

Lesson 4: Food Rules

Eat food. Not too much. Mostly plants. -- Michael Pollan

In his short book *Food Rules* Michael Pollan sets out to take those seven words (in the quote above) and to distill that idea in the 64 rules-- rules that he feels should help us guide our eating. Although Pollan calls them rules, they are more suggestions than anything else.

Whether we have verbalized it or are even cognizant of it, we ourselves have food rules. Rules about food that we follow-- some are cultural, some are from our family and steeped in tradition, some are just things we've learned along the way.

Personally, I have had food rules thrown at me since I was young. With my culture, my family's tradition and a mother who majored in nutrition science and a father who was a plant geneticist, food rules seemed to be tossed at me all the time. "Don't drink soda or cold drinks if you have asthma," my aunt would tell me as she made sure that her asthmatic sons did not touch any soda. "Cake and cookies are acceptable for breakfast-- there's milk and eggs, protein in them," my mother would tell me after she had baked. My grandfather, in an effort to make me eat asparagus (which I still dislike) would tell me that I would grow taller if I ate more of it. "Don't eat grapes when you have a cough, it will just make it worse," I heard from my grandmother and my dad would always tell me that whatever tasted bitter was good for me.

Some of the rules may have been scientific, others were just superstition, but those food rules have somewhat guided me in my food choices and the way I eat.

The Lesson:

Attached is Pollan's book *Food Rules*. It is broken up into three parts: Eat food (rules 1-21), Not too much (rules 22-43), and Mostly Plants (44-64).

1. Choose three food rules, **one from each section**. They need to be rules that you can agree or disagree with and explain why.
2. Create a Google slideshow. On one slide, write the food rule, then after that, write a justification paragraph agreeing or disagreeing with the food rule and why.

Follow the format below for your paragraph:

Topic Sentence

Reason 1

Example

Reason 2

Example

Concluding Sentence

3. Create your own food rules (at least 10 minimum) add illustrations and explanations as needed. You can use slides, docs, easel.ly or even make video. Be creative.