

The Way We Eat Now By Jessica Forton

Lambert, Craig. "The Way We Eat Now." Harvard Magazine May-June 2004: 51-58, 98-99.

- Answer the following questions from the reading.
- Many questions can be answered by highlighting/underlining directly from the text. Number your answers on the reading.
- Not all questions can be answered this way, so record your answers separately.
- There are TWO SIDES TO THIS PAPER!

Introduction

1. What are some of the complications that accompany a high body mass?

Lifestyles of the Rich and Gluttonous

2. Why are the poor more likely to be overweight/obese than the wealthy? Include data/facts from section A *Chicken in Every Potbelly*.

3. How do other cultures avoid some of the American diet pitfalls?

4. How do value and portion size correlate in the American diet?

The Technology of Appetite

5. How does food technology influence *how* we eat and *what* we eat?

6. How do the food industry and advertisers affect our eating habits? Include data/facts from section *Sweet Tooth Bites the Hand that Feeds It*.

Motionless America

7. How have the computer and television influenced our activity levels?

8. How come a tendency toward sedentary behavior is not negatively selected? (That is, why does it remain part of our evolutionary selves?)

9. Drawing on the reading and your own experiences, identify the pros and cons to city living in terms of disease and activity level. Identify the pros and cons to suburban living in terms of disease and activity level.

10. There was obviously a survival benefit to many of the features that now make us overweight, especially our penchant toward high-caloric foods. What has changed, both since our hunter-gatherer days and even as little as 100 years ago, which now makes these features either detrimental to our health or no longer necessary?

Darwinian Dietetics

11. How has cooking and food processing influenced not only our survival, but also our ability to flourish as a species? Include data/facts from section *Sweet Tooth Bites the Hand that Feeds It*.

12. Why is weight-bearing exercise during childhood and the teenage years important to bone health?

Sweet Tooth Bites the Hand that Feeds It

13. Although agriculture provided hunter-gatherers a more localized food source, it had its drawbacks. What are they?

*What other drawbacks did it have to activity level?

14. Besides leaving the gastrointestinal tract quickly, what are three other effects of eating high-glycemic foods?

A Chicken in Every Potbelly

15. How has the USDA food pyramid been influenced by agribusiness?

Curing the Edible Complex

16. Identify five changes in the food industry that promote healthier eating and lifestyle.

17. Even though television has negatively impacted eating and lifestyle habits, how can it be used to make positive changes? Include some of your own ideas here, as they will be used in a later part of the assignment.

Inner Wisdom

18. Why is it difficult to lose weight once excess has been put on? How could exercise help someone lose weight?