

HOMEWORK ASSIGNMENT 4

THE LOCAL FOOD MOVEMENT

INSTRUCTIONS: This homework assignment consists of three (3) individual activities, found on the following pages.

- Activity 4-1: Fill-in the blank questions
- Activity 4-2: Internet scavenger hunt
- Activity 4-3: Crossword puzzle

● **ACTIVITY 1-1 – FILL-IN-THE-BLANK:** While viewing the film *Ingredients*, highlight the major concepts of the film by filling in the missing words in the following statements. For statements with two blanks, separate your answers with a semi-colon (;).

- (1 point each; 40 points total)

1. Our taste buds are there to guide us to better _____.
2. The _____ food movement stems from the failings of the _____ food model.
3. From the beginning, America had more _____ than _____.
4. After WW2, munitions facilities shifted to producing _____.
5. “Get _____ or get _____.”
6. “Adapt or _____.”
7. “We farm the _____, not the _____.”
8. According to Alice Waters, a big part of cooking is about _____ and _____.
9. “As a nation, we expect _____ food to be an inalienable American right.”

10. We spend less of our _____ on food than any other industrial nation.
11. More than _____ new food products are introduced each year.
12. By most accounts 1/5 of our national _____ consumption goes to the growing, packaging, and transporting of food.
13. With the growth of _____, an alternative food system is being established.
14. Farmer's markets encourage a return to _____ eating, the way our great-grandparents ate.
15. Farmer's markets also support a generation of _____ farmers.
16. The race toward cheaper foods has driven farmers and ranchers to reduce their _____ in many ways.
17. One strategy used by farmers and ranchers to produce cheaper food is to increase the _____ of their operations.
18. Mass scale operations bring about _____ issues.
19. These quality control issues result in _____ problems.
20. The CDC estimates that foodborne illnesses are the cause of _____ American deaths each year.
21. The greatest single factor in all livestock disease is _____.
22. Right now, can small-scale sustainable farms feed the masses? _____
23. For small scale, sustainable farms to significantly grow in number, we first need good land near our _____.
24. In the year 2000, for the first time in history, the world experienced a net loss in _____.
25. By the year 2040, America's population will be _____.
26. CSAs originated in Switzerland and Japan in the _____.
27. There are so few farmers in the United States now, that they are not even included as an _____ in the _____.
28. The pleasure of _____ and _____ seasonally are at the heart of French cuisine.

29. _____ farming is based on the lunar calendar.

30. According to Joan Gussow (who was one of my professors in graduate school) “if anything would drive people toward eating locally, it would be food safety and _____.”

31. Studies say that children are more likely to eat fruits and vegetables if they have played a role in the _____ and _____.

32. According to research, when children see _____ in a salad bar at school, they will take it.

33. The CDC estimates that _____ children born in the year 2000 will develop Type 2 diabetes.

34. There are now _____ large companies that control nearly half of the world’s seed supply.

35. What farmers do is to capture _____ energy.

36. It takes _____ calories of energy to make _____ calorie of food.

37. Food imports into the US have increased _____ in the past decade.

38. Of the nearly 200,000 shipments from China in 2006, less than _____ were sampled.

39. “You can pay the _____, or pay the _____.”

40. One of the great challenges of local food is to make in _____ to people.

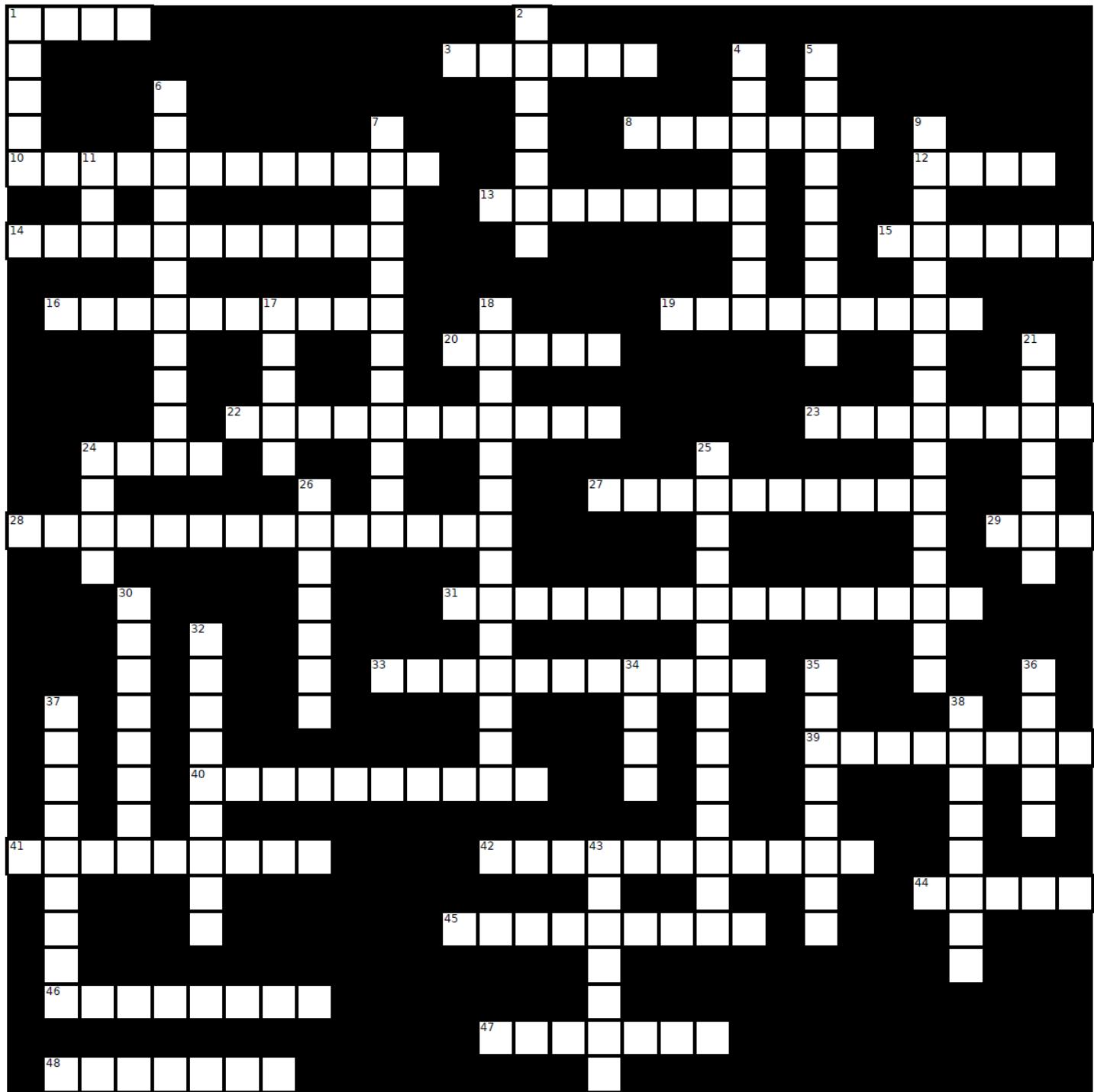
● **ACTIVITY 1-2 – ONLINE SCAVENGER HUNT:** In the film *Ingredients*, the filmmakers highlighted the work of Roxbury Farm, who travelled from the Hudson Valley to New York City each week to provide fresh produce to two different community-based nutrition agencies. Right here within 20 miles of WPUNJ there are several such similar community-based agencies, including:

- **City Green**, located in Clifton, NJ <http://www.citygreenonline.org/>
- **Eva’s Village** (and Eva’s Kitchen), located in Paterson, NJ <http://evasvillage.org/>
- **Health Barn USA**, located in Wycoff, NJ <http://www.healthbarnusa.com/>
 - For this activity, read through the websites of each of these agencies. Choose one of these agencies and based on what you learned in the film and on the website, respond in complete sentences to the following question. To receive full credit for this activity, at a minimum, you must provide at least 5 complete and clear examples to support your writing.
 - Who is the “community” served by the agency and how do the programs at that agency relate to the information from the film? (again, provide at least 5 examples connecting the agency’s programs to the contents of the film)
- (10 points total)

● **ACTIVITY 4-3 – CROSSWORD PUZZLE:** Based on the information found in the article “Farmer in chief” complete the crossword puzzle below.

- (1 point each; 50 points total)

“Farmer in Chief” Crossword Puzzle



“Farmer in Chief” Crossword Puzzle Clues

Across

1. uses the most fossil fuel
3. "____ education"; stated by Alice Waters
8. the recipients of 40% of the world's grain
10. "____ the American Farm"
12. Americans eat an average of 190 pounds of this annually
13. % of food thrown out by Americans
14. means growing only one crop
15. gas released into air when clearing and tilling land
16. ____ ____ crisis; one of the three priorities of Pres. Obama (2 words)
19. crops such as corn, soy and wheat
20. "____ row to ____ row"
22. another term for New Jersey (2 words)
23. "driving and ____"; done by corn farmers
24. fossil-____ energy
27. agriculture ____ zones
28. making food energy from the sun
29. food-assistance program, example (abbrev)
31. "____ the Food System"
33. products made from natural gas
39. research on this led to pesticides
40. "____ America's Food Culture"
41. experienced by more than 30 nations (2 words)
42. reregionalize federal food ____
44. president during the last period of high priced food
45. fruit and vegetable crop-type
46. this is retained better in organic soils
47. Eleanor Roosevelt's ____ garden movement
48. "preventable ____ diseases"

Down

1. type of crop that reduces fertilizer needs
2. 830 ____ acres of American farmland
4. ____ nitrate; found in bombs and fertilizer
5. factory farms are one of the biggest sources of this
6. opposite of monoculture
7. energy ____; one of the three priorities of Pres. Obama
9. "food-system ____" (2 words)
11. Pollan's opinion about the best source of energy
17. "____ calories in great abundance"
18. local ____ -____ corps (2 words)
21. electronic ____ transfer card readers
24. ____ sovereignty or security
25. the best way to protect the food system against threats (2 words)
26. a biofuel
30. term used to describe worthless foodlike substances (2 words)
32. quality and ____ of calories
34. ____ -sum principle
35. ____ animal feeding operations
36. strategic ____ reserve
37. used to manufacture pesticides
38. "food is a national-____ issue"
43. ____ change; one of the three priorities of Pres. Obama