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ACTIVITY

The Story of Food

ESSENTIAL QUESTION

How does food get from a farm to our table, and back to the soil?



food system

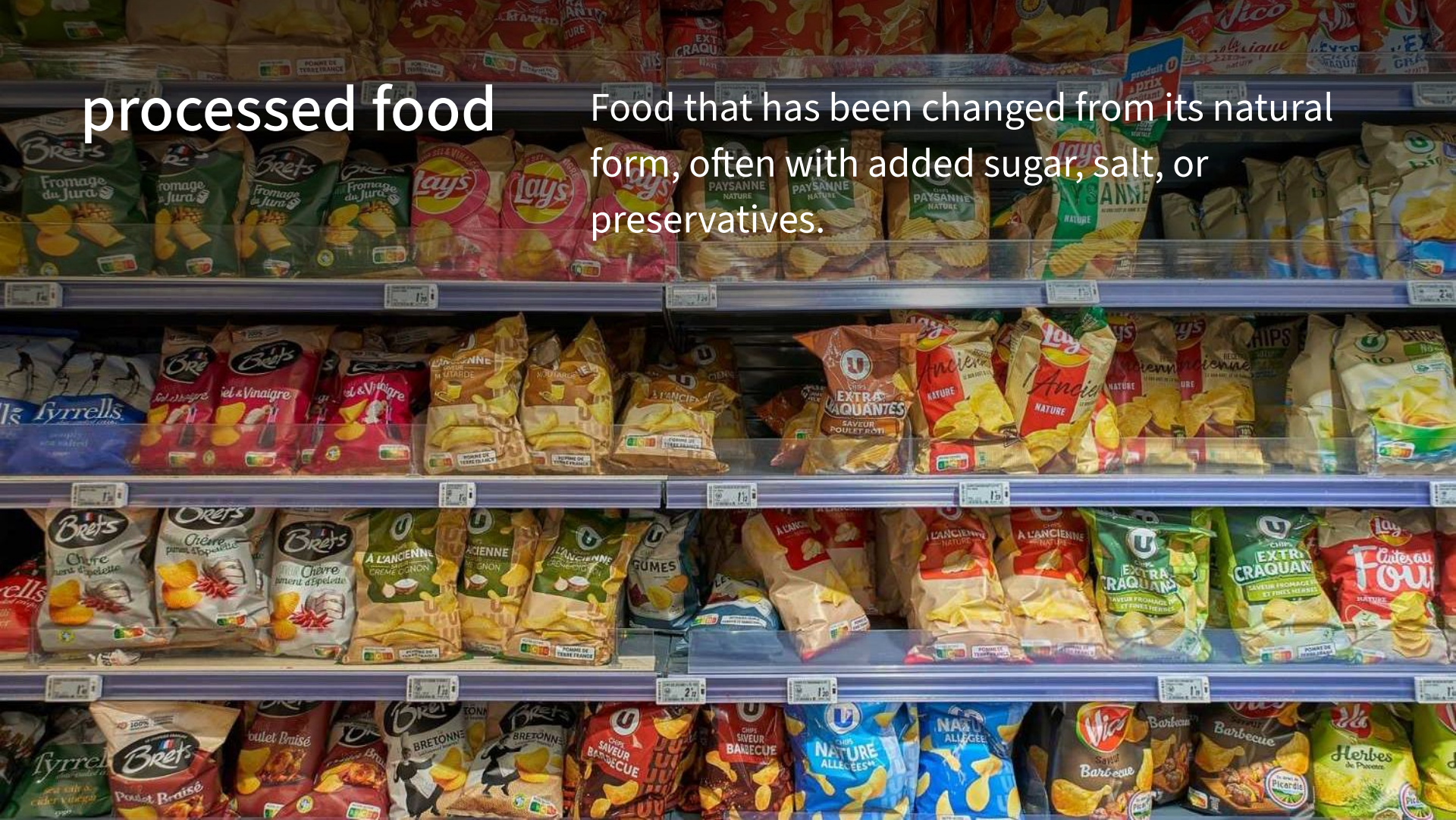
All the people, places, and steps involved in bringing food to our community.

whole food

Food that is close to how it comes from nature, with few or no added ingredients (an apple, an egg, brown rice).



Courtesy of Gwenyn Hill Farm: Real Organic Certified


processed food
Food that has been changed from its natural form, often with added sugar, salt, or preservatives.

ingredient

One of the things a food is made from.



INDUSTRIAL FOOD SYSTEM



GROWING	HARVESTING	TRANSPORTING	PROCESSING	PACKAGING	WHOLESALING	RETAILING	EATING	DISPOSING
Farmers use big machines to plant huge fields. Each field usually grows only one kind of crop, a **monocrop**.	Farm workers use big machines to pick the ripe crops all at once.	Workers move the food by truck, train, ship, or plane. Food often travels a very long way.	Workers in factories use machines to chop, dry, cook, can, or freeze food. **Processed** food often looks and tastes very different from the way it started.	Workers put food into cans, bags, or boxes. **Packaging** keeps the food safe and helps sell it.	**Wholesalers** are big companies that buy huge amounts of food and send it to stores.	Retailers like supermarkets sell the food to shoppers.	People buy, cook, and eat the food.	Leftover food and packages get thrown away. Some can be recycled or composted, but a lot ends up in **landfills**.

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LOCAL FOOD SYSTEM



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industrial food system

A system that produces large amounts of food using machines, chemicals, and long-distance transportation.




local food system
A system that produces and sells food close to where people live.



compost

Food scraps and yard waste broken down into nutrient-rich soil.