

# Food and Food choices

10/16/17 & 10/17/17

# To do:

1. Engage: would you eat this? Explain which you would eat and why? Why did you choose the snack you chose?
2. Explain: Why do we choose the food we eat?
3. Explore: Food desert reading/video clip of weight of the nation; write down 3 things you learned.
4. Nutrition labels
5. Explain why different diets are better for different people? Based on your nutrition label who should or should not eat your food?

# Objectives

Students will explain factors that affect food choices and find solutions for living in a food desert in a 40 minute period.

Students will examine nutrition labels and recommend food choices for certain dietary restrictions within a 40 minute period.

# Do Now 10.16.17

- Which of these would you eat? Why or why not?



# What influences what you eat?

- Pair/share. Answer the question



# Food Justice Intro

- What is food justice? Why does this happen?

- [https://www.youtube.com/watch?v=zhO\\_auDPgZE](https://www.youtube.com/watch?v=zhO_auDPgZE)

- (6 mins)

(<https://www.youtube.com/watch?v=y4Ev9jneXfw>)

Food Justice: Having access to healthy food within walking distance. Having control over your supply of food (buying or growing your own)

The problem is that healthy stores do not want to open businesses in low income areas.

What is your idea for food justice in Orange?

- Food security: having access to food that is healthy and culturally acceptable.
- Food justice: takes into consideration economics, culture and equal access to healthy food



## No Car and No Supermarket Store Within a Mile



SOURCE: Department of Agriculture, Centers for Disease Control

- Food desert: an area in which it is difficult to buy affordable or good-quality fresh food.
- **USDA definition:** parts of the country vapid of fresh fruit, vegetables, and other healthful whole foods, usually found in impoverished areas.

<http://americannutritionassociation.org/newsletter/usda-defines-food-deserts>

# How can we overcome food deserts?

<https://www.youtube.com/watch?v=y4Ev9jneXfw>

How one community took action...

## Reading Food Labels -

Complete the handout on Google Classroom/teacher website for  
homework: Due: 10/18 A day; 10/19 B Day

### Look at your product

1. What is the product?
2. What ingredients is it high in?
3. Who would this be good for? Who might want to avoid it?
4. Is it food? Would you consider it a healthy food?