

“I thought food was supposed to be made up of things that I know.”

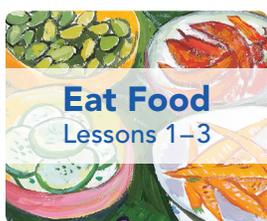
— H.S., female, age 12

IN DEFENSE OF FOOD

Illustrations by Maira Kalman

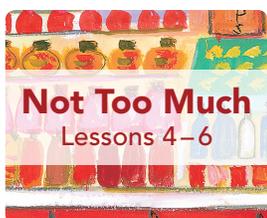
CURRICULUM

This curriculum, a companion to the PBS documentary *In Defense of Food*, uses activities and film clips to give young people aged 10 to 14 new tools to think critically about food. Students prepare delicious recipes, create performance poetry and participate in peer-to-peer learning to investigate the question, “What should I eat to be healthy?” As they progress through the 10 lessons, they will discover what Michael Pollan means by his now-famous answer: Eat Food. Not Too Much. Mostly Plants.



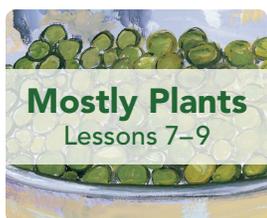
Big idea: Students examine what is meant by the word food and learn to differentiate real, whole foods from highly processed products, which in this curriculum we call “phuds.”

By the end of “Eat Food”: Students will understand the concept of foods vs. phuds, know why we should eat more foods and fewer phuds, and explore how companies use cunning marketing strategies to entice us to eat phuds instead of foods.



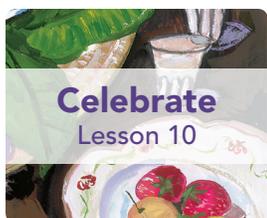
Big idea: Students consider the health consequences of eating too much and create plans for making changes on their own and in their community.

By the end of “Not Too Much”: Students will understand how food advertising and our food environment influences when, what, and how much we eat and that eating too much, especially too much phud, increases our risk of getting sick.



Big idea: Students take an in-depth look at what it means to eat mostly plants, and prepare and eat tasty plant-based meals and snacks.

By the end of “Mostly Plants”: Students will be excited about and confident in their ability to eat mostly plants, and will create practical strategies to maintain the positive changes they have made.



Big idea: Students share a final project, eat together, and integrate all that they have learned.

By the end of the curriculum: Students will want to continue eating more foods and fewer phuds, and will share what they’ve learned with their families and friends.

For more information, please email eatfood@kikim.com

You can download the curriculum from indefenseoffoodpledge.com or bit.ly/idoflearn

