

Cultivating a Healthy Food System



1.

What is a food system?



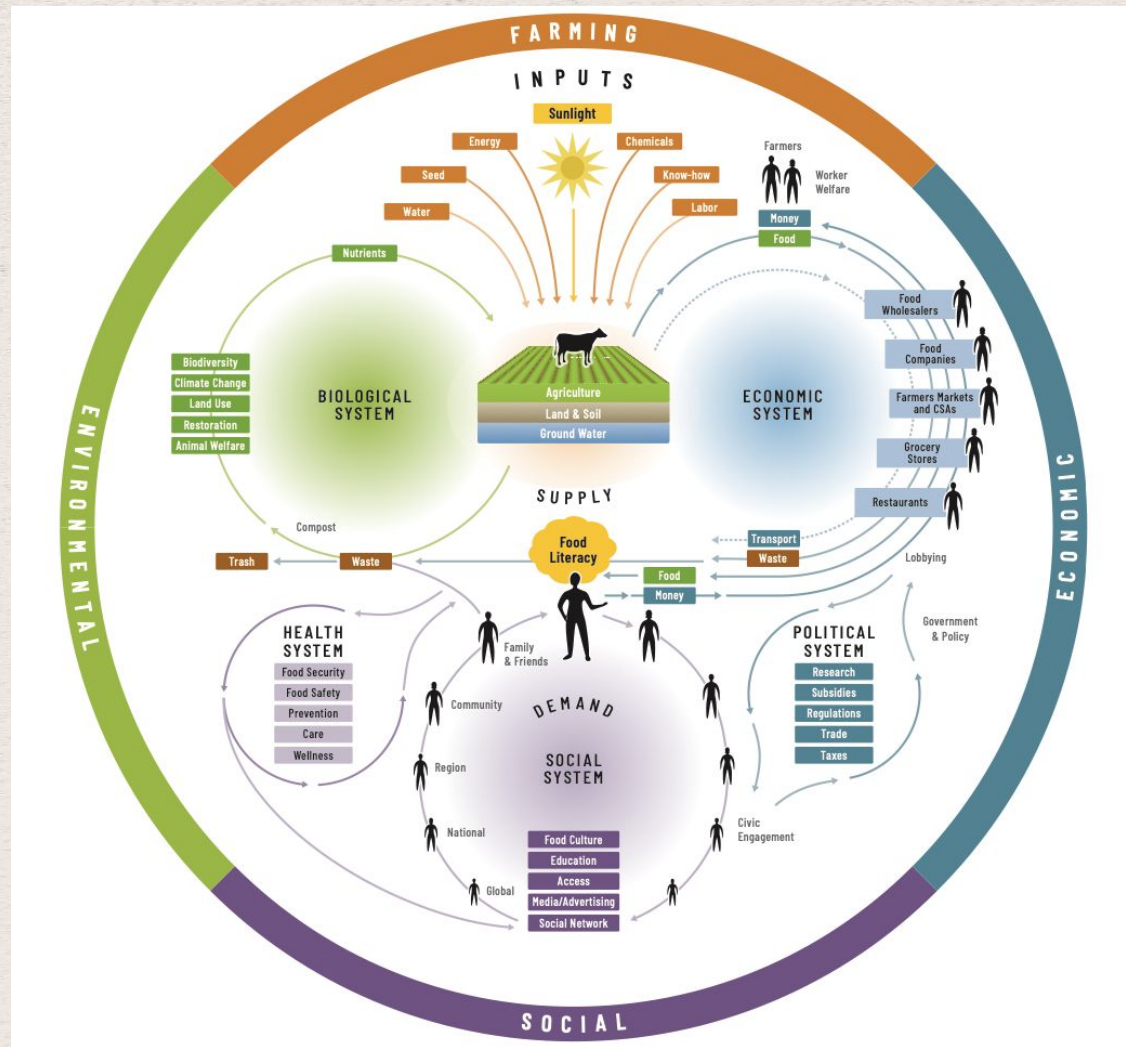
Aim: What is a healthy food system?

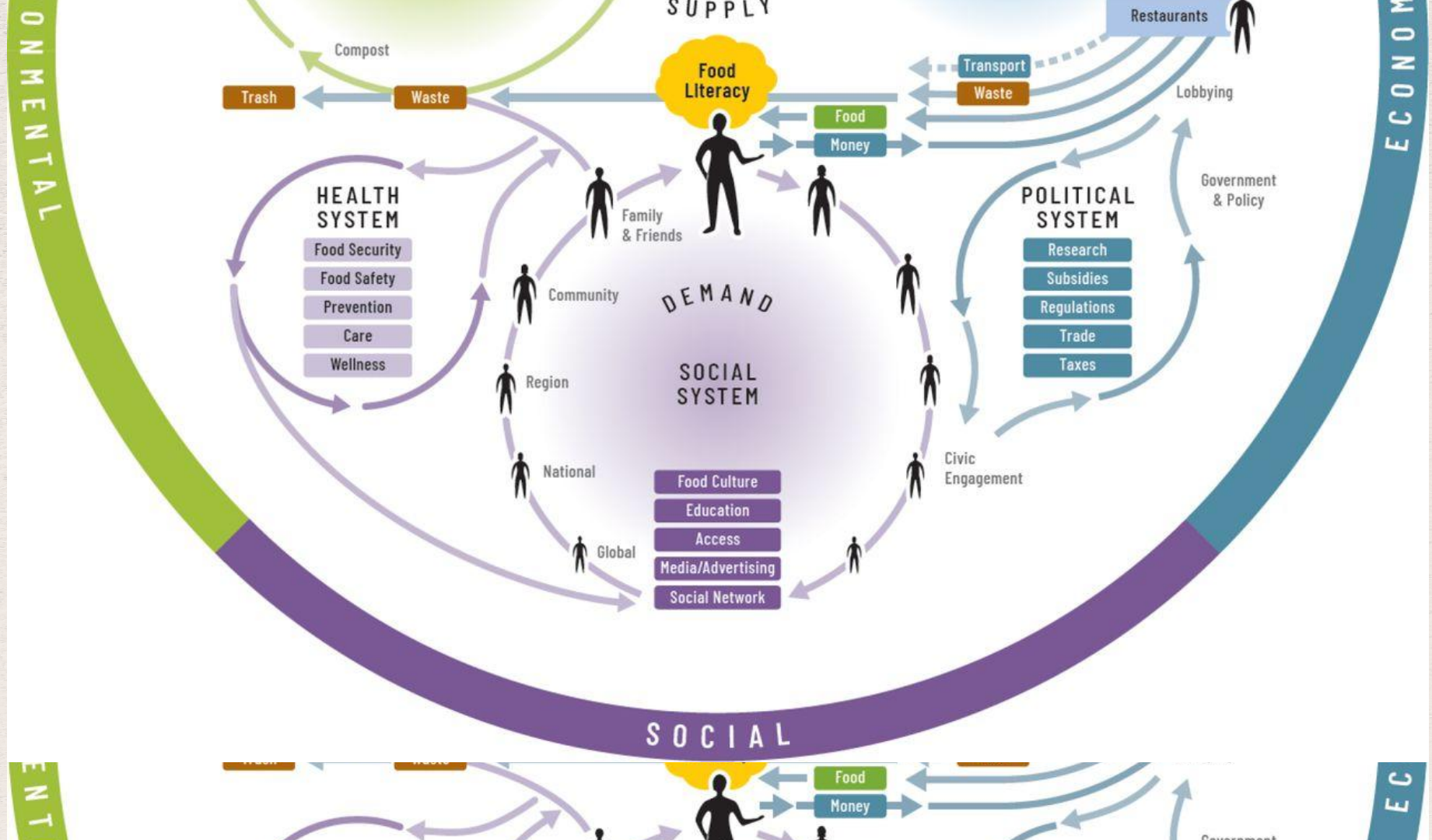
Do Now Quick Write:

1. What did you eat for dinner yesterday?
2. Pick one item from your meal and trace it back to where it was grown.
 - a. You can write it out, create a diagram, use images or symbols.



Food System Map





Re-Thinking Food: Transforming Food Systems for People and Planet



Summary

1. What did you learn about our food system?
2. How is our health impacted by the food system?



2.

Investigating Problems With Our Food System



Do Now Quick Write:

1. What challenges do we currently have in our food system?
2. Based on the video and map we viewed yesterday, how can consumers take more control of their food choices?
3. What lingering questions do you have about our food system?



What are the problems with our food system?

1. According to the Ted Talk video, what are some problems with our current food system?
2. What can we do to improve the system?



News Story Analysis



Read your assigned news story



Use the graphic organizer to capture important information about the news story:



Main issue



Why it's important



Statistics



Connections & Questions

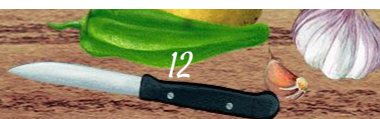


Sample Student Response

Graphic Organizer

Pulitzer Center
Article: [How an American Meat Broker Is Fueling Amazon Deforestation](#)

Summarize the main issue addressed in the story	The main issue that is addressed in this article is the fact that PMI foods (American meat broker) is contributing to Amazon deforestation because they were importing big quantities of beef from Brazil. Most of it comes from cattles raised on illegally deforestation land.
What were the challenges to a healthy and sustainable food system?	Challenges to a healthy and sustainable food system included in this article is the environmental impact of meat production, deforestation due to the effect of the beef industry. This article in particular shows the conflict between providing enough food for the population and protecting the environment.
Important statistics	- PMI Foods shipped over \$1.7 billion in Brazilian beef to China in the last decade. - More than 2 thirds of deforestation land in the brazilian Amazon has been converted to cattle pastures - Chinese beef imports have surged sixfold over the last decade.



Sample Student Response

Pulitzer Center
article: [*This 'Super Banana' Was Designed To Save Lives. Will It Matter That It's Orange?*](#)

What were the challenges to a healthy and sustainable food system?	The challenges to a healthy and sustainable food system was distribution of vitamin A capsules, for example, worked well in urban areas but failed to reach those most in need in rural areas. Uganda's Parliament first passed biosafety legislation in 2017, then a revised version in 2021. But President Yoweri Museveni, who urged that the research take place, has yet to sign it.
Important statistics	The World Health Organization estimates that 190 million preschool children suffer from vitamin A deficiency today, mostly in sub-Saharan Africa and Southeast Asia. In Africa alone, the "silent hunger" of rampant malnutrition is to blame for 6 percent of early childhood deaths, and in Uganda, one of the world's poorest countries, it remains high on the list of health risks.
Why is this issue important? Why should we care?	The "super banana" can help prevent vitamin A deficiency, which causes blindness and weakens immune systems, especially in children in poorer areas. This matters because it could save lives and improve health in places where people lack access to proper nutrition.



Sample Student Response

Pulitzer Center article: [The Processed Food Fight](#)

Why is this issue important? Why should we care?	This issue is really important because processed foods are causing a global health crisis. They're making more people obese, diabetic, and prone to heart diseases, especially in poorer countries. The popularity of ultra processed foods is also messing up traditional diets and sustainable food systems, making it tougher to find healthy, locally sourced food.
How does this issue connect to food accessibility, food production, and/or negative impacts to the environment?	This issue is also tied to food accessibility because processed foods are usually cheaper and easier to find than fresh, healthy options, especially in low-income areas. Food production systems focus on growing high-yield, low-cost crops like corn and soy for processed foods. This kind of farming drains the soil of nutrients and reduces biodiversity. Plus, the environmental impacts are huge, including the heavy use of resources and greenhouse gas emissions from producing, packaging, and transporting processed foods.
What questions do you have after reading the story?	1. How can teaching people about the dangers of processed foods and the benefits of eating fresh, healthy foods help reduce reliance on processed foods? 2. How can governments work with food companies, farmers, and health organizations to create policies that everyone can agree on?



What do each of these terms mean? Discuss with a friend.



Food Accessibility



Food Production



Environmental Impact



Students shared and provided some examples of the issues identified in their articles.

*This was helpful for a few students that struggled to identify overarching themes in their article.

ABSENT?
HERE FOR MISSED WORK

FOOD ACCESSIBILITY

- you have access to food - groceries, food markets
- opposite is food desert (food is not available)
 - competition from fast food restaurants
 - monopolize food sources

FOOD PRODUCTION

- grown - orange (natural)
- scientifically
- animals
- preservatives
- GMO - genetically modified organism
- enhanced vitamin A

ENVIRONMENTAL IMPACTS (+/-)

- communities ***affected** by what's being made.
- Deforestation (-) • pesticides (-)
- Compost (+)

6 Minutes

News Story Analysis

- Sit with students that read the same news story as you and share what you included in the graphic organizer.
- Be prepared to share with students that read a different news article as you.



News Story Share

Sit with two students that read a different news story

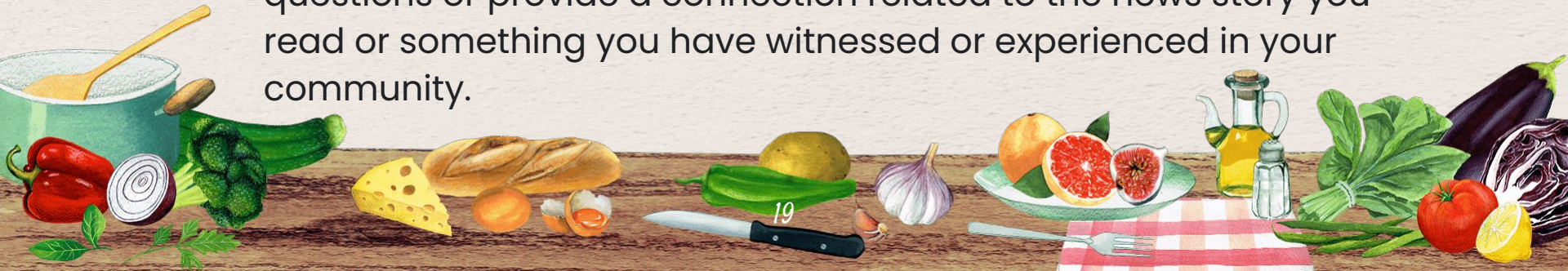
1. What connections can we identify from the different news stories?
2. How do these different news stories impact our food system?
3. What steps can we take to improve our food system?



Create
3 Posts

Problems with Our Food System: Padlet Activity

1. In either the **Food Access**, **Food Production**, or **Environmental Impact** column identify an issue mentioned in the news story you read and include either a relevant image, statistic, or quote from it.
2. In the **Solutions** column, identify a proposed solution from the article or one you have developed yourself.
3. Under someone else's post regarding an issue or solution, ask questions or provide a connection related to the news story you read or something you have witnessed or experienced in your community.



Sample Student Responses on the Padlet



EThompson + 17 • 10d

Problems With Our Food System

CCMSA's World Politics students analyze challenges in our food system and propose solutions that promote a healthy food environment.

Food Access



Aidaliz 15d

processed foods

Fast foods are easier to access rather than fresh foods due to the prices making more people prone to heart diseases, diabetic and obese

+ Add comment

Joselo M 15d

Super Banana



Food Production



Alex 15d

Seafood Production in China violates many international human right laws, as the Uyghur people are used as slaves to produce and harvest Sea food for ours to eat.

+ Add comment

Kelly M 15d

Forced Labor

Uyghurs are forced to work in food production and the US buys millions dollars worth of seafood from the forced labor that goes toward schools and military bases. \$20 million dollars worth of fish that are found in fish sticks, were shipped to the National School

Environmental Impacts



Camila H 15d

Cattle Ranching & Deforestation of the Amazon

"The world's largest rainforest, the Amazon plays a critical role in the global climate by absorbing carbon emissions."
The Amazon is being deforested for cattle ranching, sometimes illegally. The Amazon absorbs carbon emissions but as it is being deforested those carbon emissions are not being absorbed well. Those emissions contribute to climate change.

+ Add comment

Solutions



raise the prices of fast food places and decrease the prices of fresh foods or even start growing our own crops

+ Add comment

Jessica 15d

Solution

Look at nutrition labels and aim to choose foods that contain plenty of fiber and protein. Drinking water while you eat is a good way to replace the water that's pulled out of your body during digestion; water also helps you feel full faster and reduces overeating.

+ Add comment

[Link to Padlet](#)

Summary

What role do we have in supporting a healthy food system?



3.

Proposing a Solution



Do Now Quick Write:

1. What are some actions we can take to help support a healthier food system?
2. Why is it important to take action in supporting a healthy food system? If we don't make changes what are the consequences?



Create an Instagram Carousel Post Using Canva

Create
a min of
4 pages

1. Title/catchy image/Key Issue
2. A quote or data from the article
3. Identify how our health is impacted by this Food System issue
4. Purpose one way, your peers as consumers can help to support a healthy food system



Student Created Instagram Carousels

Adapting Our Food System to a Changing Climate



LEARN MORE

FRUIT STAND

VEGETABLE MARKET

SUPER MARKET

Food Deserts

Stores and Their Accessibility

Summary

1. What does a healthy and sustainable food system look like?
2. How can we move towards creating a healthier and more sustainable food system?



*Reflect on your
learning about our
Food System and the
impact it has on our
overall health*



SCAN ME

