

## Food Project Reflection

For this project we learned about how the food we eat is made, what it is made of, and how it gets to us. We learned about the differences between the organic and industrial food industry and the food they produce. After we had all thoroughly dug into this unit, we got to branch off on our own and assemble an essay involving whatever food-related topic we wanted. I chose a topic that the majority of American's choose to overlook: the benefits of vegetarianism.

Anyone could watch the movies, have the same lectures, and read the same articles as our class did and not feel any different about what they put into their mouths. Thankfully, I wasn't that person. I had always wanted to know what people and animals went through for me to get my dinner. Now I had the chance. Even after everything we did in class, I still wanted to learn more. I really felt a connection with this project because this was finally my chance to learn about something I *cared* about. I went into this project thinking I would learn about how the food industry had evolved and what happened to make food end up on my plate. It ended up meaning so much more to me. The things that people and animals have to go through in the food industry is terrible. It made me want to not eat! Don't worry, I still eat plenty, but it really played with my emotions by making me consider changing my habits, and I did. After seeing that most of the terrible actions were mostly associated with meat, I stopped eating meat.

After I stopped eating meat, I started thinking about all the good things about vegetarianism, did some research, and soon I had convinced myself that vegetarianism was indeed the way to go. If only I could share all this information with someone... Sure enough, I could! I was having a hard time picking a topic for my essay anyway, and this seemed like the perfect fit. I would tell people the reasons I became a vegetarian, and, hopefully, convince them to change from an omnivore to a vegetarian. Now the hard part was how... How was I going to make people feel how I felt before? How was I truly going to make them empty their fridge of meat? Was it possible? Those were just a few of the questions hanging over my head through the time of my essay writing. Those questions made me strive to make this more than just an essay. Those questions made me want to be able to change someone's thinking.

Writing my essay was no easy feat. At some points I had some major writing blocks, and at others there was just too much information to put into words. Throughout this process I learned a lot about what I could do better next time. First, I would give myself more time to ponder a topic instead of trying to rush it at the deadline and not come up with my best work. I think I narrowly escaped this mistake, but it still made a big impact in my thinking. Also, next

time I would compile my essay by starting with topic sentences and working from there. I learned that if you just take all similar evidence and put it in paragraph form (as I did), then your essay won't be as strong and the message you are trying to get across won't be crystal clear. If you have topic sentences to start with, you know exactly what you are trying to say and just have to decide how to say it. I am very glad I had a chance like this because it will definitely help me in the future.

Since I have now finished this project, I think I am able to successfully answer the essential question: *How does one navigate their own personal omnivore's dilemma in a world of abundant eating choices?* If you hadn't already noticed, I am a vegetarian. I became a vegetarian because of what I discovered through this project and for the main reason of trying to solve my omnivore's dilemma. Everyone tries different ways to solve their omnivore's dilemma, but can you ever truly solve it? Can you ever really have a guilt free, healthy meal? Is it possible to solve the question of what to eat? It's like asking how many licks it takes to get to the center of a tootsie pop: the world may never know.