

FAST FACTS



3+
People



1hr. 45
min.
-2 hrs.



\$0



Med Risk

Food, Inc.

Purpose of Activity: To educate about the American Food industry and it's effects on Americans.

Objectives/Learning Outcomes:

By actively participating in this activity, participants will:

- Understand the connection between food and health as well as the environment.
- Recognize negative behaviors and be motivated modify actions accordingly.

Materials Needed:

- There is a DVD copy stored with the Director for Sustainability Education available for check-out.

Summary:

In Food, Inc., filmmaker Robert Kenner lifts the veil on our nation's food industry, exposing the highly mechanized underbelly that has been hidden from the American consumer with the consent of our government's regulatory agencies, USDA and FDA. Our nation's food supply is now controlled by a handful of corporations that often put profit ahead of consumer health, the livelihood of the American farmer, the safety of workers and our own environment. We have bigger-breasted chickens, the perfect pork chop, herbicide-resistant soybean seeds, even tomatoes that won't go bad, but we also have new strains of E. coli—the harmful bacteria that causes illness for an estimated 73,000 Americans annually. We are riddled with widespread obesity, particularly among children, and an epidemic level of diabetes among adults.

Facilitation Guide:

Watch the movie and prepare a space for discussion afterward.

Discussion Questions:

- What did we just see? What did you observe about your reactions and the reactions of those around you?
- What does this movie have to do with sustainability? How do you define sustainability? (Perpetual and cooperative environmental, social, and economic systems). What does it mean for the American Farmer to have corporations making so many decisions? How does the “industry” of food production affect American’s health?
- What can you do with this new information? What changes will you make, if any? What messages will you try to convey to others?