nourish

ACTIVITY

Food and Farming

ESSENTIAL QUESTION

How do different types of farming affect the health of people and the environment?

farming

The work of growing plants and raising animals, mostly for food.



Courtesy of Frinklepod Farm: Real Organic Certified

conventional farming

A way of farming that uses chemicals and big machines to grow large amounts of food.





organic farming

A way of farming that avoids human-made fertilizers and pesticides to protect soil, plants, and animals.



regenerative farming

A way of farming that restores soil, water, and biodiversity, leaving the land healthier than before.

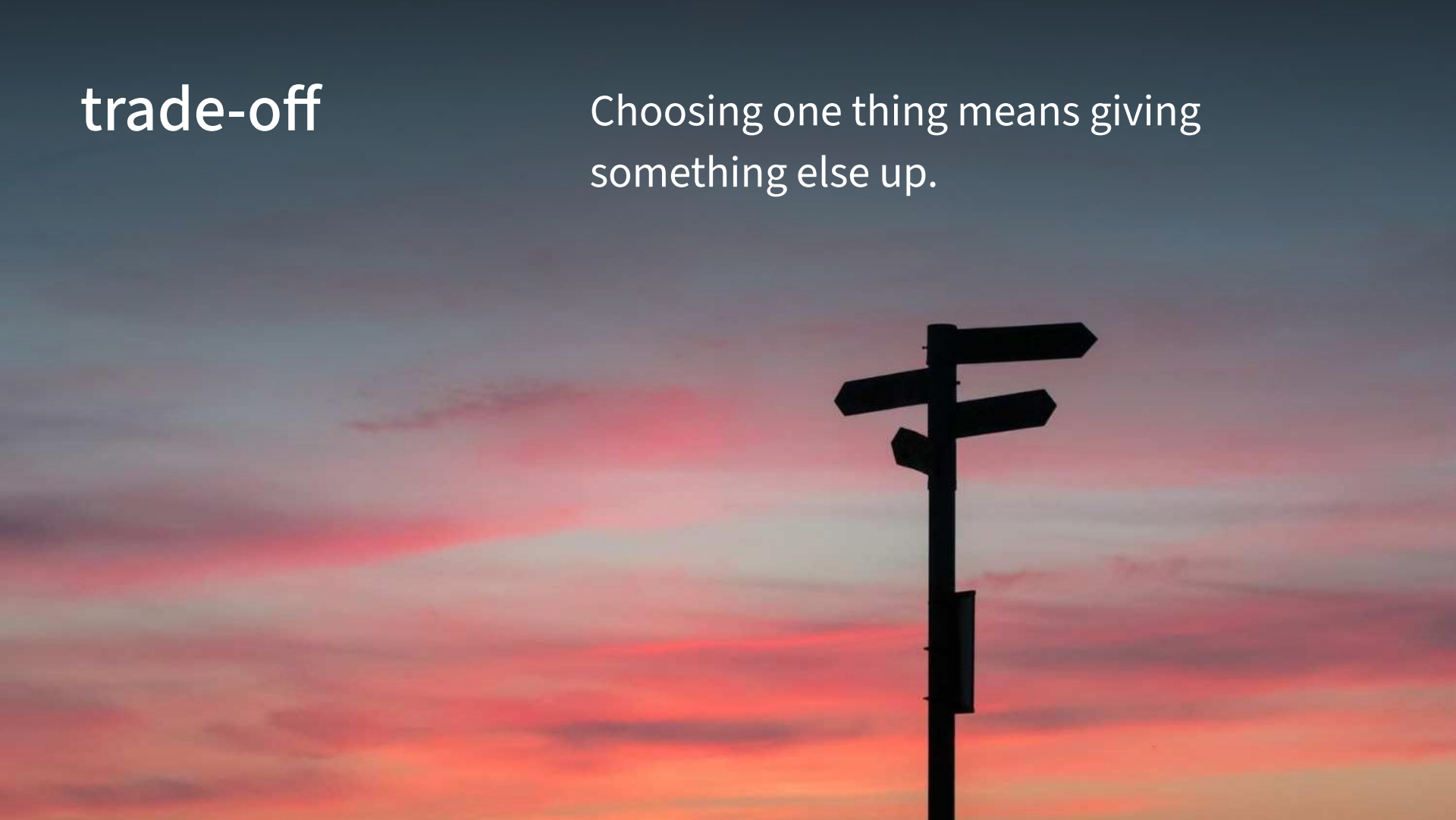
urban farming

Growing food in city spaces like community gardens, school gardens, rooftops, and indoor farms.



trade-off

Choosing one thing means giving something else up.



FOUR FARMS GRID

What type of farming?

Organic, conventional, urban, or regenerative? Look for clues.







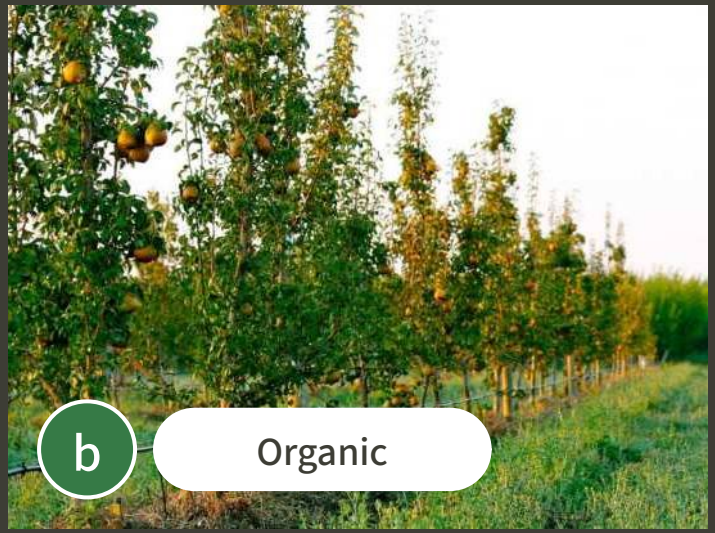


FOUR FARMS GRID

What type of farming?

The answers.











fertilizer

Something added to soil to help plants grow, made by people (synthetic) or from natural sources like compost.

pesticide

A chemical used to kill pests that damage crops.





biodiversity

The variety of living things in an area, from plants and animals to the life in the soil.

1 Why do farmers choose this type?

Goal or reason

CONVENTIONAL	ORGANIC	REGENERATIVE	URBAN
• Big harvests to feed many people • Efficient methods keep grocery prices lower • Widely used and familiar system	• Protect soil, water, and wildlife • Grow food without synthetic chemicals • Support biodiversity on the farm	• Rebuild soil and ecosystem health year over year • Long-term care for the land • May help slow climate change (carbon in soil)	• Bring fresh food closer to city neighborhoods • Reach food deserts with fresh produce • Build community gathering spaces

2 How does it affect the environment?

Soil, water, air, animals

CONVENTIONAL	ORGANIC	REGENERATIVE	URBAN
• Monocropping and machinery can cause soil erosion • Fertilizer and pesticide runoff pollutes water • Lower biodiversity on the farm	• Compost and crop rotation build soil health • No synthetic runoff into water • Encourages many different plants and animals	• Cover crops and rotational grazing protect soil • Healthier soil holds more water, less erosion • May pull carbon from the air into the soil	• Cuts food miles: less truck and airplane pollution • Adds green space and pollinator habitat in cities • Turns local food scraps into compost for soil

3 How does it affect people and communities?

Health, jobs, access to food

CONVENTIONAL	ORGANIC	REGENERATIVE	URBAN
• Affordable, plentiful food • Workers must follow safety rules around pesticides • Depends on expensive equipment and chemicals	• Safer working conditions for farm workers • Supports farmers' markets and local restaurants • Food often costs more at the store	• Benefits future generations through land stewardship • Strengthens rural farming communities • Farmers must be patient: results build over years	• Brings fresh produce to food deserts • Creates gathering places, classes, and jobs • Improves physical and mental health