

Works Cited/ Annotated Bibliography

Berry, Wendell. "The Pleasures of Eating: In what are people for?" *Center for Ecoliteracy*.

North Point Press. 1990. Web. 21 Nov. 2010.

<http://www.ecoliteracy.org/essays/pleasures-eating>

Wendell Berry, author of the article "The Pleasures of Eating," urges his readers that they must eat responsibly to live free. Often times, eaters just buy food and believe that vegetables and fruit come from a farm. In regards to eaters, he states, "If they think beyond that, they recognize that they are passive consumers. They buy what they want — or what they have been persuaded to want — within the limits of what they can get. They pay, mostly without protest, what they are charged." The point of Berry's writing is to urge the public to look into where their food is coming from, under what condition it was produced, and what chemicals it may contain. He has found that food industries have fooled consumers to buy prepared food. He also points out that the food industry is not concerned about our health, but only concerned about "volume and price." Berry gives us some guidelines to avoid jeopardizing our health and to wake up to what is going on in the food industry. He tells us to participate in food production by growing our own food, preparing our own meals, buying directly from a local farmer or gardener, learning about food production, and being aware of abused animals or plants.

Centers for Disease Control and Prevention (CDC). "Escherichia coli Infection and Farm

Animals.” Georgia. Oct. 2007. Web. 4 Dec. 2010.
<<http://www.cdc.gov/healthypets/diseases/ecoli.htm>>

The article written by the Centers for Disease Control and Prevention (CDC), explains what *Escherichia coli* O157 (E.coli) is and the type of symptoms and illnesses people can receive from it. The article states that E.coli can be passed through contaminated food meat and the manure of animals. It also informs readers on how to avoid E.coli and where to learn more about it. The purpose of CDC is to inform all people about health related issues and to provide reliable answers for healthy, safe living.

Compa, Lance. “Blood, Sweat, and Fear. IV. Worker Health and Safety in the Meat and Poultry Industry.” *Human Rights Watch*. New York. Jan. 2005. Web. 4 Dec. 2010.
<<http://www.hrw.org/en/node/11869/section/5>>

The author of this article interviewed meat and poultry industry workers, where most had injuries from working. The workers revealed the dangers such as fast production lines, working in close quarters, working with little training, and working overtime even when in pain. The article observes several deaths of workers who were not given safety equipment when exposed to harmful gases and situations. The article examines U.S. health and safety standards and human rights that are ignored due to failure and ignorance of the government. The article explains the conditions under the International Rights Labor treaty, pointing out that workers are not being fairly protected. The article informs readers and gives an in depth explanation to why meat and poultry packing industries are so dangerous.

Food, Inc. Kenner, Robert. (Producer/Director.) Magnolia Pictures. 2008. DVD.

The movie Food Inc. documented how slaughterhouses produce mass quantities of meat to feed our nation. It observed how chemicals and antibiotics are injected into animals to make them grow quicker so that more can be produced faster. The video also pointed out that animals such as cows and chickens are fed corn instead of grass because it is cheaper and makes the animals fat faster. Through the documentary, unsanitary living conditions were observed and the abuse of slaughterhouse workers was revealed. The film also interviewed farmers who had been forced to buy seed from Monsanto instead of cleaning their own seed. Also highlighted in the film was a mother who had lost her son to E-Coli, in which he received from a hamburger.

Freston, Kathy. "E. Coli, Salmonella and Other Deadly Bacteria and Pathogens in Food:

Factory Farms Are the Reason." *The Huffington Post*. Jan. 2010. Web. 4 Dec. 2010.

http://www.huffingtonpost.com/kathy-freston/e-coli-salmonella-and-oth_b_415240.html

The article written by Kathy Freston is an interview conducted with Dr. Greger, author of "Bird Flu: A Virus of Our Own Hatching." The article discusses E.coli, Salmonella, and dangerous pathogens that endanger our food. Dr. Greger explains that E.coli is spread to vegetables by animal waste that is dumped into an open pit, that contaminates water used for crops. The article states that different types of E. coli can cause urinary tract infections, "invading the bloodstream and causing an estimated 36,000 deaths annually in the

United States.” The article also mentions that experts from the University of Minnesota found fecal contamination in 60% of pork and 92% of beef and poultry.

In Defense of Animals (IDA). “Factory Farming Facts.” California. Web. 4 Dec. 2010.

<http://www.idausa.org/facts/factoryfarmfacts.html>

The article, “Factory Farming Facts,” examines the truth and evolution of factory farming and the abuse that animals encounter at various industries. It explains how chickens are bred to be larger in size, at a faster rate. It also discusses how chickens have their beaks cut off and how male newborn chicks are killed. The article observes how pigs, cows, and veal are also kept in dirty, toxic, and dark barns until time for slaughter. Cows are injected with Bovine Growth Hormone, which doubles the amount of milk produced. The article offers that animals are “deprived and prohibited from natural behavior.” It also informs readers that, “In the U.S., almost 50% of all antibiotics are administered to farm animals.”

Mead, Paul S. “Food-Related Illnesses and Death in the United States.” Centers for Disease Control and Prevention. Georgia. Sept. 1999. Web. 4 Dec. 2010.

<http://www.cdc.gov/ncidod/eid/vol5no5/mead.htm>

Paul Mead examines the amount of food-borne illnesses in the United States and includes estimates and data about what causes pathogens, illness, infections, and death. The article calculates the number of hospitalizations and deaths that have been caused by bacteria pathogens and the total amount of cases there has been due to food-borne illnesses over one year. 73,480 cases caused by E.coli O157:H7 have been estimated to occur in one year. The

research finds that E. coli is included in the top five pathogens that account for 90% of food-related deaths.

People for the Ethical Treatment of Animals (PETA). "Animals Used For Food."

Virginia. 2010. Web. 4 Dec. 2010.

<http://www.peta.org/issues/animals-used-for-food/default.aspx>

The article, "Animals Used For Food," observes some of the reasons why people have decided to become vegans. One reason, suggests the article, is due to abuse to animals. They inform readers that animals are not given any fair protection as they are being mistreated and slaughtered. They also explain that "free-range" animals are kept in dirty, confined sheds, exhibiting the same amount of mistreatment as other animals. The article persuades readers that become a vegan is the best way to "ensure a lifetime of good health," and how vegan food is more nutritious than other food. The article also informs us that if we grew crops instead of breeding animals, it would be possible to solve world hunger. The article covers other many topics that include abuse to workers, the environment, government negligence, and poisoned communities.

Pollan, Michael. "The Omnivore's Dilemma: A Natural History of Four Meals."

The Penguin Press. New York. 2006. Web. 23 Nov. 2010.

<http://sabatnomangini.weebly.com/uploads/4/5/9/6/4596832/>

[the_omnivores_dilemma_-_michaelpollan.pdf](#)

Michael Pollan's article "The Omnivore's Dilemma," examines how farming, and eating

habits and lifestyles have changed through the production of processed foods. There was once a time when producers and consumers cared about eating healthy, but the food industry has changed the view and diet of how Americans eat. The article observes what we actually should be eating for dinner instead of corn and soybeans. Pollan examines that the answer is simplistic, yet hard to discover because of the multiple food choices consumers are offered. Pollan explains the impact that corn has had on the production of our food. He discovers it is difficult for consumers to understand the origin of food because of the many states it goes through to be processed. Pollan also reminds us that the production of corn has led to pollution, killing both animal and plant life and eliminating our healthy food supply.

The Humane Society of the United States (HSUS). "Humane Eating." 2010.

Web. 4 Dec. 2010.

<http://www.humanesociety.org/issues/eating/>

This article by The Human Society of the United States, informs readers about the abuse of animals in factory farms, where they believe, animals are treated as machines. The HSUS offers three "R's," refine, reduce, and replace food that is mistreated. The article includes new recipes, cooking tips, and news to people, who want to avoid meat from food factories. The point of the HSUS is to inform others of what is going on with their food, make laws that protect animals, perform animal rescue missions, and provide resources and shelter for abused animals.