

Title: Frontloading Food

Introduction: Americans have a rich and varied diet. However, since fewer and fewer Americans live on farms and we rely on prepared foods more often, we may have lost touch with where foods come from, how the ingredients are grown or what is really in it. We also may not understand how energy in the form of fossil fuels is used to grow our foods or if the food is good for us. In this activity you will investigate the question:

"How do my food choices affect my health and the health of Planet Earth?"

Materials: 5 packages from commonly eaten foods

Procedures:

1. Look at the data table below and fill it in as you trade the food containers around the room.
2. List the 3 main ingredients in the food by looking at the label. Trade packages when you finish with one. Discuss with your group the possible sources for the ingredients.
3. Read the article "Fossil Fuels and Agriculture" or "Building a Better Pyramid" and fill in the rest of the table.

Food item	3 main Ingredients	How are fossils fuels used to produce this food?	How much of this food should you eat, based on the food pyramid?

Analysis:

1. Which food would you rate as worst for Earth?

2. Which would be worst for you?

3. Which food would you rate as best for Earth?

4. Which would be best for you?

Conclusion: Write a paragraph on the topic of how you choose the foods you eat now and how you might choose differently based on these articles.