***Vote with your Fork***

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

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

1. Michael Pollan says that “*Food is not just fuel. Food is about family, food is about community, food is about identity. And we nourish all those things when we eat well.”*

What does he mean? Give examples of how food nourishes family, community, and identity.

2. How does the modern Western diet differ from more traditional cultures’ diets? What are the health and environmental consequences of the Western diet?

3. How do both eating foods grown closer to home and eating fewer processed foods affect the health of the environment?

4. What does it mean to “vote with your fork”? What kinds of things are you voting for now through what you eat?

5. Nourish suggests several ways that you can be a part of a global movement for good food. What were some of the ideas? What other ideas do you have?