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ACTIVITY

The Story of Food

ESSENTIAL QUESTION

How does food move from farm to table and back to the soil, and why does it matter?



food system

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

industrial food system

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



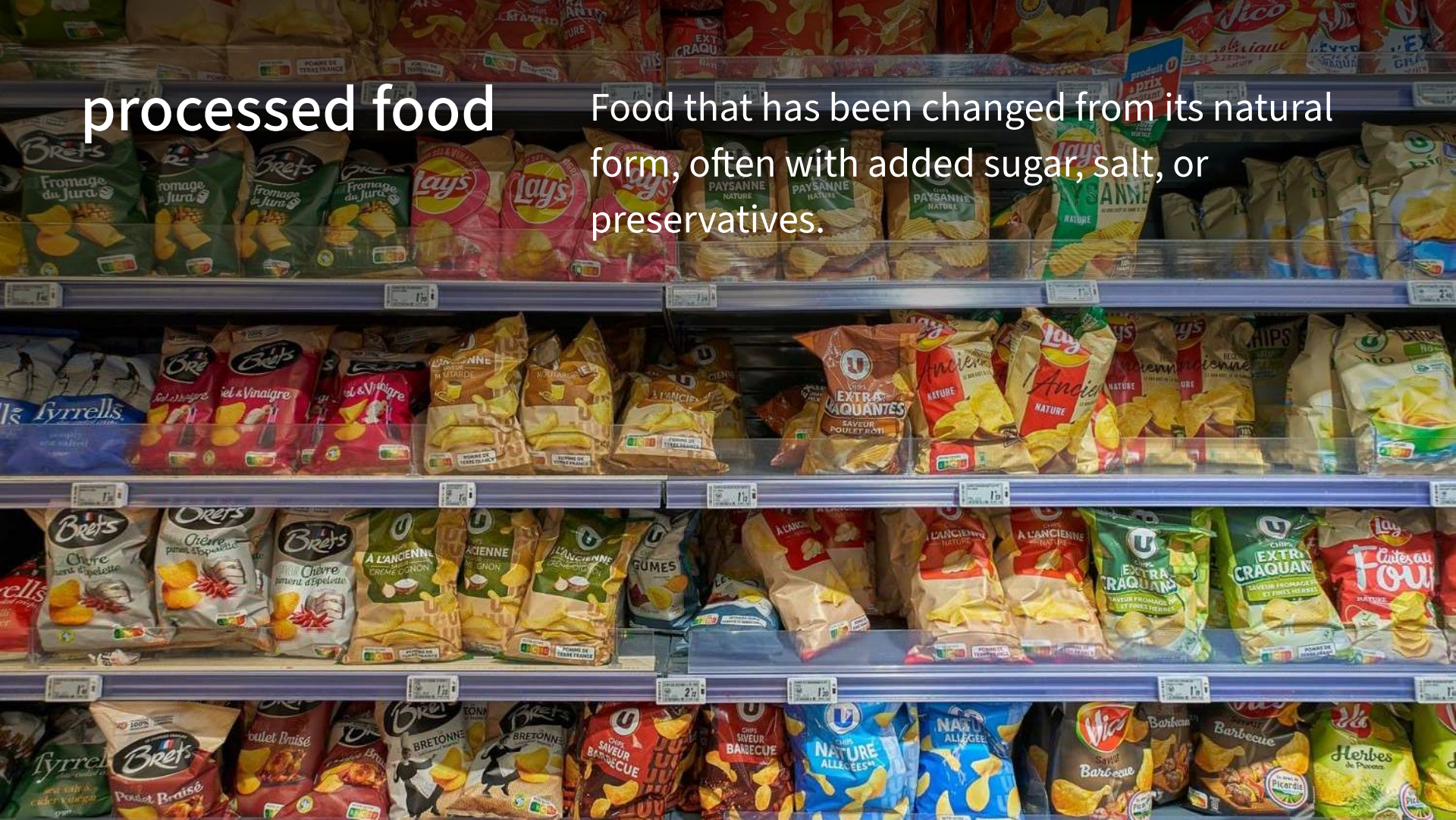

local food system
A system that produces and sells food close to where people live.

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.

INDUSTRIAL FOOD SYSTEM



GROWING	HARVESTING	TRANSPORTING	PROCESSING	PACKAGING	WHOLESALING	RETAILING	EATING	DISPOSING
Farmers use heavy machinery to prepare soil and plant huge fields of a single crop, a **monocrop**.	Farm workers gather the ripe crop from the field using large machinery, taking in great quantities at once.	Transportation workers move food by air, truck, train, ship, or barge. Food may travel very long distances between stops.	Food processors use factory equipment to chop, grind, dry, boil, can, or freeze food. **Processed** food is often changed a lot from how it started.	Workers use machinery to put food into cans, bags, boxes, or other containers. **Packaging** protects the food and helps sell it.	**Wholesalers** buy food in large quantities from producers and distribute it to stores.	Retailers (supermarkets, grocery stores, and other shops) sell food to customers.	People buy, prepare, and eat the food.	People throw out leftover food and packaging. Some is recycled or composted, but much of it ends up in **landfills**.

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LOCAL FOOD SYSTEM



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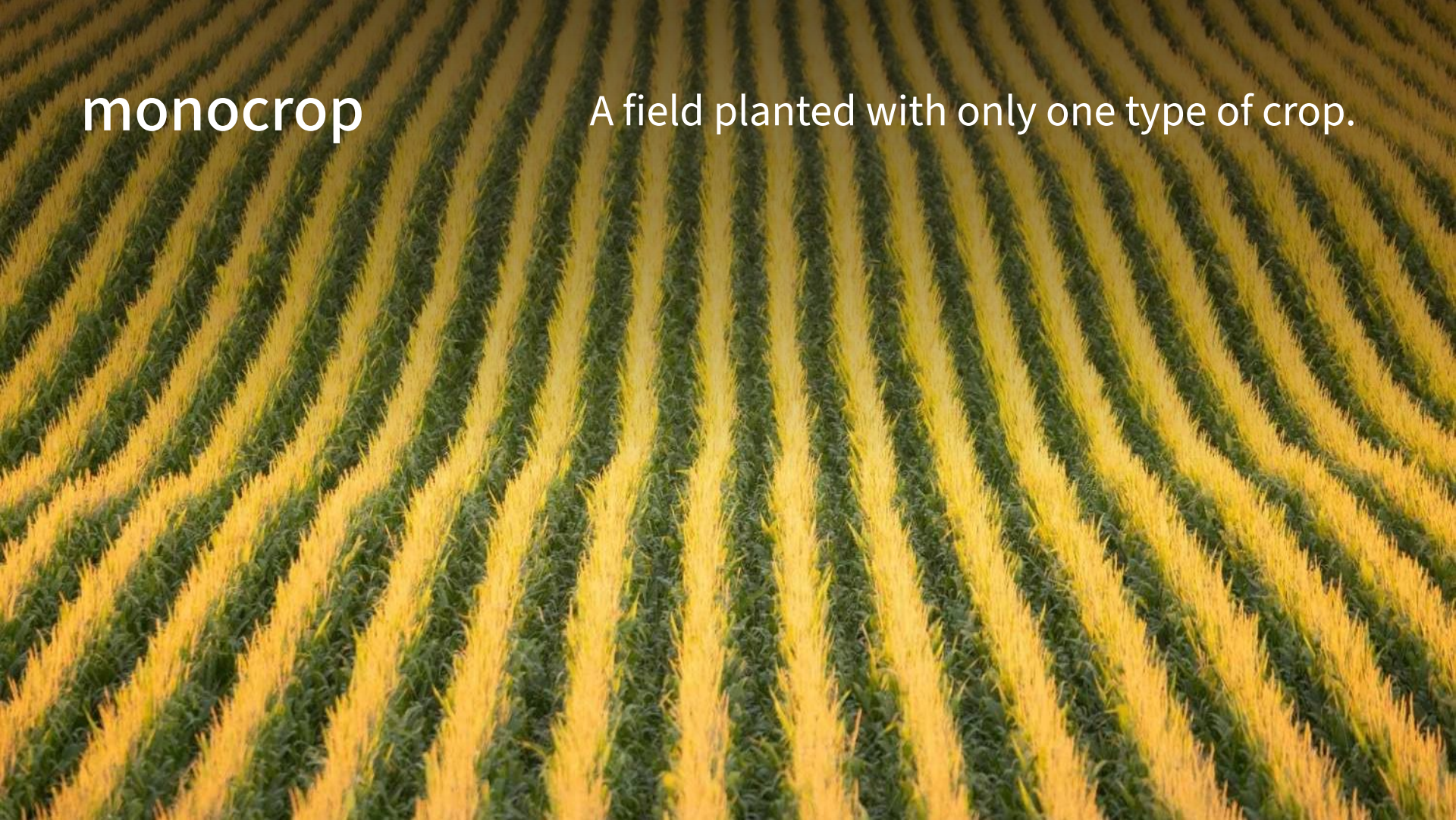

monocrop

A field planted with only one type of crop.

commodity

A basic farm product, like corn, wheat, or soybeans, grown in huge amounts and bought and sold around the world.





compost

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