**Forks Over Knives**

**Purpose of Activity:** To examine the impact of animal-based and processed foods.

**Objectives/Learning Outcomes:**
By actively participating in this activity, participants will:
- Understand the health benefits of adopting a plant-based, whole-foods diet.
- Reflect on the impact meat production has on the environment.

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

**Summary:**
Follow two Doctors and their research on the effects of meat and processed foods on personal health. They found that many diseases and chronic conditions could be prevented and sometimes reversed by merely switching to a plant-based, whole-foods diet. The film features leading experts on health and tackles the issues of diet and disease in a way that will have people talking for years.

**Facilitation Guide:**
Watch the movie and prepare a space for discussion afterward.

**Discussion Questions:**
- What did we just see? What stood out to you? What did you observe about your reactions and the reactions of those around you?
- How did you feel as you watched the film? What feelings stick out as positive ones? Negative ones?
- What did you think of the film? Why do you think we watched it? How do you define sustainability (Perpetual and cooperative environmental, social, and economic systems)?
- Have you ever noticed a connection between the food you eat and the way you feel?
- What kind of impact do you believe the industrial meat production has on the environment?
  - Farmed animals produce more waste in one day than the U.S. human population produces in 3 years.
According to the United Nations: “The livestock sector is... the largest sectoral source of water pollution.”

- Water used for farmed animals and irrigating feed crops: 240 trillion gallons per year -- 7.5 million gallons per second.
- It takes more than 11 times as much fossil fuel to make one calorie of animal protein as it does to make one calorie of plant protein.
- The world’s cattle alone consume a quantity of food equal to the caloric needs of 8.7 billion people - more than the entire human population.
- Researchers at the University of Chicago concluded that switching from a standard American diet to a vegan diet is more effective in the fight against climate change than switching from a standard American car to a hybrid.

- What new habits can you adopt that will make a difference for the environment?
- What can you do with this new information? What action will you take, if any? What messages will you now try to convey to others?