

Nutrition and Food Choices in the USA

an introduction to

- ❖ *factory farming vs. sustainable farming*
- ❖ *environmentally-conscious eating*

Vocabulary

- sustain sustainable sustainability
- crop bumper crop
- factory factory farm
- organic organic farm
- soil
- environment environmental
- impact

US Farming



1950's

- family owned
- local
- meat was expensive, a luxury
- variety
- environmentally sound

Consumers can...

eat healthy
eat sustainably

Today

- many big-company owned
- food travels long distance
- meat is cheap
- similar crops- heavy reliance on corn
- hazardous to the environment



Factory Farming

Plants



corn



corn



more corn



chickens



pigs



COWS

Animals

So what?

-
- 260 Million Acres (and counting) of **US forests** have been clear-cut to create land for producing feed for livestock.
- **70% Of the grain** that is produced in the US is fed to farm animals
- Scientists at the Smithsonian Institution have stated that the equivalent of SEVEN football fields of land is bulldozed every single minute to create more land for farming animals.
- In the 2004-2005 crop season all the wild animals and trees in over 2.9 million acres of the Amazon rainforest in Brazil were destroyed in order to grow crops to produce feed for chickens and other factory farmed animals.
- Close to half of all **water used in the USA** goes to the production of animals for food.
- A United Nations report from 2006 states that animal agriculture is “one of the top two or three most significant contributors to the most **serious environmental problems**, at every scale from local to global.”
- The EPA reports that roughly 80 percent of ammonia emissions in the US come from animal waste. **Atmospheric ammonia** can disrupt aquatic ecosystems, ruin soil quality, damage crops, and jeopardize human health.
- Cows and sheep are responsible for 37% of the total **methane** (23 times as warming as CO2) generated by human activity.



Factory Farming?!

Who?

Where?

What?

Why?

The impact...

What?

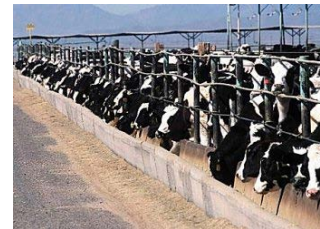
Factory farms are also known as industrial farms.



growing one large crop in the same place year after year, namely:

soybeans
corn
wheat

applying pesticides to crops



many animals in one place



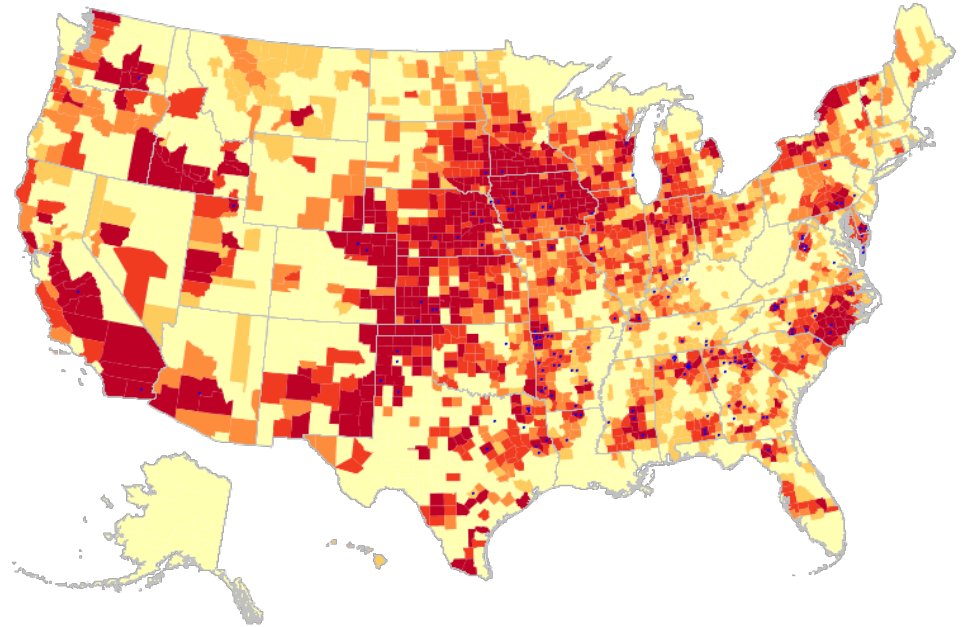
**Concentrated Animal Feeding Operation:
CAFO**

Where?

- Around the world
- Throughout the USA,
including Wisconsin

Density Level

- Extreme
- Severe
- High
- Moderate
- None



<http://www.factoryfarmmap.org/>

Why?

**Efficiency:
a way to feed many people**



Who?

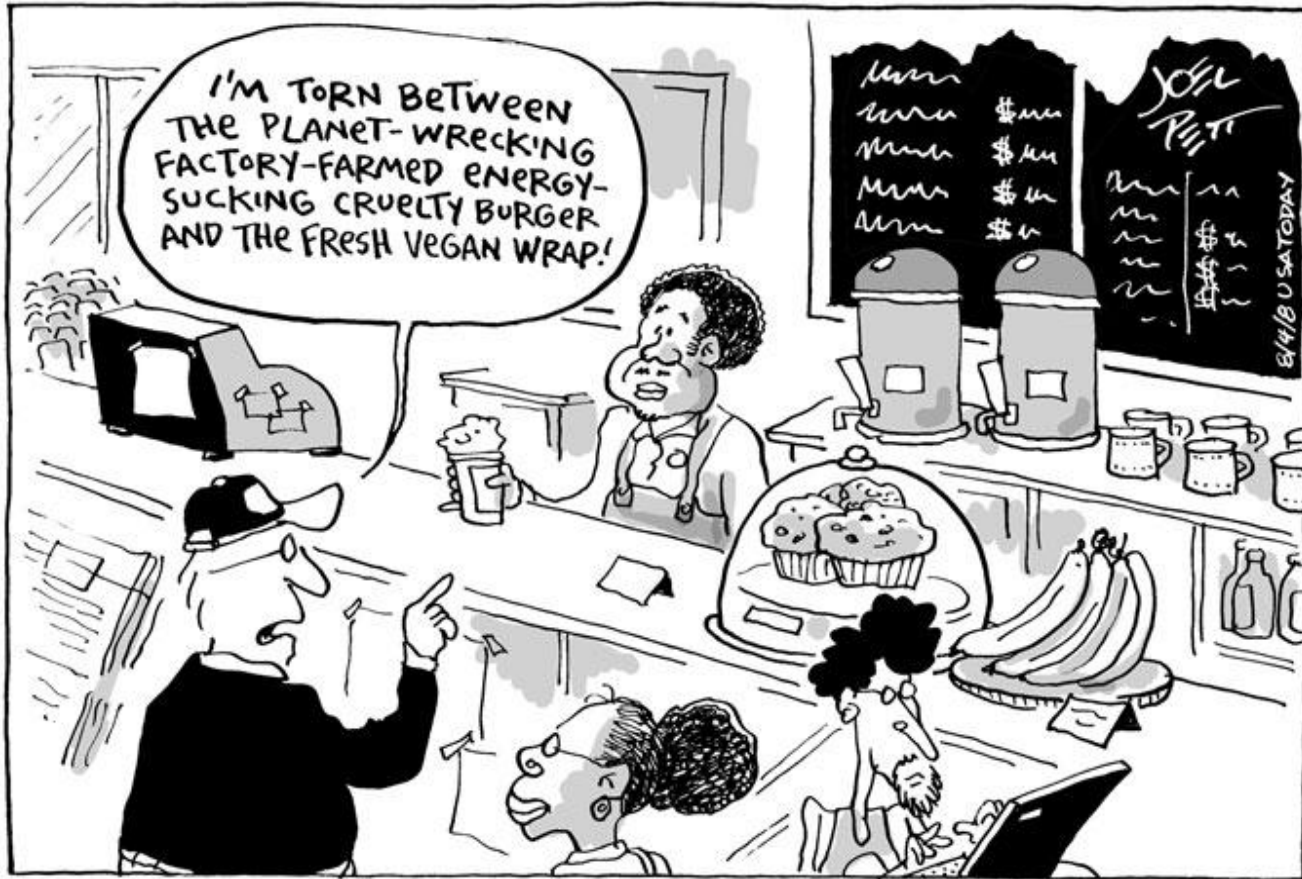


**Designed by
scientists...**

**Supported by
you and me.**

What?! Me?!

Choices



Your Choices

❖ grass-fed, free range animal food



❖ food without high fructose corn syrup



❖ farmers markets



❖ packaging



❖ dining out thoughtfully



Grass-fed and Free-range animals



Farmers Markets

"At what point did eating in America become as complacent as putting gas in your car? You don't know what's in it. You don't know how it got there. You don't even really know if it's good anymore. *Food is something amazing; something that becomes bone of your bone and flesh of your flesh. As a culture we have to bring back local food.* Local food that not only tastes amazing but is actually good for us. Go meet your local farmer and... *experience the joy of food again!*"

Benjamin Kane,
Natural, Holistic management farmer in the USA



Awareness

Packaging

Fact #1. Bottles used to package water take over 1,000 years to bio-degrade and if incinerated, they produce toxic fumes. It is estimated that over 80% of all single-use water bottles used in the U.S. simply become "litter." Source: ValleyWater.org



For more information:
http://thewaterproject.org/bottled_water_wasteful.asp

Eating Out

***Chipotle: “Food With Integrity”** 600 E. Ogden Ave.

<http://farmedanddangerous.com/>

***Five Guys:** 2907 N. Oakland Ave. 2 miles from MSOE

***Panera:** 600 E. Ogden Ave. ½ mile from MSOE (address same as Chipotle)

*Recommendations from the Sierra Club

Summary

Farming

- local
- mass production

Unsustainable

- nutritionally
- environmentally

Choices

- best nutritional value
- least impact on environment

Nutritious Eating

Sustainable Eating

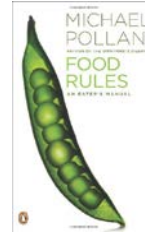
Chapter 4 of textbook pp. 94-116

Key Understandings:

- Fast food cultural adaptations
- High-protein foods (bugs?!)
 - Nutrition Basics
- Grammar: *too much, too many, a lot of, not enough, if (not)...will*

Resources we will use:

“Food Rules” by Michael Pollan



Farmers Markets near **MSOE**:



- East Town Market- Cathedral Square Park
- Eastside Green Market- Beans and Barley parking lot
- Fondy Farmer's Market- Fond du lac Avenue



<http://www.sustainabletable.org/246/sustainable-agriculture-the-basics>

“Food, Inc.” a Robert Kenner film
and curriculum developed by the Center for Ecoliteracy



Sources

<http://www.sustainabletable.org/804/industrial-crop-production>

<http://www.foodispower.org/pollution-water-air-chemicals/>

<http://www.farmsanctuary.org/learn/factory-farming/factory-farming-and-the-environment/>

https://www.google.com/search?q=traditional+farm&espv=210&es_sm=93&source=lnms&tbm=isch&sa=X&ei=2WoTU8XWHqeC2QW6y4D4Aw&ved=0CAkQ_AUoAQ#q=soy+field&tbm=isch&facrc=_&imgdii=_&imgrc=oSOnEdyA0

<http://www.lahiriযোগacenter.com/sati-blog/2012/12/yoga-honoring-all-life/>

<http://www.occupyforanimals.org/factory-farms---definition.html>

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https://www.google.com/search?q=factory+farm&espv=210&es_sm=93&source=lnms&tbm=isch&sa=X&ei=ZmETU-nRBlf4yAGgylDoDg&ved=0CAkQ_AUoAQ&biw=1366&bih=600#q=1950's+family+farm&tbm=isch&facrc=_&imgdii=_&imgrc=U4DtMhfACniiCM%253A%3BXpgrMogmg8qM%3Bhttp%253A%252F%252Fwww.nationalcapitalfarms.org%252Fimages%252Fbutlers_orchard_p_eaches.jpg%3Bhttp%253A%252F%252Fwww.nationalcapitalfarms.org%252Finterview_Wake-Butler.php%3B410%3B252