

***The Omnivore's Dilemma***  
Chapter #5- Reading Guide

Name: \_\_\_\_\_

- 1: Pg. 86- Explain how a kernel of corn will be broken down into it's various parts.
- 2: Pg. 86- What are some of the names of compounds that are in products that are made from corn?
- 3: Pg. 88- "it takes about \_\_\_\_\_ gallons to process a bushel of corn, and prodigious amounts of energy. Wet milling is an energy-intensive way to make food; for every calorie of processed food it produces, another \_\_\_\_\_ calories of fossil fuel energy are burned. "
- 4: Pg. 89- What did the discovery of glucose isomerase do for the industry?
- 5: Pg. 90- What does it mean when we say that we are "liberating food from nature?"
- 6: Pg. 91- Corn is the key constituent of what four processed foods? Is this surprising?
- 7: Pg. 93- How much does it take to make a box of cereal? How much is it sold for?
- 8: Pg. 94- What is the average growth rate of Americans? What does it mean by "fixed stomach" and how does this relate to profits?
- 9: Pg. 94- How many pounds of food does the average American eat per year?
- 10: Pg. 94- "There's money to be made in food, unless you're trying to grow it"- explain this statement.
- 11: Pg. 97- Explain what the author means by, "getting more fruits and vegetables into food."
- 12: Pg. 98- Does "natural raspberry flavor" mean that the flavoring is actually raspberry or even natural? Explain.
- 13: Pg. 98- What is resistant starch and how does it get around the biological limit on how much you eat in a year?