



## Discussion Questions

*In Defense of Food* by Michael Pollan

**Source: Madison Public Library**

1. Two-thirds of the way through *In Defense of Food* Pollan points out “You would not have bought this book and read this far into it if your food culture was intact and healthy.” Are there aspects of your *own* eating that you want to change? Or are you reading this book to support your own already-made changes? Some of both?
2. Pollan himself is an optimist. He believes the possibilities for eating local, organic food are the best they’ve been in quite some time. Can you play the devil’s advocate? What makes this style of eating *not* do-able for so many people?
3. Pollan asserts “We are a people with an unhealthy obsession with healthy eating.” Agree? Would you call yourself obsessed? Would you call the general public under-obsessed?
4. Pollan would like to see us spend more money and more time on food: can you do it? How? Are there other money and time expenditures you’d have to give up? Will you?
5. Pollan’s example of the Aboriginal experience with diabetes is powerful. Do you think modern American eating has any parallel?
6. Did you read *Fast Food Nation* by Eric Schlosser or see the film *Super Size Me*? Both focus on the folks who eat a fast food diet already, and perhaps anticipated an audience ready to rail upon a fast food diet. Pollan’s approach is much different. Are there different audiences for each? Will this book be read by fast food eaters? Was *Fast Food Nation*? To what degree are all of these works preaching to the choir? Does it matter?