

11-14 Quiz

In Defense of Food

1. “Our personal health cannot be divorced from the entire food web.” (103)
What happens when we do separate our health from the food web?
When we separate ourselves from the ecology of our food we change the way we grow our food, process our food, and choose & eat our food. The result is that we grow our food in unhealthy soils, breed our food for quantity not quality, refine our food to the point it is often not recognizable to us or our bodies, and we lose our sense of communal eating.
2. What would it mean for us to try to “go native” in our approach to eating?
By going native, we look back at traditional diets as a guide for eating. We don’t necessarily look for the nutrients in these diets, but we look at food combinations, whole foods, and the culture of eating the foods.
3. What are several problems (and examples of) refining our food?
Refining our foods tends to focus on removing the parts of the food that spoil. Often the parts that spoil are important to the synergistic effects of the food. Or the removed parts are also really healthy by themselves. Refining foods often leaves only the simple sugars which can overload our cells and result in insulin resistance and diabetes.
4. What is the concept of nutritional inflation, and what is causing it?
Nutritional inflation is when we have to eat more food to get the same nutritional value that the same would have had 50 years ago. Chemical fertilizers simplify the soil, which simplifies the nutrients found in food.
5. Why would we want to avoid foods that make health claims?
Health claims are usually found on “food” that is packaged. Packaging is often a sure sign that the “food” inside the package is imitation or fake food. Truly healthy foods are whole foods that have not been refined and are let their natural packaging – their skin!

