

Food Project Description/Reflection

During the food project, we read *The Omnivore's Dilemma* by Michael Pollan. This book talked about the relationship between food and us humans. It mainly focused on the idea of corn, the different ways it can be grown, from good to bad, and how it is transformed into many different types of products and almost snuck into most of the products we buy in the stores. The book also brings us on a journey through Pollan's experiences and thoughts when eating food from McDonald's versus eating a fully gathered and hunted and home-cooked meal. This not only showed what new skills and lessons he learned, but it also represented what most people don't know or even think of. We then learned about the different food chains and were able to think/reflect on and write about our own food ethics.

When it comes to food and what people choose to think and believe about it, there are so many different perspectives. Reading the book *The Omnivore's Dilemma* definitely informed me about just how big the corn industry is, as well as what the farms animals and produce is being grown on looks like. Learning about the multiple perspectives there are when thinking about food helped me develop my food ethic. We also looked at this project through the lens of a chemist. We studied the science behind foods, as well as experimented with food ourselves. Having this point of view of the project also deepened my learning because I was able to see both sides, what I think is better for me and better for the planet, as well as what is going on within the foods on a microscopic level.

Since a young age, I have grown up on a farm. My parents have raised me to be used to seeing an animal be born, grow up, be slaughtered, processed, and made into a healthy dinner. Because I have already been exposed to truly organic farming, as well as seen some of those industrial farms, the content that we learned was mostly all a repeat of what I already knew. Although, one of my biggest takeaways from this project was learning about the mass corn production and distribution. I had no idea that corn was transformed and put into so many different products. This new knowledge has made me look at the ingredients list of more and more things I buy from the store, and I try to find products that have a more clean ingredients list. I still will have some of the more unhealthy foods every once in a while, but now that I am more aware of what is put into that food, I don't want to be eating it as often.