***Connections-Nourish Video***

*Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

1. The video shows food connections between people in different countries. What are some of the ways our food is linked to people and places around the globe?

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1. If you were to eat only foods grown less than 150 miles from our town—like Café 150 in the video—what foods would you be able to eat? What foods would you be unable to eat? How would the seasons affect your diet?
2. As food expert Anna Lappé points out in the video, since 1950 the world has lost about 90 percent of the big fish living in the oceans—including species of tuna, cod, and halibut. What might this trend mean for people or for the health of ocean life?
3. The video describes how the Norwegian government is building a seed bank to store seeds of all the world’s known crops. Why are they taking on this enormous task? Are there other things you think we should consider storing for future generations?
4. Do you grow any of your own food? Have you ever been to a farmers market? What are benefits and disadvantages of eating foods grown close to where you live?