

Dear Eric Schlosser,

Last year I read your best-seller *Chew on This* as a book of the month at my school, Daniel Bagley Elementary.

At first, I wasn't too excited because I'm not that into non-fiction stories. However, when I read your book, it really changed my perspective about food.

Before reading it, I just supposed that food wasn't very important. All that mattered was getting it, consuming it, and having enough energy for the day. A burger was a burger and fries were fries. Food was...well...food.

After reading your book I learned that hundreds of millions of people eat fast food every day that have no IDEA what they are putting into their bodies, just like how I had no idea how different foods can affect me physically and mentally.

Instead of preventing me from eating fast food, your book inspired me to make healthy, easy food, and teaching others to do the same.

In our family we never drink soda. Even though me and my brother ask and ask, our parents have never bought a six pack of Coca-Cola. After reading your chapter *Stop the Pop* I learned about the cocktail of chemicals and high fructose corn syrup that make different sodas have that "special flavor." Instead of soda we make and drink homemade smoothies out of fresh fruit and have organic milk with all our meals.

My parents also never took me to popular fast food chains like McDonalds or Jack in the Box. I found out by reading your book that a child got food poisoning and died from one of those undercooked burgers with the bacteria E.coli at a Jack in the Box in the year 1992. My parents also never buy pre-ground beef at local supermarkets for the same exact reason. Now I realize that my parents never bought that kind of food because they knew the truth behind it, just like how I do now.

*Chew on this* made me think differently about eating, and I hope it changes other people's thoughts too.

Sincerely,

Cora Tessaro

A handwritten signature in black ink that reads "Cora Tessaro". The signature is written in a cursive style, with the first name "Cora" being larger and more prominent than the last name "Tessaro".