You will encounter the topics of food and nutrition in various academic disciplines. In addition to health, you are likely to read about these subjects in biology, nutrition, nursing, sociology, psychology, media and communications, and business and marketing.

Guided Reading
Reading Selection 1

A Plateful of Myths
By Katherine Hobson

In this selection from U.S. News & World Report sociologist Barry Glassner, the author of The Gospel of Food, answers some important questions about food and nutrition.
before you read

It's important to review what you may already know about a topic before you read about it. In this way, you will attach your new learning to your background knowledge and more easily understand the new information. (See the section “Access Prior Knowledge” in Chapter 2, page 33.)

Answer the following questions about food and your eating habits.

- How would you describe your eating habits?
- Do you think fast foods are to blame for widespread obesity?
- Are you a vegetarian?
- Do you eat organic food?
- Do you think a healthy diet will help you live longer?

Prepare to Read

Preview the selection “A Plateful of Myths,” using the THIEVES strategy on page 37.

Exercise 1 Previewing

Directions: Complete the following items.

1. Take a look at the selection and check off the items that are available for you to preview.
   - Title
   - Headings
   - Introduction
   - Every first sentence in each paragraph
   - Visuals/vocabulary
   - End of chapter questions
   - Summary/concluding paragraph

2. Read and highlight to preview the selection.

3. Based on your preview, what do you anticipate the reading will be about?

Check Out the Vocabulary

The words in the following section appear in boldface type in the reading. Are you already familiar with them? Knowing what these terms mean will help you better understand the reading.
Exercise 2  Checking Out the Vocabulary

Directions: Complete the matching exercise below before, during, or after reading. Be sure to review each word in the context of the selection.

___ 1. acknowledge*  a. part of something larger
___ 2. anonymously  b. nothing
___ 3. compromised  c. firmly fixed
___ 4. condemn  d. commonly repeated word or phrase
___ 5. component*  e. idea or opinion
___ 6. demonized  f. to show strong disapproval
___ 7. dictates  g. distorted; impaired in quality
___ 8. entrenched  h. to turn into a demon or a bad influence
___ 9. mantra  i. not named or identified
___ 10. naught  j. admit as true
___ 11. notion*  k. governing principles or requirements
___ 12. warped  l. unable to function well because of a disease

*from the Academic Word List

as you read

Establish Your Purpose

Now, read and annotate the selection. Focus on major points of information about Glassner's discussion of food myths.

Actively Process While You Read

Stop and process information as you read.

Exercise 3  Processing While You Read

Directions: Answer the following questions at the conclusion of each paragraph. This will help you monitor your reading process and understand the material.

Paragraph 1
1. What is the topic of this paragraph?

2. What does Barry Glassner tell us about the topic?

Paragraph 3
3. How does Glassner describe Americans’ attitude toward food consumption?