

What's for Dinner?

*Dr. Heidi Cornfield, a professor of food science, is being interviewed about her new book, **What's for Dinner?** Read the interview and find out: What does she think is wrong with the American diet?*

Interviewer: You have some very strong ideas about what Americans eat, Professor Cornfield. Could you tell our audience about some of them?

Cornfield: I'd be delighted. First, I think that Americans eat too much meat. We can get protein from other types of food, not just meat. For example, tofu is rich in protein. We really don't need to eat meat to live.

Interviewer: Maybe, but some of our listeners really like nice thick juicy hamburgers. They might not need them, but they sure like them.

Cornfield: I agree with you. But there are health reasons to stop eating meat.

Interviewer: What do you mean, Professor?

Cornfield: Eating meat, especially beef, can cause heart disease. Thousands of Americans die from heart disease every year.

Interviewer: That's interesting. Are there other reasons why we should stop eating meat?

Cornfield: Yes. Did you know that eating meat hurts, even destroys, the environment?

Interviewer: I don't understand. How?

Cornfield: It is a fact that rain forests in Central America are being destroyed to produce cheap beef to export to other countries, including the United States. And that hamburger you like so much—well, it takes 20 square meters of rain forest for each burger!

Interviewer: Oh, no. But I don't like to eat tofu.

Cornfield: That's OK. There are other good foods to eat.



Interviewer: Well, we're almost out of time. Do you have any final comments?

Cornfield: There are many more interesting facts in my book. Think about this one before you order your next burger: In the last 300 years, Americans have cut down over half of their trees to get land to grow food to feed cattle—all because people think they need meat.

WHAT DO YOU THINK?

Which opinions do you agree with?
Check as many as you want.

I think Americans eat too much meat, but people in other countries also eat more meat than before. I don't think it's good.



Humans should give up eating meat. That way we get healthier, and we don't destroy the environment.



It's impossible for me to give up meat. I enjoy eating hamburgers.



We should avoid eating animal products like beef, pork, milk and eggs. It's better for us to eat just fish and vegetables.



Maybe people should eat less meat, but I don't think we have to give it up completely.



Now exchange your ideas with a classmate.

TURN TO PAGE 80 FOR AN INTERACTION TIP.

LOOKING AT THE ISSUE

If you had to give up food made with animal products, which ones would you give up? What are your reasons?

	Would you give it up?	Why or why not?
hamburgers	yes / no	
steak	yes / no	
bacon	yes / no	
ice cream (milk, eggs)	yes / no	
pancakes (eggs, milk)	yes / no	
ham	yes / no	
chicken	yes / no	
pizza (cheese)	yes / no	
your idea:	yes / no	