### Selected Eating Statistics, 2009
(from What I Eat—WPDS)

<table>
<thead>
<tr>
<th>Region</th>
<th>% Urban</th>
<th>GNP/cap</th>
<th>% Adults F/M</th>
<th>% Undernourished</th>
<th>Meat consumed, lbs./year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brazil</td>
<td>86</td>
<td>10,100</td>
<td>18.3/8.7</td>
<td>6</td>
<td>182</td>
</tr>
<tr>
<td>Iran</td>
<td>70</td>
<td>10,800</td>
<td>27.0/10.0</td>
<td>&lt;5</td>
<td>51</td>
</tr>
<tr>
<td>Japan</td>
<td>67</td>
<td>35,200</td>
<td>5.3/0.3</td>
<td>19</td>
<td>75</td>
</tr>
<tr>
<td>Mexico</td>
<td>78</td>
<td>14,300</td>
<td>34.3/24.0</td>
<td>&lt;5</td>
<td>129</td>
</tr>
<tr>
<td>Namibia</td>
<td>38</td>
<td>6,300</td>
<td>5.3/0.3</td>
<td>19</td>
<td>75</td>
</tr>
<tr>
<td>USA</td>
<td>82</td>
<td>47,000</td>
<td>41.8/36.5</td>
<td>&lt;5</td>
<td>275</td>
</tr>
</tbody>
</table>

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**Extra Credit Opportunity**

Regardless of when our ancestors first cooked, the impacts were enormous and went far beyond our digestive apparatus. Eating cooked food reduced the time spent on chewing by several hours a day, making more time available for innumerable other activities.

Richard Wrangham, “Why We Cook” (in What I Eat: p.79)

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**YOUR OPINION ONLY (no points or penalty)**

I. Thinking back to the last time you lived with your parents, how much time was spent cooking on an average day?

A. Over an hour.
B. From 30 minutes to an hour.
C. 15-29 minutes.
D. Less than 15 minutes.

It's generally assumed that the entrance of women into the workforce is responsible for the collapse of home cooking, but time spent cooking has fallen at the same precipitous rate among women who don’t work outside the home... A survey of cooking patterns across several cultures found that the more time a nation devotes to food preparation at home, the lower its rate of obesity...

Michael Pollan, “The End of Cooking” (in What I Eat: p.204)
How much of this diet comprises industrial (packaged, factory-processed) food?

How do this person’s life conditions—income, time demands, and taste, for example—shape food choice?

Potentially, what are the long term personal, public health, and environmental impacts of this diet?
How do this person’s life conditions—income, time demands, and taste, for example—shape food choice?

Income + price → availability;
Time demands (convenience);
Food and social interaction;
Exposure to varieties of food (including different cuisines);
Health or medical;
Ethical or religious conviction;
“Taste” (inc. taboos)

1. Which group correctly lists per capita meat consumption from lowest to highest?
A. Namibia, Japan, USA.
B. USA, Mexico, Namibia.
C. Namibia, USA, Brazil.

2. Industrial cooking differs from home cooking because it results in:
A. Less chewing time.
B. More digestible food.
C. Social activity.
D. Higher obesity rates.
3. At home, this person diets poorly because:
A. She follows what her skinny friends eat.
B. She rarely exercises.
C. She has emotional issues.
D. All of the above.

4. With Japan as an exception, national obesity rates ____ as affluence increases.
A. Decline.
B. Stay the same.
C. Rise.

5. True or False. The decrease over the last generation in US time spent cooking has been caused primarily by the rise in women working outside the home.
A. True.
B. False.

6. This person’s diet includes _______, produced locally.
A. Mushrooms.
B. Venison.
C. Seaweed.
D. Whiskey.

7. True or False. In choosing the people to portray in *What I Eat*, the authors tried to achieve a statistically representative sample, balanced by age, sex, nationality, and type of diet.
A. True.
B. False.

8. Countries where women spend more time cooking tend to have ________ obesity rates.
A. Higher.
B. Lower.
C. Impossible to generalize.