



**HUNGRY FOR CHANGE: FOOD, ETHICS AND SUSTAINABILITY**

We are as vulnerable as the eroding topsoil if we do not enrich ourselves with knowledge about our food systems, and then share and support such knowledge with others.  
- WES JACKSON



## **The Impact of Food on the Environment**

EAP 1586

**Professor Helen Roland**

**Time:** 75-minute class + individual and group project work

### **Lesson Overview:**

1. *Warm-up – Brainstorm about ways that food impacts the environment. (discussion)*
2. *Reading Practice 1 (vocabulary, pronunciation) Students self-divide into groups of 4 or 5. Each group is assigned one of the opening articles and use JigSaw reading for the article. Each member of the group presents one part of the article for their group to the class.*
3. *Vocabulary: Use resources listed as under number 7 below and use the Lexicon of Sustainability resources cited below.*
4. *Guided Research (Please see 6 groups of resources for The Impact of Food on the Environment)*
5. *Viewing/Note taking (TedTalk Video about The Power of Our Food Choices by Lauren Ornelas)*
6. *Discuss video (oral review)*
7. *Action: Keep a food journal for the week. Track things like what foods you eat, where they come from, where you buy them, questions that you have about them. (Hungry for Change , p.14) Prepare to discuss your experience with the class. What did you learn from this experience, and what advice would you give to others after this experience?*
8. *Presentation Opportunity: Groups Present 6 topics listed below at the GSELS Sustainability Showcase*

Video Link: <https://www.youtube.com/watch?v=blfVA0a-CBc> *The Impact of Food on the Environment*)

### Opening Articles for JigSaw Reading on The Impact of Food on the Environment:

1. Our wasted food is a huge environmental problem – and it's only getting worse  
[https://www.washingtonpost.com/news/energy-environment/wp/2016/04/07/how-wasting-less-food-can-help-save-the-planet/?utm\\_term=.b6bd3e0d8a47](https://www.washingtonpost.com/news/energy-environment/wp/2016/04/07/how-wasting-less-food-can-help-save-the-planet/?utm_term=.b6bd3e0d8a47)

2. Food Waste Is Becoming Serious Economic and Environmental Issue, Report Says  
<https://www.nytimes.com/2015/02/26/us/food-waste-is-becoming-serious-economic-and-environmental-issue-report-says.html?mcubz=3>

3. How Are Food and the Environment Related?  
<https://www.takingcharge.csh.umn.edu/explore-healing-practices/food-medicine/how-are-food-and-environment-related>

4. Your Food Choices Affect Earth's Climate  
<https://www.sciencenewsforstudents.org/article/your-food-choices-affect-earths-climate>

5. Impact of Food Choices on the Environment  
<http://nutritionstudies.org/impact-of-food-choices-on-the-environment/>

6. Effects of Food Production on the Environment  
<http://www.landroots.org.uk/>

## The Impact of Food on the Environment

### General Information

<https://www.takingcharge.csh.umn.edu/explore-healing-practices/food-medicine/how-are-food-and-environment-related>

<https://www.eea.europa.eu/media/infographics/how-does-the-food-we-view>

[https://www.washingtonpost.com/news/energy-environment/wp/2016/04/07/how-wasting-less-food-can-help-save-the-planet/?utm\\_term=.0702ef225c13](https://www.washingtonpost.com/news/energy-environment/wp/2016/04/07/how-wasting-less-food-can-help-save-the-planet/?utm_term=.0702ef225c13)

<https://www.nytimes.com/2015/02/26/us/food-waste-is-becoming-serious-economic-and-environmental-issue-report-says.html?mcubz=3>

### 1. The Impact of Food Choice on the Environment

<http://www.npr.org/sections/thesalt/2017/04/22/525113726/chew-on-this-for-earth-day-how-our-diets-impact-the-planet>

<https://www.weforum.org/agenda/2016/12/your-kitchen-and-the-planet-the-impact-of->

[our-food-on-the-environment](#)

<https://www.sciencenewsforstudents.org/article/your-food-choices-affect-earths-climate>

<http://nutritionstudies.org/impact-of-food-choices-on-the-environment/>

[https://www.nrdc.org/sites/default/files/eatgreenfs\\_feb2010.pdf](https://www.nrdc.org/sites/default/files/eatgreenfs_feb2010.pdf)

<http://www.earthshare.org/2010/03/how-does-your-diet-impact-the-environment.html>

<https://www.theguardian.com/lifeandstyle/2015/jun/29/usda-diet-nutrition-environment-sustainability-omega-3-beef>

<https://www.nationalgeographic.org/interactive/human-footprint-interactive/>

## **2. The Impact of Food Waste on the Environment**

[https://www.washingtonpost.com/news/energy-environment/wp/2016/04/07/how-wasting-less-food-can-help-save-the-planet/?utm\\_term=.18ba6cc6985f](https://www.washingtonpost.com/news/energy-environment/wp/2016/04/07/how-wasting-less-food-can-help-save-the-planet/?utm_term=.18ba6cc6985f)

<https://www.nytimes.com/2015/02/26/us/food-waste-is-becoming-serious-economic-and-environmental-issue-report-says.html?mcubz=3>

<http://www.npr.org/sections/thesalt/2017/04/20/524725995/the-truth-about-ugly-food-theyre-delicious-abundant-and-good-for-the-planet> Ugly Food

<http://www.nationalgeographic.com/magazine/2016/03/global-food-waste-statistics/>

<http://video.nationalgeographic.com/video/explorers-project/141016-explorers-stuart-video>

<http://www.npr.org/sections/thesalt/2013/09/11/221153037/wasted-food-around-the-world-takes-heavy-toll-on-environment>

[http://www.huffingtonpost.com/entry/the-major-food-waste-problem-you-havent-heard-about-us\\_5937e674e4b06bff911d7c3a?utm\\_hp\\_ref=sustainable-food](http://www.huffingtonpost.com/entry/the-major-food-waste-problem-you-havent-heard-about-us_5937e674e4b06bff911d7c3a?utm_hp_ref=sustainable-food)

## **3. The Impact of Packaging Food on the Environment**

<http://www.ift.org/Knowledge-Center/Read-IFT-Publications/Science-Reports/Scientific-Status-Summaries/Editorial/Food-Packaging-and-Its-Environmental-Impact.aspx>

<https://www.nrdc.org/experts/peter-lehner/fast-food-trash-nation-time-cut-down-packaging-waste>

[http://www.huffingtonpost.com/2012/09/19/pollution-from-burgers-worse-than-trucks\\_n\\_1897730.html](http://www.huffingtonpost.com/2012/09/19/pollution-from-burgers-worse-than-trucks_n_1897730.html)

<http://www.triplepundit.com/2011/06/fast-food-big-source-trash-pollution/>

Zero Waste Grocery Stores

[http://www.huffingtonpost.com/entry/zero-waste-grocery-stores\\_us\\_577577e2e4b09b4c43bf908e](http://www.huffingtonpost.com/entry/zero-waste-grocery-stores_us_577577e2e4b09b4c43bf908e)

[http://www.huffingtonpost.com/entry/huffington-post-reclaim\\_us\\_576be8c4e4b065534f490c1f?au9i4w6bdccqy3nmi](http://www.huffingtonpost.com/entry/huffington-post-reclaim_us_576be8c4e4b065534f490c1f?au9i4w6bdccqy3nmi)

#### 4. The Impact of Food Production on the Environment

<http://www.ceeonline.org/greenguide/food/upload/environmenthealth.aspx> (only use part about Food Production)

<http://www.npr.org/sections/thesalt/2016/05/05/476600965/the-environmental-cost-of-growing-food>

<http://www.landroots.org.uk/>

<http://www.earthshare.org/2010/03/how-does-your-diet-impact-the-environment.html>

[http://wwf.panda.org/what\\_we\\_do/footprint/agriculture/impacts/](http://wwf.panda.org/what_we_do/footprint/agriculture/impacts/)

water

pesticides, herbicides

Solutions

<http://www.nationalgeographic.com/magazine/2017/09/holland-agriculture-sustainable-farming/>

<http://www.ucsusa.org/food-agriculture/advance-sustainable-agriculture/what-is-sustainable-agriculture#.WdOJumhSziU>

<http://www.sustainabletable.org/249/sustainable-crop-production>

<http://unsdsn.org/wp-content/uploads/2014/02/130919-TG07-Agriculture-Report-WEB.pdf>

#### 5. The Impact of Food Transportation on the Environment

<http://www.nytimes.com/2008/04/26/business/worldbusiness/26food.html>

<https://food-hub.org/files/resources/Food%20Miles.pdf>

<https://cuesa.org/learn/how-far-does-your-food-travel-get-your-plate>

<http://shrinkthatfootprint.com/food-miles>

“Food Miles”

<https://www.foodmiles.com/>

<http://www.ceeonline.org/greenguide/food/upload/environmenthealth.aspx> (only use part about Food Miles)

<http://planetmattersandmore.com/sustainable-agriculture-2/what-is-local-food-defining-local-food/>

<https://vimeo.com/118300091> The 100 Mile Diet

<http://www.teachchildrenesl.com/go-green/ecological-food-choices-worksheet-set/ecological-food-choices-worksheet-set.pdf>

## 6. Impact of Fast Food on the Environment

<http://www.onegreenplanet.org/animalsandnature/10-ways-fast-food-is-destroying-the-world/> (focus on the environment)

<http://www.fastfoodnation.co.uk/fast-food-environment.html>

<http://www.foodispower.org/fast-food/>

<http://www.oneshadegreener.com/faster-is-not-always-better-how-fast-food-affects-the-environment/>

Solutions

<https://www.theguardian.com/sustainable-business/time-fast-food-became-responsible>

<http://food.ndtv.com/food-drinks/earth-day-the-rise-of-slow-food-in-a-fast-food-world-757110>

## 7. Vocabulary

<http://planetmattersandmore.com/sustainable-agriculture-2/guide-to-sustainable-food-terms-and-definitions/>

<http://www.pbs.org/food/features/the-lexicon-of-sustainability-terms/>

What is the Lexicon of Sustainability?

<b>EAP 1586 Professor Helen Roland Calendar for Oral Project: The Impact of Food on the Environment</b>		
<b>Task</b>	<b>Due Date – Late submission will lower grades</b>	<b>Professor's Approval to Present</b>
<ul style="list-style-type: none"><li>Article Preview of Topic</li></ul>	Tuesday, October 3	

• Research – individual and group	Tuesday, October 17	
• Plan for Table Decoration	Thursday, October 24	
• Plan for Dressing	Thursday, October 24	
• Note Cards	Tuesday, October 31	
• Pamphlet/Brochure	Tuesday, October 31	
• Power Point or Prezi	Thursday, November 2	
• 3-fold Presentation Board	Thursday, November 2	
• Bibliography	Thursday, November 2	
• Files submitted and Project presented	Tuesday, November 7	
• Extra Credit – 20 points for “A”; “10 “ points for “B”	Wednesday, November 8 11:15 a.m. – 1:00 p.m.	

All items must be presented to the professor on the due date. She will give suggestions and make corrections that must be implemented before the presentation. You must have received an “A” or a “B” on Tuesday, November 7 to present on November 8.