



THE **LEXILE** by Chapter  
GUIDE

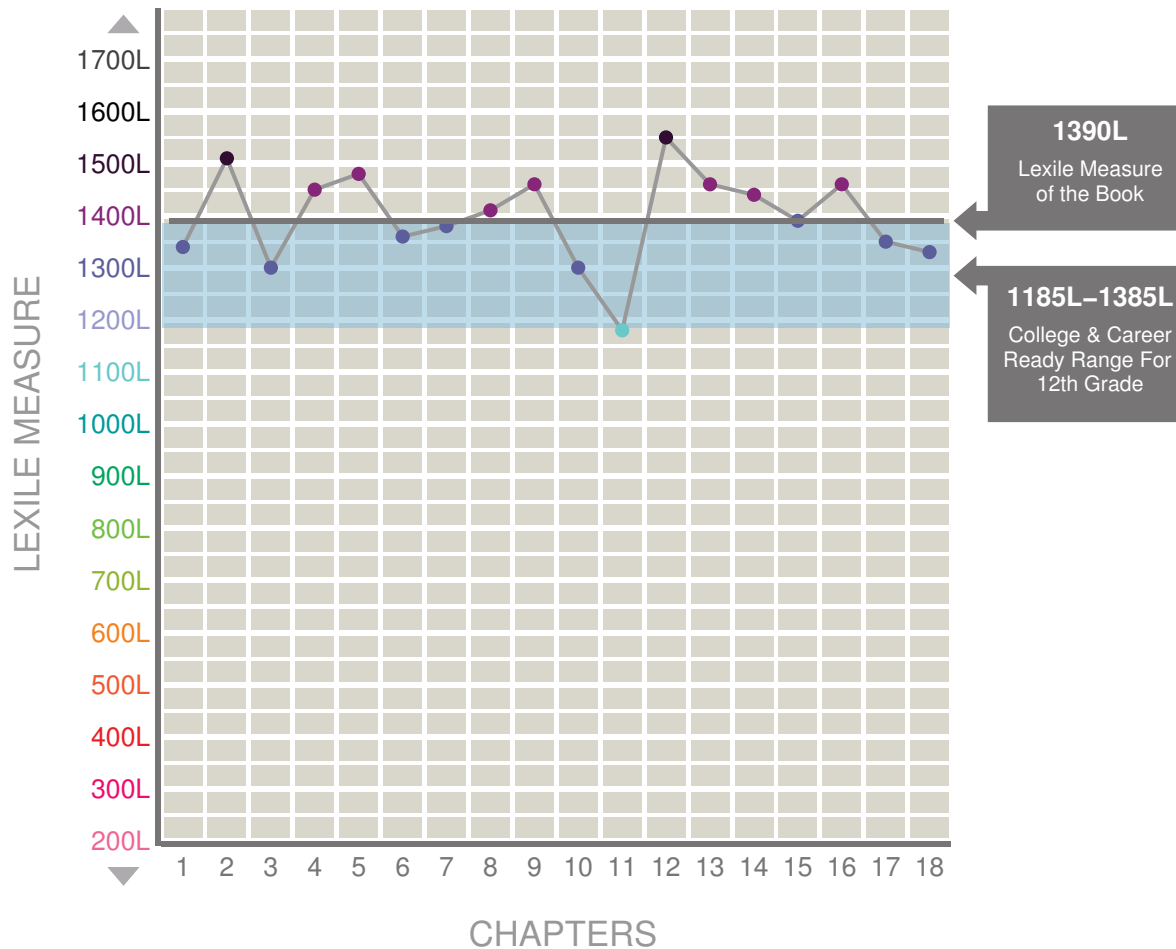
MEANINGFUL MEASURES FOR INSTRUCTIONAL PLANNING

**IN DEFENSE OF FOOD:  
AN EATER'S MANIFESTO**

Michael Pollan

**1390L**

This guide provides the Lexile® measure for every chapter in this book and is intended to help inform instruction. This book's Lexile measure is 1390L and is frequently taught in the 12th grade. Students in these grades should be reading texts that have reading demand of 1185L through 1385L to be college and career ready by the end of Grade 12.



Lexile Measure	CHAPTER & TITLE
1340L	1 An Eater's Manifesto
1510L	2 From Foods To Nutrients
1300L	3 <i>Nutritionism</i> Defined
1450L	4 Nutritionism Comes To Market
1480L	5 Food Science's Golden Age
1360L	6 The Melting Of The Lipid Hypothesis
1380L	7 Eat Right, Get Fatter
1410L	8 Beyond The Pleasure Principle
1460L	9 The Proof In The Low-Fat Pudding
1300L	10 Bad Science
1180L	11 Nutritionism's Children
1550L	12 The Aborigine In All Of Us
1460L	13 The Elephant In The Room
1440L	14 The Industrialization Of Eating
1390L	15 Escape From The Western Diet
1460L	16 Eat Food: Food Defined
1350L	17 Mostly Plants: What To Eat
1330L	18 Not Too Much: How To Eat



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