

This unit in Biochem gave me mixed emotions. I have learned quite a bit about how we as people are destroying the planet, more so than I probably realized before. I have learned that consuming lots of meat each week is not healthy for us or for the way the animals are being raised. I have also learned that maintaining strong tires is better for the environment in terms of wasting gas and energy, which is something I never thought of before. I was reminded of the fact that unplugging appliances from outlets when I'm not charging anything is useful for saving energy, too.

The reason this unit has given me mixed emotions is really more of an overall aspect. My mind has really been challenged by the fact that there are *so many* economic and logistical issues within the world, and it is nearly impossible to focus on improving every aspect. For example, when I learn about issues within the U.S. during history class, I am eager to find solutions and to try to make a change. However, when I was reading *Food Matters* in Biochem, I really felt the "tug" from Mark Bittman to focus more on the environment and what I am eating frequently. Then, in English, my mind becomes more focused on preparing for college applications. When you put all of these persuasions from one school day together, you (I) truly realize that everyone wants you to focus on *one* specific part. This "tug-a-war" feeling overwhelms me and can be exhausting.

Our Citations:

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