



## Food Cognizance: Debating Conscious Food Choices for a Sustainable Environment (Paperback)

By Rich Holtzin

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Abstract: The title of this nonfiction text written for adults is not just about food choices. Instead, the narrative explores and explains a factual and informative account based on a correlation of key food industries that ultimately replenish the environment or the ruination thereof. The story begins with nine friends meeting at a restaurant discussing this topic from a variety of perspectives (i.e., some with a penchant for meat and dairy products, some favoring vegan or vegetarian menu items, and a few friends who supplement their standard diet with meat and dairy or vegan or vegetarian entrees). One guest among them, Shakti, classifies herself as an extremist, advocating the stricter stance of both a vegan and a raw foodist. Her contention is meat and dairy industries are environmentally harmful. The dialogue throughout the text is lively, non-adversarial, and intended to create an auspicious and open-minded ambiance that avoids hostility among the friends. At times, the four-entree debate (i.e., sufficing for the main courses of an evening meal, including dessert) is serious and sometimes humorous. Given the wellness and nutritional insight that...



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