How to Really Eat Like a Hunter-Gatherer (Ferris Jabr). Scientific American, June 3, 2013

<http://www.scientificamerican.com/article/why-paleo-diet-half-baked-how-hunter-gatherer-really-eat/>

Study Questions

When did the hunter-gatherer archetype “Grok” live? Describe his diet.

What is the term used to describe his diet?

In contrast to the way the Grok lived, ate, and acquired his food, how is the diet of most “paleo” dieters defined today, according to the author Jabr? (what do they not eat?)

Despite the controversies, what do most nutritionists concede is the one food type (avoidance) that paleo dieters get right? Give five examples of what is avoided.

In addition to the ban on highly processed junk foods, what else is banned in the paleo diet?

According to the proponents of the paleo diet, what are the causes of the so-called modern day diseases, such as obesity, heart disease, diabetes, cancer? (connect what is eaten with the status of our bodies)

List three ways that the logic of the paleo diet fails, according to Jabr.

Identify three or more examples of recent and relatively speedy human evolution that underscore that our anatomy and genetics have not been set in stone since the stone age.

What makes the paleo diet nearly impossible in modern-day settings?

What does anthropologist William Leonard add to what humans are naturally selected to eat? Also, continuing on past the map, what is “remarkable about human beings”?

Contrast the overall diet of the Inuit with that of the Kung, noting the geographic regions they have lived in.

Why would our hypothetical Grok not fit in with the Hiwi?

Summarize what the last paragraph says is the difference between hunter-gatherers in the Paleolithic and the paleo dieters of today.