Food safety and social/environmental responsibility
1. Sinclair said he “meant to hit the public in the heart, and instead [he] hit them in the stomach.” Did you feel a stronger reaction to the social issues or the food safety issues that were raised in The Jungle? Why?
2. Describe some of the complex relationships between science and politics discussed in From Field to Fork. Were any of these surprising?
3. What did you feel were the worst food safety issues described in The Jungle, and why?

Share your experiences
1. What had you heard about The Jungle prior to reading it? Did you find these views were supported or contradicted by reading the book?
2. What concerns you most when shopping for food? Have these concerns changed since reading From Field to Fork?
3. What do you feel about genetic engineering of food?
4. Have you ever witnessed food safety problems? What happened and how did you respond?

Apply to your practice
1. Have patients or clients asked you for information about ethical food choices? What was your response, and would it change in response to these books?
2. Would these insights influence how you might guide a patient’s or client’s food choices?
3. How could you respond to individuals with limited incomes who want to make ethical food choices?
4. Have you experienced clients who disagree with you about what constitutes safe or sustainable foods? How did you respond?
5. What would you like to know about a food in order to determine whether it is ethically/sustainably provided? How would you find this information?