‘In Defense of Food’
Film Screening

Food@Sydney presents a screening of In Defense of Food, the confronting documentary by Michael Pollan about the modern food industry.

In the words of Pollan’s publishers, Pollan proposes a new (and very old) answer to the question of what we should eat that comes down to seven simple but liberating words: “Eat food. Not too much. Mostly plants.” By urging us to once again eat food, he challenges the prevailing nutrient-by-nutrient approach - what he calls nutritionism - and proposes an alternative way of eating that is informed by the traditions and ecology of real, well-grown, unprocessed food. Our personal health, he argues, cannot be divorced from the health of the food chains of which we are part.

In Defense of Food shows us how, despite the daunting dietary landscape Americans confront in the modern supermarket, we can escape the Western diet and, by doing so, most of the chronic diseases that diet causes. We can relearn which foods are healthy, develop simple ways to moderate our appetites, and return eating to its proper context - out of the car and back to the table. Michael Pollan’s bracing and eloquent manifesto shows us how we can start making thoughtful food choices that will enrich our lives, enlarge our sense of what it means to be healthy, and bring pleasure back to eating.

When:
Monday 18 April 2016
6.00 – 7.30pm

Where:
Old Geology Lecture Theatre
Science Road
The University of Sydney

To find out more, visit sydney.edu.au/sydney_ideas