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English 110 H5
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Project 1, Part 2

Meals are an important part of daily life, but by consuming Soylent instead, everything could change. In “The End of Food,” Lizzie Widdicombe discusses the idea of Soylent as a “lifehacking” tool to be used to free up time by getting all the required nutrients in a quick drink rather than a whole meal. Rob Rhinehart [who is Rob Rhinehart?] was committed to finding an alternative for food that was filling and sustainable to live off of, and Soylent was the product. The problem with Soylent, in my opinion, is that it will eliminate so many important life aspects that meals bring us. Soylent could solve some problems, but I believe it is not the best choice for daily life. [Why do you believe this?]

There are so many things missed out on by getting rid of meals. You miss the fun of cooking meals with those you love and sitting down to enjoy them. Drinking Soylent all day long is just so bland and depressing sounding. There’s no real appeal to its taste or appearance-wise. Sure there are benefits, but are they really better than actual food? There’s comfort in consuming food, especially if it is a meal you like or have a close relationship with. Sometimes when people are upset, they like to indulge in certain foods that make them feel better. They are not going to want to drink an essentially tasteless drink over food, like chocolate or ice cream. It is true that you do get nutrients from Soylent that you would not get from sweets, but in that situation, you are not looking for something with subsistence.

Some meals have significance behind them, and by replacing it with Soylent, there will no longer be any importance. In my favorite meal essay, I discussed how chicken cordon bleu is a meal my whole family will eat without complaints and “as a whole brings me happiness due to the taste and how it unites my family. I want to savor every bite that I take, which was a

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dilemma on nights I would have to rush to swim or dance practice. I would have to scarf down my dinner in order to make it to practice on time.” I would rather wait to eat and take my time to enjoy the meal after practice, than have to rush through eating before and not be able to relish it in the moment. Having Soylent before going to practice would get me the nutrients I would gain from dinner, but then I would miss out on the story and meaning behind the dinner. Chicken cordon bleu combines so many different tastes, from the chicken and its toppings to the rice, all mixed with the cream sauce, and that all would disappear if we consumed Soylent instead. The same would go for any dinner you enjoy eating. People tend to eat using their senses. They want something that looks, smells, and tastes delicious. As humans, we are more attracted to foods that appeal to our senses and Soylent would most likely not be more appealing to us than a home-cooked meal. [...meal, due to _____.] We tend to like to go out for celebratory meals, go out for lunch with friends, or eat home-cooked meals as a family. By only consuming Soylent, those meals and social interactions would no longer be an option. [Why?]

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Lizzie Widdicombe compares Soylent to futuristic meal ideas. She mentions “the ancient Greeks wrote about ambrosia, ... The dawn of the space age had people dreaming about ‘meal pills’... ‘The Jetsons’ food pills produce delicious taste sensations” (Widdicombe 5). Soylent has that futuristic meal idea that ambrosia and the pills would provide if they were realistic. Though that idea seems prosperous, it could go downhill if something were to go wrong. Soylent could end up being akin to Willy Wonka’s gum that gave the sensation of a three-course meal, which ended up not working out properly. [How did it not work out properly?]

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Soylent could be helpful to many people who do not always have time to make or go get a meal. For example, students who do not want to leave their studies to go get a meal can just drink a bit of Soylent and get all their necessary nutrients. Though it seems like a good idea because it can lead to getting work done, you also miss out on social interactions that come with

sitting down for a meal with your classmates. College students might be more apt to take part in the consumption of Soylent due to their busy schedules. Widdicombe refers to a trip her and Rhinehart took to Caltech where there are “a lot of very busy engineering and physics students’ who ‘don’t have time to do anything’ - including eat. (The students who live there are called Skurves, a pun on ‘scurvy’)... They raved about his invention. ‘It fills you up for five hours,’ Alex, a computer-science major, said. ‘It’s good for studying’” (15). Soylent can provide most likely more nutrients than meals provided at the dining halls. The downside, as previously mentioned, is that by staying in your room drinking Soylent, you limit your social interactions. Meals would not be shared with friends at least two times a day, instead, they are shared with a textbook or a computer.

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Rhinehart also has the idea “to help a village of malnourished people [by dropping] a shipping container full of Soylent producing algae” into the area. First, he would need to create a “superorganism” that could produce the Soylent, but the Soylent algae would be able to supply the village with all the nutrients deemed necessary to survive (17). It could solve the problem of world hunger, which means one less issue in the world. This idea would take a lot of time, energy, and research to construct, but in theory, has an effective outcome. Soylent being used for this purpose would be very beneficial because not everyone has access to meals, as we are accustomed to. In a sense, we tend to take our meals for granted when comparing our food availability to that of a malnourished village. So by having Soylent available, the villages are able to prosper and rebuild their lives.

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Food is something we tend to look forward to throughout the day. We crave that one meal that someone in your family makes really well. I mentioned in my favorite meal essay that “When I went home for winter break, [chicken cordon bleu] was the first meal I requested to be made for dinner because I just love it so much.” I looked forward to coming home and enjoying

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the dinner with my family. We all also have favorite foods that may change year to year and we would not have them if we consumed only Soy lent. “When you are seven, you are absolutely obsessed with dinosaur chicken nuggets and smiley face fries. At age eleven, you want spaghetti daily. At age sixteen, homemade mac and cheese from Mom is the most requested meal,” and if you drank Soy lent for each meal every day, you would not have eaten any of these foods and would no longer have any favorites. Soy lent may be an overall beneficial idea for those who do not have time for a full meal or have the ability to eat a meal in general, but there are times meals are needed and Soy lent would not be a suitable substitute. There is a time and place when Soy lent would prevail over food, but food holds such significance in our lives that we would have to rethink life without it. |

Commented [6]: Taylor, overall I really enjoy this essay. It flows pretty well and indicates your feelings towards Soy lent and it impacts on a family meal. After considering a few of the suggestions I've placed throughout the essay (essentially grammatical and mechanical issues) it should be pretty set. The conciseness is effective. I believe your conclusion should hit a bit more specifically, especially at the very end. Other than that, very good work.

Works cited

Widdicombe, Lizzie. "The End of Food." *The New Yorker*, 2018, pp. 1–18.

