Annotated Bibliography

Student’s Name

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In his book, *The Omnivore's dilemma: A natural history of four meals*, Michael Pollan asks several questions, which seem straightforward, but which every person or household seems to ask on daily basis: what they should have for dinner. The book reckons that human beings have a wide variety of foods to choose from resulting in a dilemma. This book also holds that developments in technologies have had a great influence on the dilemma since initially people’s meal choices were influenced by their culture. Today, people have the option of buying processed foods, some of which were seasonal in the early times.

This book provides information on Pollan’s view of the decision process people go through before setting on what to have for dinner. It is resourceful in understanding his position and the factors that influence people to make decisions on the meal choices. It also gives information on the origin of foods and the food chains comprising of the industrial, pastoral and personal chains.


This source offers a detailed theological framework for evaluating the food production and consumption practices employed by people in modern day’s food systems. The author combines cultural, agrarian, ecological theological and biblical influences on eating habits. This book demonstrates that eating has profound impact on moral, economic and theological aspects of human beings. This book also takes a religious look at the eating habits for all the creatures
that honor God. It broadens the scope by including discussions on eating’s environmental and social contexts, the sacramental nature of eating and the impact of death and sacrifice with relation to eating.

This book is useful and relevant to the paper since it gives a detailed analysis of the different practices employed by people in production and consumption of food, from an environmental, social, theological and biblical context. This offers a deeper understanding on what influences people to choose the meals they choose for their dinner. Moreover, it provides an understanding into the impact of sacrifices people make on their eating habits.


This book starts by acknowledging the fact that most people especially in North America are no longer connected to the production and processing of food they eat in a meaningful way. The author of this book analyses a number of issues affecting the agricultural industry. It offers answers to various questions, like what is food, whether the food we consume is safe and what farm to market actually means. It also addresses socioeconomic concerns and controversies surrounding the food industry, like the role of governments, genetically modified foods, biodiversity, organic foods, farming environment, animal and poultry welfare.

The book *Demystifying food from farm to fork* is relevant to this paper since it gives a clear understanding of where foods comes from, the process of transporting the food from the farms to the consumers and the process of buying the foods by consumers. In addition, it addresses the more relevant question in today’s world of genetically modified foods. The author
also analyses the life of the hunter and gatherer in the ancient times before people got the many choices as discussed by *The omnivore's dilemma*.


This reference is a text book for future health care professionals and nurses and it covers the role of nutrition and its link to different diseases, like renal diseases, diabetes, and liver disorders. It starts with stating the fact that the choices people make on their meal will either harm or improve their health. The book covers a wide range of topics, such as food choices, vegetarian diets, daily body requirements, and various illnesses associated with dietary choices.

This book is relevant to the paper as it discusses the various factors that influence people’s choice for a meal. Some of the factors discussed include preferences, habits, ethnic traditions and heritage, associations, personal values, emotional state, social interactions convenience, availability and the economy. This reinforces *The omnivore's dilemma* since it also discusses the above factors as the same ones that influence people’s choices for their daily meals. The book provides a clear explanation of each of the factors and their impact on the food choice.


This book addresses a number of issues that relate to nutrition, among them human health and food choices, nutrition tools, the remarkable body size, the different food categories and their roles in the human bodies, food technology and food safety, the global environment and hunger. These topics of discussions offer a wider perspective of foods as opposed to the other sources which focused much on the choices people make on meals.
This source is very relevant to this paper, especially on the topic of human health and food choices. It outlines various factors that influence the choice of foods among them, the social and cultural meanings attached to the particular foods, the economy, availability, emotional comfort, advertising, associations, social pressures, region of the country, nutritional value, weight and values or beliefs. In addition, it highlights the current feeding habits for people given the advancements in technology making food readily available. This provides more emphasis on *The omnivore's dilemma*, which also states similar factors as the major influencers of the meal choices.