."