Nourish Short Films Guide

Introduction

With thought-provoking commentary and beautiful visuals, the Nourish short films tell the story of our food in 52 bite-sized videos.

An Encyclopedia of Food System Issues

A companion to the award-winning PBS special *Nourish: Food + Community*, this collection of 52 short films is a video encyclopedia of the food system. Use the films to open meaningful conversations and inspire change in your community, school, and home.

Speakers include best-selling author Michael Pollan, healthy food advocate Anna Lappé, British chef Jamie Oliver, pediatrician Dr. Nadine Burke, eco-chef Bryant Terry, organic farmer Nigel Walker, and Edible Schoolyard founder Alice Waters. The topical videos range from seasonal eating and farmers markets to school lunch and fair trade.

Where to Watch

All 52 films stream at www.nourishlife.org/videos. Filter the collection by theme, meet the speakers on the Voices page, or start with the featured film of the week.

Connect Learning and Action

The Nourish short films give people something to talk about together. Educators and families use them, and so do nonprofits, health professionals, and libraries. They also anchor lessons throughout the Nourish Curriculum (see "Pairing Short Films with the Nourish Curriculum" below).

Explore by Theme

Each Nourish short film is one to three minutes in length. Choose one or more films depending on your thematic focus and available time, and draw on the discussion questions at the end of this guide to encourage inquiry and engagement. Each theme below is a one-click filter on the website: the link takes you straight to that set of films.

FARM TO FORK

21 films at nourishlife.org/videos/#farm-to-fork

Food Chain

Understanding the story of our food means tracing its path from seed to table. Food journalist Michael Pollan explains the biology and ecology of industrial and sustainable food chains.

From the Soil

Eating offers us an intimate connection with the soil. Food journalist Michael Pollan traces the nutrients that travel from the earth to our plates and back again.

Sustainable Farming

What does it mean to farm "sustainably"? Healthy food advocate Anna Lappé discusses the importance of working with nature to nourish the land and ensure abundant food for all.

© 2026 WorldLink

FOOD AND COMMUNITY

18 films at nourishlife.org/videos/#food-and-community

Food + Community

Food brings people together. Healthy food advocate Anna Lappé, Food Project Director Anim Steel, and others celebrate food's importance in nourishing community.

Farmers Markets

Food and community come together at the farmers market. Organic farmer Nigel Walker, chef Bryant Terry, and others celebrate the joys and benefits of buying fresh, local food direct from the farmer.

Urban Farms

Chef Bryant Terry discusses the rise of urban farming and its role in building healthy communities, engaging young people, and bringing fresh, homegrown food to cities.

FOOD AND SCHOOL

14 films at nourishlife.org/videos/#food-and-school

Grow, Cook, Learn

Food journalist Michael Pollan celebrates the many benefits of school garden and cooking programs, from sharing cultural traditions to turning kids on to fresh vegetables.

Edible Education

What's a "delicious revolution"? Edible Schoolyard founder Alice Waters talks about the value of garden and kitchen experiences in transforming students' relationship to food.

School Lunch

Why are many school lunches high in salt, fat, and processed foods? Food journalist Michael Pollan advocates for a better menu for America's children.

FOOD AND HEALTH

21 films at nourishlife.org/videos/#food-and-health

Food Is Health

In her medical practice, Dr. Nadine Burke sees kids and adults affected by obesity, high cholesterol, and diabetes every day. She explains why modern medicine is no substitute for a healthy diet.

Fast Food

Fast food may be cheap, convenient, and tasty at first, but does it truly nourish us? Chef Jamie Oliver explains why fast food leaves our bodies hungry for something more.

Read Labels

Food labels contain a lot of information, but they don't tell the whole story. Dr. Nadine Burke offers practical shopping tips to help us read between the lines.

COOKING AND EATING

29 films at nourishlife.org/videos/#cooking-and-eating

Cooking Together

What inspires you in the kitchen? Chef Bryant Terry celebrates the pleasures of cooking with friends and family.

Real vs. Fake Food

Eating well means eating real food. But what is real food? Food journalist Michael Pollan offers three tips for distinguishing real food from "edible food-like substances."

Try Something New

Have you ever tasted a purple potato or a golden beet? Chef Jamie Oliver invites us to explore a world of new tastes.

JUSTICE AND POLICY

18 films at nourishlife.org/videos/#justice-and-policy

Hunger and Obesity

Worldwide, about 700 million people go hungry, while about 1 billion live with obesity. Healthy food advocate Anna Lappé discusses how these twin issues are connected within our global food system.

Twinkie vs. Carrot

Have you ever wondered why a bunch of carrots costs more than a package of Twinkies? Food journalist Michael Pollan connects the dots between food policy, high-fructose corn syrup, and our health.

© 2026 WorldLink

Fair Trade

Bananas, chocolate, and coffee are everyday products of our global food system. Healthy food advocate Anna Lappé and chef Bryant Terry discuss how choosing Fair Trade supports farmers around the world.

Pairing Short Films with the Nourish Curriculum

The Nourish Curriculum builds short films into its lessons: an Elementary unit for grades 4–5 and a Middle School unit for grades 6–8. The table lists the films each lesson uses, and optional films that pair well with a lesson as an opener, an extension, or a follow-up. Access the free curriculum at www.nourishlife.org/teach.

LESSON	UNIT	FILM
The Story of Food	Both units, Lesson 1	*Whole and Healthy* (Dr. Nadine Burke)
Seasonal, Local Food	Both units, Lesson 2	*In Season* (Multiple Voices)
Food Traditions	Both units, Lesson 3	Optional: *Food + Community* (Multiple Voices)
Food and Farming	Elementary, Lesson 5	*Second Barcode* (Michael Pollan)
Food Data	Elementary, Lesson 6	*Food and Family* (Dr. Nadine Burke)
Food System Expo	Elementary, Lesson 7	*Be the Change* (Dr. Nadine Burke); optional: *Nourish Means…* (Multiple Voices)
Know Your Farmer	Middle School, Lesson 5	Optional: *Know Your Farmer* (Nigel Walker)
Regenerative Farm Challenge	Middle School, Lesson 6	*From the Soil* (Michael Pollan)
Food System Action Projects	Middle School, Lesson 7	Optional: *Youth Making Change* (Bryant Terry)

© 2026 WorldLink

Discussion Questions

Animal Welfare

Multiple Voices

Farm to Fork

1. Do you have a pet? How does that affect your view of farm animals?
2. Have you ever been around farm animals? What was your experience?
3. How should farm animals be treated? Provide examples.

Be the Change

Nadine Burke

Food and Community · Food and Health · Justice and Policy

1. What does it mean to "wake up to our food environment"?
2. What can you do to create a positive change in your food environment?
3. How can we combine individual actions to create healthy communities?

Cooking Together

Bryant Terry

Cooking and Eating · Food and Community

1. How often do you cook, either for yourself or with others?
2. Who are your cooking teachers?
3. Describe a recent meal you made or helped make. What was that process like? How did you feel about what you created?

Crossroads

Anna Lappé

Farm to Fork · Food and Community

1. Over your lifetime, what changes have you seen in the way people eat?
2. How can we "reconnect with where our food comes from"?
3. How can we take part in the movement for good food?

Eating Together

Michael Pollan

Cooking and Eating · Food and School · Food and Community

1. There has been a growing trend of people eating alone over the last 50 years. Why is that?
2. How often do you eat with family and friends? How does eating with others compare with eating alone?
3. How can you create more opportunities to share meals with other people?

Edible Education

Alice Waters

Cooking and Eating · Food and School

1. What knowledge, values, and skills are learned in an edible schoolyard, like the one that Alice Waters describes?
2. What are some ways of connecting outdoor and kitchen learning with other classroom subjects?
3. Imagine and describe a school project that might take place in a school garden or kitchen classroom.

Fair Trade

Multiple Voices

Farm to Fork · Food and Community · Justice and Policy

1. What are some foods that come from the global community?
2. Do you currently buy fair trade products? Which ones?
3. Who benefits from fair trade? Does anyone lose?

Farmers Markets

Multiple Voices

Farm to Fork · Food and Community

1. Have you ever been to a farmers market? Describe your experience.
2. How are farmers markets similar to and different from supermarkets?
3. What are some of the benefits of getting your food from a farmers market?

The Farm Bill

Michael Pollan

Farm to Fork · Justice and Policy

1. How do the government's farm policies affect our food choices? Why is it important for us to not just "vote with our forks" but also "vote with our votes"?
2. Imagine you are a Congressperson, and write your own Farm Bill. What would you subsidize? What would you tax?
3. What are some ways that we can participate in shaping food policy in our nation, state, community, and schools?

Fast Food

Jamie Oliver

Cooking and Eating · Food and Health

1. Do you agree with Jamie Oliver that fast food is meant to be a treat? Why do you think fast food is so popular?
2. When you eat fast food, how does it make you feel?
3. Describe a healthy meal that you could make for under $5, or the cost of a typical fast food meal.

© 2026 WorldLink

Food + Community

Multiple Voices

Cooking and Eating

Food and Community

1. How does food nourish and build community?
2. What is food culture? How would you describe your food culture?
3. Describe an experience where you have felt connection with others through food.

Food Access

Nadine Burke

Food and Community | Food and Health

Justice and Policy

1. What challenges do people in low-income areas face when it comes to accessing healthy food? How does this affect them?
2. Describe the food access in your area. Is healthy food easily available?
3. Brainstorm some ideas for how we might improve access to healthy, affordable food in areas where supermarkets are scarce.

Food and Biodiversity

Anna Lappé

Farm to Fork

1. What is biodiversity? What are some of its benefits?
2. Watch the short film *Monocrops*. What's the relationship between monocrop farming and loss of biodiversity?
3. What are some ways that we can create more biodiversity in our food system?

Food and Exercise

Nadine Burke

Cooking and Eating | Food and Health

1. What are some reasons that we eat when we're not hungry?
2. What physical activities do you regularly engage in? How do they make you feel?
3. Dr. Nadine Burke says that regular exercise helps regulate appetite. Have you experienced the connection between physical activity and eating?

Food and Family

Nadine Burke

Cooking and Eating

Food and Community

1. Dr. Nadine Burke says that 50 percent of our meals are eaten outside of the home. What contributes to this high number?
2. What are some benefits of eating at home with your family?
3. What food traditions do you have in your family?

Food Chain

Michael Pollan

Food and School | Farm to Fork

1. Pick an item of food you ate recently. Describe the food chain, including the people and processes involved, as best as you can. What parts of the chain do you know for certain, and which parts are less clear?
2. Michael Pollan says, "The best food chain is biological the whole way through." What does he mean? What are some examples from biological and industrial food chains?
3. Compare the Industrial Food System and Local Food System diagrams in the Nourish Curriculum. What is similar, what is different?

Food Is Health

Nadine Burke

Cooking and Eating | Food and Health

1. Why does Dr. Nadine Burke say that nutrition is medicine? Describe a food remedy you know about (such as chicken soup for a cold).
2. What foods do you associate with good health?
3. How do you feel after eating a healthy meal? How do you feel after eating a food you know to be unhealthy?

Food Is Like Music

Jamie Oliver

Cooking and Eating | Food and School

1. How is food like music?
2. What are some ways that you can be creative in the kitchen?
3. Describe a meal you might make for your family or friends. What song or music would you play to accompany that meal?

From the Soil

Michael Pollan

Cooking and Eating | Farm to Fork

1. What's the relationship between food and soil?
2. Why should we care about the health of the soil?
3. Describe the nutrient cycle in a healthy food system, from farm to table and back to the soil.

Grow Your Own

Jamie Oliver

Food and School | Farm to Fork

1. Have you ever gardened or known someone who gardened? Describe your experience.
2. What are some reasons to grow your own food?
3. What foods would you like to grow in a garden?

© 2026 WorldLink

Grow, Cook, Learn
Michael Pollan

Cooking and Eating · Food and School

1. What can you learn from growing your own food?
2. How do you learn about cooking? Who are your teachers?
3. What is something you'd like to learn about cooking, such as a technique, how to use certain equipment, or how to make a particular dish? Where might you go to learn?

Heirlooms
Bryant Terry

Cooking and Eating · Farm to Fork

1. Why should we care about preserving heirloom fruits and vegetables?
2. Have you ever tasted an heirloom? How would you describe it?
3. Watch *Food and Biodiversity*. How do heirlooms relate to biodiversity?

Herbs
Jamie Oliver

Cooking and Eating · Food and Health

1. What's your favorite herb? Describe a dish you might prepare with it.
2. What are the benefits of cooking with herbs?
3. Is there somewhere you could grow herbs in your home, such as a backyard or windowsill? How would you get started?

Hunger and Obesity
Anna Lappé

Food and Community · Food and Health · Justice and Policy

1. What does Anna Lappé mean when she says that hunger and obesity are symptoms of a root cause? What is that root cause?
2. What are some ways of addressing hunger and obesity on a global scale?
3. How can we address these issues in our community?

In Season
Multiple Voices

Cooking and Eating · Farm to Fork · Food and Health

1. How do you find seasonal foods?
2. What are the benefits and challenges of eating seasonally?
3. Do you know what foods are in season in your area right now? How would you find out?

Know Your Farmer
Nigel Walker

Farm to Fork · Food and Community

1. Why is it important to know your farmer?
2. Have you ever met a farmer or visited a farm? Describe your experience.
3. What would you want to know about a farmer's agricultural practices before eating his or her food? Come up with three questions you might ask.

Monocrops
Michael Pollan

Farm to Fork · Justice and Policy

1. Why do you think many large farmers have moved toward planting monocrops?
2. How does monocrop farming affect our food supply and options?
3. Watch *Food and Biodiversity*. What impact do monocrops have on our environment?

My Food Journey
Anna Lappé

Cooking and Eating · Food and School

1. What experiences have shaped your relationship to food and diet?
2. What food traditions, values, or habits have you inherited from your family?
3. What's something you would like to change about the way you eat? What's something you're happy with?

My Food Journey
Bryant Terry

Cooking and Eating · Food and Health · Justice and Policy

1. How would you characterize your eating style?
2. Describe an experience where you've changed your eating habits for the better. What was that process like?
3. Describe a memory of a food or meal that is special to you.

My Food Journey
Nadine Burke

Food and School · Food and Health

1. How has your relationship to food and health evolved over the years?
2. What are some ways we can remind ourselves to eat well?
3. What are some other healthy lifestyle changes that can support our food journeys?

No Free Lunch
Michael Pollan

Cooking and Eating · Food and Health · Justice and Policy

1. What does Michael Pollan mean by "There is no free lunch" and "You get what you pay for"?
2. What is the relationship between what we spend on food and what we spend on healthcare?
3. Create a hypothetical argument to convince people of the benefits of spending more money on food.

© 2026 WorldLink

Nourish Means…

Multiple Voices

Cooking and Eating · Food and Community · Food and Health · Justice and Policy

1. What does “nourish” mean to you?
2. Jamie Oliver says, “When you eat and you’re fulfilled, it physically and chemically makes you happy.” What are some foods that nourish you?
3. What are some activities or aspects of your life that nourish you?

Obesity Epidemic

Nadine Burke

Cooking and Eating · Food and Health

1. Dr. Nadine Burke says that we are wired to crave high-fat, high-sugar foods. Why is that?
2. Provide three examples of how our modern lifestyle relates to the obesity epidemic.
3. What are some ways that we can help reverse this epidemic?

Read Labels

Nadine Burke

Cooking and Eating · Food and Health

1. Do you read food labels? Why or why not?
2. What information helps you make decisions about what and what not to eat?
3. If you could design a new food label to help people eat better, what would it look like? What information would you include, and how would you present it?

Real vs. Fake Food

Michael Pollan

Cooking and Eating · Food and Health

1. Why do you think people are confused about what to eat to stay healthy?
2. What is meant by “real food”? How do you know when you’re eating it?
3. What are three “food rules” you live (or would like to live) by?

Saving Seed

Nigel Walker

Farm to Fork

1. What qualities do farmers look for when saving seed?
2. What are some reasons that farmers save seed?
3. Watch *Heirlooms*. What role do farmers play in preserving biodiversity and our food heritage?

School Lunch

Michael Pollan

Food and School · Food and Health · Justice and Policy

1. Why is it important for kids to get healthy meals at school?
2. Describe a healthy cafeteria. What foods would or would not be offered? How would you encourage kids to make good food choices?
3. What improvements would you like to see at your school? How would you get started?

Second Barcode

Michael Pollan

Cooking and Eating · Farm to Fork

1. What does “transparency” mean? How much transparency is there in the foods you eat?
2. What do you see as the value of a “second barcode”? Would you use it?
3. In the absence of a second barcode, how can we learn about the story of our food?

Supermarket Secrets

Michael Pollan

Cooking and Eating · Food and Health

1. Do you agree with Michael Pollan that the supermarket is a “treacherous environment” if you want to eat healthily? Why or why not?
2. Describe your typical supermarket shopping experience. What do you like? What do you not like?
3. How would you design a grocery store to help people make healthy food choices?

Sustainable Farming

Anna Lappé

Farm to Fork · Food and Community

1. What does “sustainable” mean to you?
2. What benefits does sustainable farming offer to people now and in future generations?
3. How can we support farmers who use sustainable practices?

Tipping Point

Anna Lappé

Farm to Fork · Food and Health · Justice and Policy

1. Anna Lappé talks about a tipping point in society’s perception of smoking. In what way is our food culture at a tipping point?
2. What societal values need to change in order to create a healthier food culture?
3. If you were invited to design a sustainable food system, where would you focus your attention?

Try Something New

Jamie Oliver

Cooking and Eating · Food and School

1. What’s a new food you tried recently? Describe your experience.
2. What are some reasons to try new foods?
3. Where do you go to find new foods?

© 2026 WorldLink

Twinkie vs. Carrot
Michael Pollan

Farm to Fork · Food and Health · Justice and Policy

1. Why does a bunch of carrots generally cost more than a package of Twinkies?
2. What is an agricultural subsidy? What are some examples that Michael Pollan describes?
3. What does “real food” mean to you?

Urban Farms
Bryant Terry

Food and School · Food and Community · Justice and Policy

1. What are some benefits of farming in a city, for people and the environment?
2. Think of your neighborhood, and imagine where you could create an urban garden. What would be the steps to get it started? What would you grow there?
3. What are some other ways that city dwellers can connect with the source of their food?

Vision of the Future
Anna Lappé

Farm to Fork · Food and Community · Justice and Policy

1. What’s your vision of a sustainable food future?
2. How might you get involved in bringing that vision to life?
3. What are some examples of positive changes in our current food culture?

Wake Up!
Nadine Burke

Cooking and Eating · Food and Health

1. How are high-fat and high-sugar foods addictive?
2. What are some ways that food commercials influence our eating habits?
3. Pick a whole food, such as a fruit or vegetable, and come up with an advertising slogan to convince people to eat it.

What You Can Do
Anna Lappé

Cooking and Eating · Food and School · Justice and Policy

1. How do you connect with the source of your food?
2. What are some ways we can be “savvy food consumers”?
3. What inspires you to get in the kitchen and cook?

What You Can Do
Bryant Terry

Cooking and Eating · Food and School · Food and Community · Justice and Policy

1. Are you currently growing your own food? If not, what would you need to start?
2. Where can you go to find local food?
3. What’s a kitchen skill you could share with friends and family?

Whole and Healthy
Nadine Burke

Cooking and Eating · Food and Health

1. Why is whole food healthier than processed food?
2. What are some examples of whole foods that you eat on a regular basis? How do you prepare them?
3. How can we encourage people to eat more whole foods?

Why Eat Local
Michael Pollan

Cooking and Eating · Farm to Fork

1. Name three foods that are grown locally, and three that are grown and transported from far away.
2. What are some reasons for eating locally grown food?
3. What’s the connection between food and climate change?

Working the Land
Nigel Walker

Farm to Fork · Food and Community · Justice and Policy

1. Do you know any farmers or farm workers?
2. Have you ever worked on or visited a farm? What are your perceptions of farm work?
3. Where might you go to learn more about farmers and their work?

Youth Making Change
Bryant Terry

Food and School · Food and Community · Justice and Policy

1. Why are young people important to creating a better food system?
2. What are some ways that young people can take part in transforming our food culture?
3. The average age of a U.S. farmer is 58. How can we inspire more young people to go into farming?

© 2026 WorldLink