

Student Name: _____

Course: _____

Reading Guide for Chapter 3 of Unsafe At Any Meal by Dr. Dufault

Directions: Review all of the questions below. Begin reading Chapter 3 of your book *Unsafe at Any Meal: What the FDA Does Not Want You to Know about the Foods You Eat*. As you read, answer the questions related to the content found between **pp. 41-57**.

Pesticide Exposure and Adult-Onset Diseases

1. Pesticides serve a variety of purposes and each contains an ingredient that is toxic to the target organism. True or False
2. Chlorine is regulated by the _____ in the United States and may be used as a _____ to kill bacteria or a _____ to kill mold.
3. Organic farmers use pesticides. True or False
4. Organic crops being sold in the United States are not allowed to contain pesticide residues. True or False
5. Describe what the words “triple rinsed” mean on packaging that contains organic produce. (Hint: Be sure to read the *An Inside Look at Chlorine* section in your book.)

6. Chlorine (or bleach) is NOT a factor in the development of “super bacteria” that are increasingly harder to kill with antibiotics. True or False
7. The following actions can be taken to reduce your risk of being infected by a “super bacteria:”
 - a. Dechlorinate your tap or drinking water using a carbon filter or reverse osmosis.
 - b. Avoid eating bleached flour and products made from bleached flour
 - c. Rinse vegetables and fruits well with dechlorinated drinking water.
 - d. All of the above
8. Bleached flour may contain inorganic mercury residues. True or False

9. If it is NOT organic, wheat used to make flour for baking can contain which of the following substances that may cause harm to the body over time:

- a. malathion pesticide residues
- b. chlorpyrifos pesticide residues
- c. inorganic mercury residues (if it is bleached)
- d. all of the above

10. In 2013, the average American ate 95.1 pounds of wheat each year according to the United States Department of Agriculture (USDA). True or False

11. Describe one problem with the Pesticide Data Program that tracks pesticide exposures from the consumption of certain foods eaten by Americans.

12. Wheat flour may be used to make which of the following “end products”:

- a. macaroni or other pasta
- b. bread
- c. cookies
- d. cereal
- e. all of the above

13. A co-exposure is when you are exposed to several different potentially harmful chemical agents at one time. Explain how eating a bowl of sweetened cereal can lead to a co-exposure.

14. There is currently NO model that scientists can use to determine how co-exposures to a variety of toxic substances can impact health over time. True or False

15. Scientists have linked exposures to individual pesticides to the development of Alzheimer’s disease and Parkinson’s disease. True or False

16. Diet does NOT play a role in the development of Alzheimer’s disease. True or False

17. What do we know about the role of diet in the development of Alzheimer's disease?

18. Which of the following heavy metal exposures also play a role in the development of Alzheimer's disease:

- a. lead
- b. arsenic
- c. carbon
- d. both a and b

19. Patients with Type-2 diabetes have a higher risk of cancer because extra or excess glucose in the blood feeds cancer cells. True or False

20. You can do three things to reduce your risk of developing Type-2 diabetes and cancer. List them here.

21. How can you keep organic flour from becoming moldy or infested with bug?

22. Use the Internet to discover three symptoms of Parkinson's disease. What did you find?

23. Use the Internet to discover four symptoms of Alzheimer's disease. What did you find?

24. Do you think eating organic food may improve your family's health? Explain.
