

## Fast Food Nation The Dark Side Of The All American Meal

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In-N-Out Burger  
Cogs in the Great Machine  
Reefer Madness  
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Encyclopedia of Junk Food and Fast Food  
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Swallow This: Serving Up the Food Industry's Darkest Secrets  
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### Don't Eat This Book

DIVEach of the books in Nathan Hale's Hazardous Tales has elements of the strange but true and is presented in an engaging, funny format, highlighting the larger-than-life characters that pop up in real history. Big Bad Ironclad! covers the history of the amazing ironclad steam warships used in the Civil War. From the ship's inventor, who had a history of blowing things up and only 100 days to complete his project, to the mischievous William Cushing, who pranked his way through the whole war, this book is filled with surprisingly true facts and funny, brave characters that modern readers will easily relate to. UPraise for Nathan Hale's Hazardous Tales: Big Bad Ironclad/u "Livelier than the typical history textbook but sillier than the many outstanding works on the Civil War available for young readers, this will appeal to both history buffs and graphic-novel enthusiasts." —Kirkus Reviews "Readers interested in American history will enjoy these graphic novels Comic panels of varying sizes enhance the real-life events and support the stories' over-the-top humor the writing is accessible and entertaining; author Hale's style gives readers an insider-y, you-are-there-type scoop." —Horn Book UAward: /uNew York Public Library's Children's Books 2012: 100 Books for Reading and Sharing listU /u/div

### The Hidden Brain

If you ran for president, you would have to do a lot of hard work. You would study the nation's problems, tell the American people about your platform, select a running mate, and debate your opponents on live television.

### In-N-Out Burger

From the author of What to Eat and Shopped, a revelatory investigation into what really goes into the food we eat.

### Cogs in the Great Machine

The author relates his experiences working five months undercover at a slaughterhouse, and explores why society encourages this violent labor yet keeps the details of the work hidden.

### Reefer Madness

From a Pulitzer Prize-winning investigative reporter at The New York Times comes the troubling story

of the rise of the processed food industry -- and how it used salt, sugar, and fat to addict us. Salt Sugar Fat is a journey into the highly secretive world of the processed food giants, and the story of how they have deployed these three essential ingredients, over the past five decades, to dominate the North American diet. This is an eye-opening book that demonstrates how the makers of these foods have chosen, time and again, to double down on their efforts to increase consumption and profits, gambling that consumers and regulators would never figure them out. With meticulous original reporting, access to confidential files and memos, and numerous sources from deep inside the industry, it shows how these companies have pushed ahead, despite their own misgivings (never aired publicly). Salt Sugar Fat is the story of how we got here, and it will hold the food giants accountable for the social costs that keep climbing even as some of the industry's own say, "Enough already."

### **Fast Food Nation, Class Set. Level 4 (A2/B1)**

Essays cover the history of junk foods and convenience foods, along with information on health, diet, and current controversies surrounding the consumption of this type of food.

### **Gourmet Rhapsody**

We all witness, in advertising and on supermarket shelves, the fierce competition for our food dollars. In this engrossing exposé, Marion Nestle goes behind the scenes to reveal how the competition really works and how it affects our health. The abundance of food in the United States--enough calories to meet the needs of every man, woman, and child twice over--has a downside. Our over-efficient food industry must do everything possible to persuade people to eat more--more food, more often, and in larger portions--no matter what it does to waistslines or well-being. Like manufacturing cigarettes or building weapons, making food is big business. Food companies in 2000 generated nearly \$900 billion in sales. They have stakeholders to please, shareholders to satisfy, and government regulations to deal with. It is nevertheless shocking to learn precisely how food companies lobby officials, co-opt experts, and expand sales by marketing to children, members of minority groups, and people in developing countries. We learn that the food industry plays politics as well as or better than other industries, not least because so much of its activity takes place outside the public view. Editor of the 1988 Surgeon General's Report on Nutrition and Health, Nestle is uniquely qualified to lead us through the maze of food industry interests and influences. She vividly illustrates food politics in action: watered-down government dietary advice, schools pushing soft drinks, diet supplements promoted as if they were First Amendment rights. When it comes to the mass production and consumption of food, strategic decisions are driven by economics--not science, not common sense, and certainly not health. No wonder most of us are thoroughly confused about what to eat to stay healthy. An accessible and balanced account, Food Politics will forever change the way we respond to food industry marketing practices. By explaining how much the food industry influences government nutrition policies and how cleverly it links its interests to those of nutrition experts, this path-breaking book helps us understand more clearly than ever before what we eat and why.

### **Drive-Thru Dreams**

'Sitting not far below my feet, there was a thermonuclear warhead about twenty times more powerful than the bomb that destroyed Hiroshima, all set and ready to go. The only sound was the sound of the wind.' Seventy years after the bombing of Hiroshima, Eric Schlosser's powerful, chilling piece of journalism exposes today's deadly nuclear age. Originally published in the New Yorker and now expanded, this terrifying true account of the 2012 break-in at a high-security weapons complex in Tennessee is a masterly work of reportage. 'Schlosser's reportage is as good as it gets' GQ

## **Fast Food Nation: The Dark Side of the All-American Meal**

The authors contemplate the origins, architecture and commercial growth of wayside eateries in the US over the past 100 years. Fast Food examines the impact of the automobile on the restaurant business and offers an account of roadside dining.

### **Americans**

The hidden brain is the voice in our ear when we make the most important decisions in our lives—but we're never aware of it. The hidden brain decides whom we fall in love with and whom we hate. It tells us to vote for the white candidate and convict the dark-skinned defendant, to hire the thin woman but pay her less than the man doing the same job. It can direct us to safety when disaster strikes and move us to extraordinary acts of altruism. But it can also be manipulated to turn an ordinary person into a suicide terrorist or a group of bystanders into a mob. In a series of compulsively readable narratives, Shankar Vedantam journeys through the latest discoveries in neuroscience, psychology, and behavioral science to uncover the darkest corner of our minds and its decisive impact on the choices we make as individuals and as a society. Filled with fascinating characters, dramatic storytelling, and cutting-edge science, this is an engrossing exploration of the secrets our brains keep from us—and how they are revealed.

### **The Secret Life of Groceries**

The bestselling phenomenon Fast Food Nation becomes a film starring Ethan Hawke, Bruce Willis and Patricia Arquette, directed by Richard Linklater. This is the film tie-in

### **Who Shall Live?**

Discover an epic historical novel of a young saint escaping death from Pulitzer Prize finalist Luis Alberto Urrea, author of *The House of Broken Angels*. This historical novel is based on Urrea's real great-aunt Teresita, who had healing powers and was acclaimed as a saint. Urrea has researched historical accounts and family records for years to get an accurate story.

### **The McDonaldization of Society**

The perfect companion to Eric Schlosser's "Fast Food Nation," this study guide contains a chapter by chapter analysis of the book, a summary of the plot, and a guide to major characters and themes. BookCap Study Guides do not contain text from the actual book, and are not meant to be purchased as alternatives to reading the book. We all need refreshers every now and then. Whether you are a student trying to cram for that big final, or someone just trying to understand a book more, BookCaps can help. We are a small, but growing company, and are adding titles every month.

### **If I Ran for President**

Every book tells a story . . . And the 70 titles in the Pocket Penguins series are emblematic of the renowned breadth and quality that formed part of the original Penguin vision in 1935 and that continue to define our publishing today. Together, they tell one version of the unique story of Penguin Books. Eric Schlosser's inimitable brand of hard-hitting yet always entertaining writing looks beneath the surface of American life to examine issues ranging from the black market to burgers. When Penguin published his expose *Fast Food Nation* in 2001, it sparked a storm in the fast food industry. This piece on the terrifying true cost of cheap meat shows why Schlosser has been instrumental in changing our

attitudes to what we eat.

## **The Botany of Desire**

At the turn of the Twentieth Century, the President of the United States is shot by an anarchist. Is the crime a protest against America's imperial ambitions--or a cry for attention by an angry young man? Provocative, edgy, and compelling, the first play by the author of *Fast Food Nation* and *Reefer Madness* is about patriotism, power, the allure of violence. Brilliantly written, morally complex and chillingly original, *Americans* explores the origins of the American empire and the imprint it now leaves on the world.

## **Fast Food Nation**

“This book grills up an enjoyable read for both avid foodies and novice diners alike! Perman’s sneak peek into the fascinating history of In-N-Out is as good as the delicious burgers themselves.” —Mario Batali, celebrity chef and author of *Molto Italiano* A behind-the-counter look at the fast-food chain that breaks all the rules, Stacy Perman’s *In-N-Out Burger* is the New York Times bestselling inside story of the family behind the California-based hamburger chain with a cult following large enough to rival the Grateful Dead’s. A juicy unauthorized history of a small business-turned-big business titan, *In-N-Out Burger* was named one of *Fast Company* magazine’s Best Business Books of 2009, and *Fortune* Small Business insists that it “should be required reading for family business owners, alongside Rich Cohen’s *Sweet and Low* and Thomas Mann’s *Buddenbrooks*.”

## **Eat Your Heart Out**

“This is a book to savor, especially if you’re a fast-food fan.”—Bookpage "This fun, argumentative, and frequently surprising pop history of American fast food will thrill and educate food lovers of all speeds." —Publishers Weekly Most any honest person can own up to harboring at least one fast-food guilty pleasure. In *Drive-Thru Dreams*, Adam Chandler explores the inseparable link between fast food and American life for the past century. The dark underbelly of the industry’s largest players has long been scrutinized and gutted, characterized as impersonal, greedy, corporate, and worse. But, in unexpected ways, fast food is also deeply personal and emblematic of a larger than life image of America. With wit and nuance, Chandler reveals the complexities of this industry through heartfelt anecdotes and fascinating trivia as well as interviews with fans, executives, and workers. He traces the industry from its roots in Wichita, where White Castle became the first fast food chain in 1921 and successfully branded the hamburger as the official all-American meal, to a teenager's 2017 plea for a year’s supply of Wendy’s chicken nuggets, which united the internet to generate the most viral tweet of all time. *Drive-Thru Dreams* by Adam Chandler tells an intimate and contemporary story of America—its humble beginning, its innovations and failures, its international charisma, and its regional identities—through its beloved roadside fare.

## **Modern Meat**

Examines the problem of soaring medical costs, discusses the future role of the physician, hospital, and new drugs, and looks at how medical care will be funded

## **The Hummingbird's Daughter**

Historian and Bram Stoker Award Nominee W. Scott Poole traces the confluence of military history,

technology, and art that gave us modern horror films and literature. From Nosferatu to Frankenstein's monster, from Fritz Lang to James Whale, the touchstones of horror can all trace their roots to the bloodshed of the First World War. Bram Stoker Award nominee W. Scott Poole traces the confluence of military history, technology, and art in the wake of World War I to show how overwhelming carnage gave birth to a wholly new art form: modern horror films and literature. "Thoroughly engrossing cultural study . . . Poole persuasively argues that the birth of horror as a genre is rooted in the unprecedented destruction and carnage of WWI." —Publishers Weekly (starred review)

## **Chew On This**

### **Franchise: The Golden Arches in Black America**

This lush book of photography represents National Geographic's Photo Ark, a major cross-platform initiative and lifelong project by photographer Joel Sartore to make portraits of the world's animals—especially those that are endangered. His powerful message, conveyed with humor, compassion, and art—to know these animals is to save them. Sartore intends to photograph every animal in captivity in the world. He is circling the globe, visiting zoos and wildlife rescue centers to create studio portraits of 12,000 species, with an emphasis on those facing extinction. He has photographed more than 6,000 already and now, thanks to a multi-year partnership with National Geographic, he may reach his goal. This book showcases his animal portraits— from tiny to mammoth, from the Florida grasshopper sparrow to the greater one-horned rhinoceros. Paired with the eloquent prose of veteran wildlife writer Douglas Chadwick, this book presents a thought-provoking argument for saving all the species of our planet.

## **Number the Stars**

A journalist explores the homogenization of American culture and the impact of the fast food industry on modern-day health, economy, politics, popular culture, entertainment, and food production.

## **Eating Animals**

In the tradition of *Fast Food Nation* and *The Omnivore's Dilemma*, an extraordinary investigation into the human lives at the heart of the American grocery store. What does it take to run the American supermarket? How do products get to shelves? Who sets the price? And who suffers the consequences of increased convenience and efficiency? In this alarming exposé, author Benjamin Lorr pulls back the curtain on this highly secretive industry. Combining deep sourcing, immersive reporting, and compulsively readable prose, Lorr leads a wild investigation in which we learn: • The secrets of Trader Joe's success from Trader Joe himself • Why truckers call their job "sharecropping on wheels" • What it takes for a product to earn certification labels like "organic" and "fair trade" • The struggles entrepreneurs face as they fight for shelf space, including essential tips, tricks, and traps for any new food business • The truth behind the alarming slave trade in the shrimp industry The result is a page-turning portrait of an industry in flux, filled with the passion, ingenuity, and exploitation required to make this everyday miracle continue to function. The product of five years of research and hundreds of interviews across every level of the industry, *The Secret Life of Groceries* delivers powerful social commentary on the inherently American quest for more and the social costs therein.

## **Fast Food Nation**

A journalist and cattle rancher recounts the history of the use of antibiotics and hormones in livestock

feed and details the potential risks involved in the consumption of such treated meat

## **Fast Food Nation**

Respected for its coverage of foreign policy and domestic politics, Present Tense also provides a thorough examination of social and cultural history. This edition includes a greater focus on the 1970s and 1980s, and increased coverage of recent immigration. Co-author Karen Anderson of the University of Arizona specializes in women's history in the modern period.

## **Encyclopedia of Junk Food and Fast Food**

Focusing on the human relationship with plants, the author of *Second Nature* uses botany to explore four basic human desires--sweetness, beauty, intoxication, and control--through portraits of four plants that embody them: the apple, tulip, marijuana, and potato. 100,000 first printing.

## **Fast Food Nation Tie-in**

New York Times Bestseller: The shadowy world of “off the books” businesses—from marijuana to migrant workers—brought to life by the author of *Fast Food Nation*. America’s black market is much larger than we realize, and it affects us all deeply, whether or not we smoke pot, rent a risqué video, or pay our kids’ nannies in cash. In *Reefer Madness*, the award-winning investigative journalist Eric Schlosser turns his exacting eye to the underbelly of American capitalism and its far-reaching influence on our society. Exposing three American mainstays—pot, porn, and illegal immigrants—Schlosser shows how the black market has burgeoned over the past several decades. He also draws compelling parallels between underground and overground: how tycoons and gangsters rise and fall, how new technology shapes a market, how government intervention can reinvigorate black markets as well as mainstream ones, and how big business learns—and profits—from the underground. “Captivating . . . Compelling tales of crime and punishment as well as an illuminating glimpse at the inner workings of the underground economy. The book revolves around two figures: Mark Young of Indiana, who was sentenced to life in prison without parole for his relatively minor role in a marijuana deal; and Reuben Sturman, an enigmatic Ohio man who built and controlled a formidable pornography distribution empire before finally being convicted of tax evasion. . . . Schlosser unravels an American society that has ‘become alienated and at odds with itself.’ Like *Fast Food Nation*, this is an eye-opening book, offering the same high level of reporting and research.” —Publishers Weekly

## **Fast Food**

For thirty days, Morgan Spurlock ate nothing but McDonald’s as part of an investigation into the effects of fast food on American health. The resulting documentary earned him an Academy Award nomination and broke box-office records worldwide. But there’s more to the story, and in *Don’t Eat This Book*, Spurlock examines everything from school lunch programs and the marketing of fast food to the decline of physical education. He looks at why fast food is so tasty, cheap, and ultimately seductive—and interviews experts from surgeons general and kids to marketing gurus and lawmakers, who share their research and opinions on what we can do to offset a health crisis of supersized proportions. Don’t eat this groundbreaking, hilarious book—but if you care about your country’s health, your children’s, and your own, you better read it.

## **Gods of Metal**

From civil rights to Ferguson, Franchise reveals the untold history of how fast food became one of the greatest generators of black wealth in America. Often blamed for the rising rates of obesity and diabetes among black Americans, fast food restaurants like McDonald's have long symbolized capitalism's villainous effects on our nation's most vulnerable communities. But how did fast food restaurants so thoroughly saturate black neighborhoods in the first place? In Franchise, acclaimed historian Marcia Chatelain uncovers a surprising history of cooperation among fast food companies, black capitalists, and civil rights leaders, who—in the troubled years after King's assassination—believed they found an economic answer to the problem of racial inequality. With the discourse of social welfare all but evaporated, federal programs under presidents Johnson and Nixon promoted a new vision for racial justice: that the franchising of fast food restaurants, by black citizens in their own neighborhoods, could finally improve the quality of black life. Synthesizing years of research, Franchise tells a troubling success story of an industry that blossomed the very moment a freedom movement began to wither.

## **Fast This Way**

Kids love fast food. And the fast food industry definitely loves kids. It couldn't survive without them. Did you know that the biggest toy company in the world is McDonald's? It's true. In fact, one out of every three toys given to a child in the United States each year is from a fast food restaurant. Not only has fast food reached into the toy industry, it's moving into our schools. One out of every five public schools in the United States now serves brand name fast food. But do kids know what they're eating? Where do fast food hamburgers come from? And what makes those fries taste so good? When Eric Schlosser's best-selling book, *Fast Food Nation*, was published for adults in 2001, many called for his groundbreaking insight to be shared with young people. Now Schlosser, along with co-writer Charles Wilson, has investigated the subject further, uncovering new facts children need to know. In *Chew On This*, they share with kids the fascinating and sometimes frightening truth about what lurks between those sesame seed buns, what a chicken 'nugget' really is, and how the fast food industry has been feeding off children for generations.

## **Every Twelve Seconds**

It is 1943 and for 10 year old Annemarie life is still fun. But there are worries too - the Nazis have occupied Copenhagen and there are food shortages, curfews and the threat of being stopped by soldiers and Annemarie's best friend is a Jew.

## **Salt Sugar Fat**

## **Swallow This: Serving Up the Food Industry's Darkest Secrets**

This book examines how it was possible and what it meant for ordinary factory workers to become effective unionists and national political participants by the mid-1930s. We follow Chicago workers as they make choices about whether to attend ethnic benefit society meetings or to go to the movies, whether to shop in local neighborhood stores or patronize the new A & P. As they made daily decisions like these, they declared their loyalty in ways that would ultimately have political significance. When the depression worsened in the 1930s, workers adopted new ideological perspectives and overcame longstanding divisions among themselves to mount new kinds of collective action. Chicago workers' experiences all converged to make them into New Deal Democrats and CIO unionists. First printed in 1990, *Making a New Deal* has become an established classic in American history. The second edition includes a new preface by Lizabeth Cohen.

## **Big Bad Ironclad! (Nathan Hale's Hazardous Tales #2)**

A course text and self-study tool for advanced learners of English for academic purposes.

### **Wasteland**

Break the rules, not the fast with world-renowned biohacker and New York Times bestselling author Dave Asprey. For more than a decade, the Bulletproof founder Dave Asprey has shared his unique point of view and expertise to help fans become the best versions of themselves. From living longer to getting smarter, maximizing performance to practicing mindfulness, Dave's followers look to him for his take on the most effective techniques to become healthier and more powerful than most doctors think is possible. Asprey has been fasting for years, long before it gained widespread popularity, and if you're a fan of Bulletproof coffee and The Bulletproof Diet, you have been enjoying some of the benefits of Intermittent Fasting too. In *Fast This Way*, Dave asks readers to forget everything they think they know about the ancient practice and takes them on a journey through cutting-edge science to examine the ways novice fasters and Intermittent Fasting loyalists can up-end their relationship with food and upgrade their fasting game beyond calorie restriction. What IF eating the right foods at the right time can actually enhance your fast? What IF how you work out and sleep could trick your body into thinking you are fasting? What IF it were easy to skip a meal, or two, or three? What IF fasting is different for women, can be personalized to your genes, and can impact your mental health? What IF all fasts could be created equal? *Fast This Way* is a compelling read through the latest thinking on fasting and gives readers the manual and toolkit to make the most of their fasts and their personal biology.

### **The Photo Ark**

A great food critic who can make or destroy the reputation of a chef with a stroke of his pen, Pierre Arthens faces his imminent death by trying to recall the one perfect flavor he sampled in his youth, a flavor that he believes forms the ultimate truth of his life.

### **Making a New Deal**

Now in its Eighth Edition, George Ritzer's *McDonaldization of Society* continues to stand as one of the pillars of modern day sociological thought. By linking theory to 21st century culture, this book resonates with students in a way that few other books do, opening their eyes to many current issues, especially in the areas of consumption and globalization. Through vivid, story-telling prose, Ritzer provides an insightful introduction to the ways in which the principles of the fast-food restaurant are coming to dominate sectors of American society as well as the rest of the world. This new edition has been fully updated to include a new focus on McDonaldization of the workforce.

### **Food Politics**

Explores the homogenization of American culture and the impact of the fast food industry on modern-day health, economy, politics, popular culture, entertainment, and food production.

### **Present Tense**

A journalist explores the homogenization of American culture and the impact of the fast food industry on modern-day health, economy, politics, popular culture, entertainment, and food production.

## **Grammar Advantage**

From the Publisher: Jonathan Safran Foer spent much of his teenage and college years oscillating between omnivore and vegetarian. But on the brink of fatherhood-facing the prospect of having to make dietary choices on a child's behalf-his casual questioning took on an urgency. His quest for answers ultimately required him to visit factory farms in the middle of the night, dissect the emotional ingredients of meals from his childhood, and probe some of his most primal instincts about right and wrong. Brilliantly synthesizing philosophy, literature, science, memoir and his own detective work, *Eating Animals* explores the many fictions we use to justify our eating habits-from folklore to pop culture to family traditions and national myth-and how such tales can lull us into a brutal forgetting. Marked by Foer's profound moral ferocity and unvarying generosity, as well as the vibrant style and creativity that made his previous books, *Everything is Illuminated* and *Extremely Loud and Incredibly Close*, widely loved, *Eating Animals* is a celebration and a reckoning, a story about the stories we've told-and the stories we now need to tell.

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