

## An Interrupted Discussion about Nutrition and Food

Shortly before our social isolation, Angelica Morfin had expressed in lecture a particular interest in the problem of healthy eating and had asked about the cost of healthy eating vs. eating junk food. That is a problem my wife brings up during such discussions. She prefers to eat a more meat and I tend toward vegetarian choices. I had hoped to have time for a more complete discussion of the topic, but this on-line study has taken up too much time. My initial effort is at

<http://yosemitefoothills.com/Science-1A/ThoughtsAboutCostOfHealthyEating.pdf>

Those are just the start of an incomplete set of thoughts and are not part of our Science-1A course.

Just before our social isolation, I had some helpful conversations with Abel Sandoval, a Nutrition teacher at Clovis. I bought the text he uses entitled *Nutrition & You, 5<sup>th</sup> Edition* by Joan Salge Blake. Like all texts, it is terribly expensive, but I shopped around and found a new “used” copy for \$60 which I am gradually reading, a little bit each night.

Angelica had hoped to do a survey of students’ preferences and make a video about the topic, but COVID-19 got in the way just as she had started. She has, however, shared the following thoughts and links about it:

*Food INC* is a free film on YouTube, but unfortunately, *The Founder* is not on Netflix for free anymore. *The Founder* can be watched on YouTube as well, but it does cost \$3.99 to rent. I attached the trailer to *The Founder* on the link below. *Food INC* does have Spanish captions below it, but the documentary is spoken in English. I hope everyone enjoys these films as much as I did.

I’m not taking any specific nutrition classes. I’ve just always been interested with the topic! More importantly, my major is in early childhood education and I strongly believe it should be an essential to provide young students with educational classes on nutrition! Neither my middle school nor high school provided any background on nutrition and I feel like it should be taken more seriously.

Her links are:

*Food INC*- <https://youtube/smk2xq2l3lg>

“Food Inc exposes the deep and unknown parts of the American food system – especially factory farming – and how it impacts our health, farming, and the environment.”

*The Founder*- [https://youtube/N\\_t5PGSJD9o](https://youtube/N_t5PGSJD9o)

“Starring Michael Keaton as businessman Ray Kroc, the film portrays the story of his creation of the McDonald's fast-food restaurant chain.”

A book that I (Craig) read years ago is the following:

*Fast Food Nation - The Dark Side of the All-American Meal* by Eric Schlosser

I wrote the following note about *Fast Food Nation*:

This book is not so much about how unhealthy fast food usually is, but rather about the industry. It discusses how the wholesale conglomerates squeeze both the farmer and the distributor. The meat packing industry in particular is described in detail.

We are hearing a lot about the meat-packing industry these days...