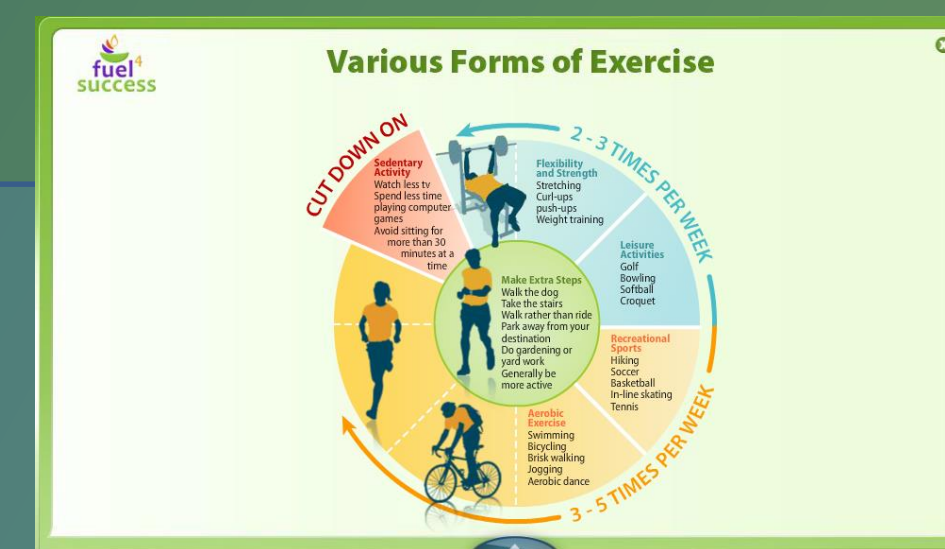


Food, Nutrition, Health & Wellness, and the Green Economy

Donna Hall, Kweli Shotwell, Brittney McFarland, Robin Rayford, Tawana Williams

Fresh vs Processed Foods

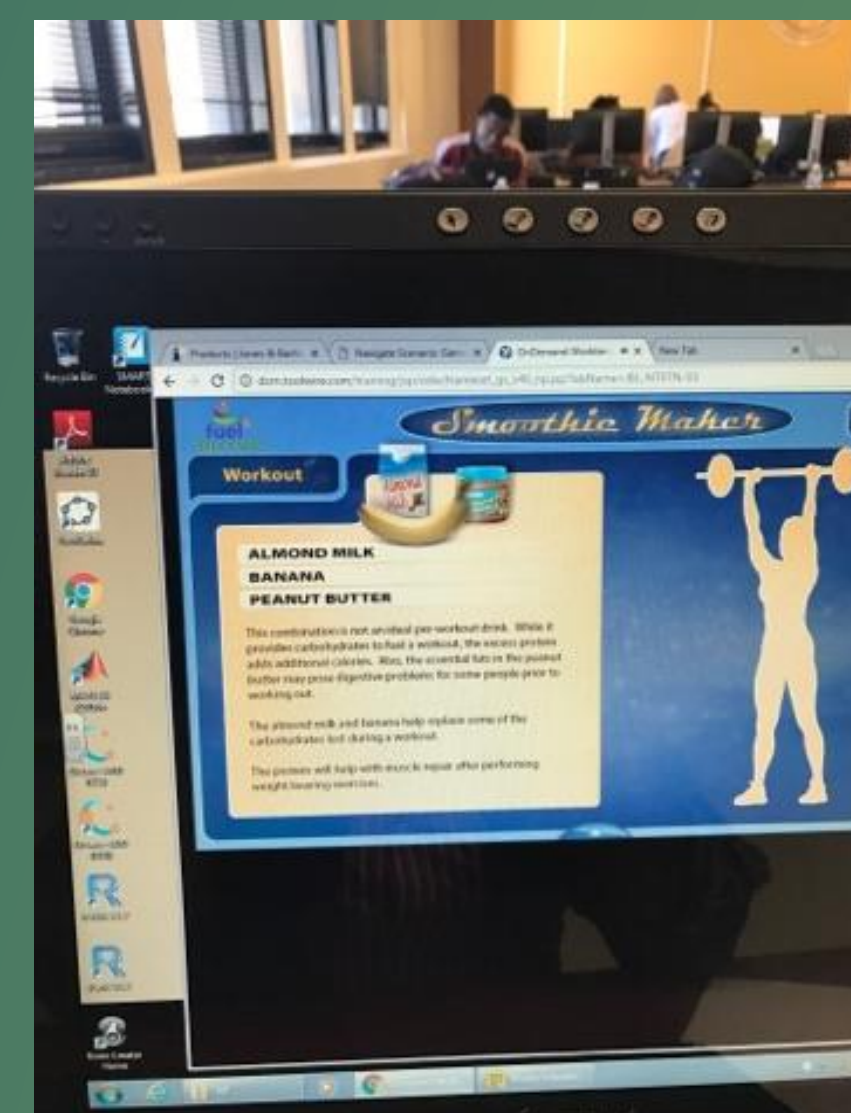
- Maintaining a healthy diet and becoming physically active is vital.
- Processed foods (canned, dried, refined, milled) lack nutrients our body needs for health.
- The sugar content in most harmful food choices are dangerously high which can lead to a number of health concerns such as Type II Diabetes, Cardiovascular disease, or even some form of cancer.



Exercise and Hydration

- A healthy lifestyle consist of more then just a few diet substitutions; staying physically active and remaining hydrated during and after your workout are also required. Dehydration can lead to Possible health concerns.
- Children and adolescents are recommended to participate in 60 minute workouts, while adults are asked to stay active at least 30 minutes everyday.

- ▶ **Before Workout-** Drink 17-20 ounces of water two hours prior
- ▶ **During Workout-** Drink 7-10 ounces of water every 10-20 minutes
- ▶ **After Workout-** Drink 16-24 ounces of water for replacement of sweat



JB learning Software-Nutrition Gamescape Scenarios: Robin Rayford

- A scenario is presented eg. make a smoothie for someone who does weight training.
- Ingredient choices are given and you have to determine which smoothie concoction will provide needed proteins.
- In the process the player learns what foods are rich in which nutrients.

Nutrition & Wellness

- Common Grains: corn, soybeans, and wheat.
- Roughly 30% percent of the total US ingests 47% percent of calories from improper diet (UCLA Center of Human Nutrition Research). i.e. one in four Americans eat at least one unhealthy snack a day.

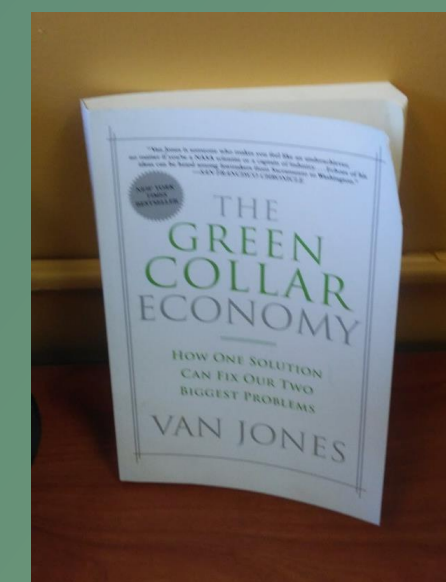
My Plate			
Suggested Daily Amounts for Three Levels of Energy Intake			
Food Group	Energy Intake Level		
	Low (1,400 kcal)*	Moderate (2,000 kcal)*	High (2,800 kcal)*
Grains	5 oz eq	6 oz eq	10 oz eq
Vegetables	1 1/2 cups	2 1/2 cups	3 1/2 cups
Fruit	1 1/2 cups	2 cups	2 1/2 cups
Milk	2 cups	3 cups	3 cups
Meat and Beans	4 oz eq	5 1/2 oz eq	7 oz eq
Oil	4 teaspoons	6 teaspoons	8 teaspoons
Empty calories†	117 kilocalories	207 kilocalories	428 kilocalories

*1,400 kilocalories is about right for many young children.
 *2,000 kilocalories is about right for teenage girls, active women, and many sedentary men.
 *2,800 kilocalories is about right for teenage boys and many active men.
 †Empty calorie beverages like sugary drinks are not included in food groups, assuming that those choices are fat free or low fat and with no added sugars.

What we eat is tied to Corny-economics

- Corn based economy began in the 1850s in Chicago.
 - Once corn was grown farmers had an interest in keeping the corn based economy around
 - In 1856, the Chicago Board of Trade instituted a grading system. Nobody cared where the corn came from as long as it met the Board's standard.
 - In the process corn became the staple feed of cattle, even though they don't naturally eat corn.
- ▶ From 'The Omnivore's Dilemma: Michael Pollan'- readings by Brittney McFarland

Economics-Moving to a Green Collar Economy: Donna Hall



- This is a book with ideas that can make America greater through creating jobs in the green sector- through engaging people in all fields from education to industry to service workers.



- More jobs for the masses through partnerships between labor, social justice activists, environmentalists, students and faith organizations.



- Growing food in the city, more parks and other forms of green recreation.

Green Collar Through Collard Greens: Movement for community food security: an example.

- Organic urban agriculture initiatives- LaDonna Redmond in Chicago
- Redmonds' organization-Institute for Community Resource Development, secures empty lots from the city, oversees a network of lots turned gardens, manages a farm market, and provides tech-support and nutritional education.
- Orrin Williams founder and director of the Center for Urban Transformation guesses 40-50% of city food can be grown in empty lots, rooftops and backyards. An estimate puts the number of resulting jobs to be as much as 42,000.
- (edited excerpts from *Van Jones Green Collar Economy*.)

- **Journal Readings:** Kweli Shotwell
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Health, Food, and Ecojustice

- How do we provide good food to all Americans? How do we replace impersonal industrial food system replaced with a personally connected food network ?
 - We must addresses logistical, economic, demographic, social and cultural challenges of hunger.
 - CFU = Common Food Utility (just like other Public Utilities provide water, sewer, electricity, natural gas etc). Public utilities are granted special privileges and governmental regulation.
 - It means there'd be universal access to food and everyone would have enough good food to meet basic needs as a public service.
 - We would fill the gaps left by markets, charities, impersonal gov. programs to ensure access to good food.
 - Disadvantaged communities are in need of farmers markets and organic foods. Farmers markets are typically in affluent white neighborhoods
 - Government programs give away free food that is (mostly) canned, processed, unhealthy and has high salt/sugar concentrations.
 - People don't question it or mind because they need to survive.
 - Organizers & advocates in those communities should communicate the importance of organic foods and get people on board to follow through with this plan.
- Excerpted and edited from Journal article from JAFSCD

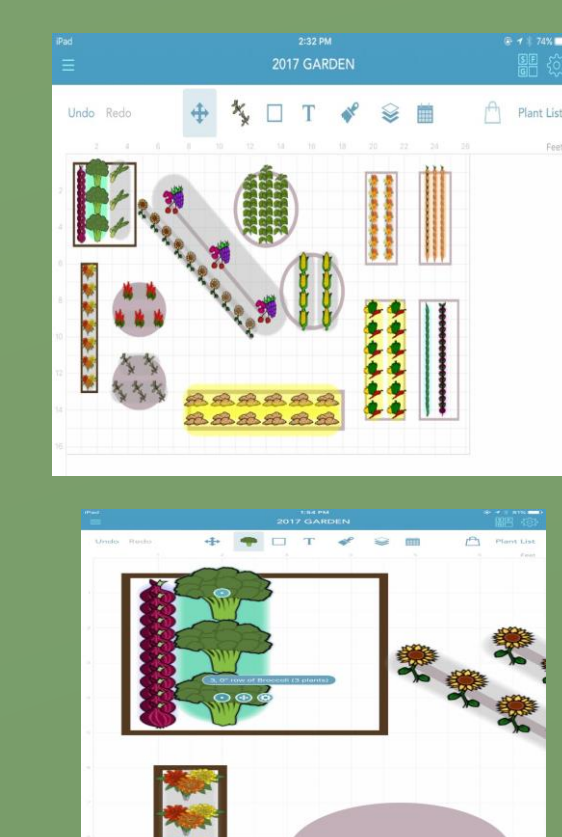
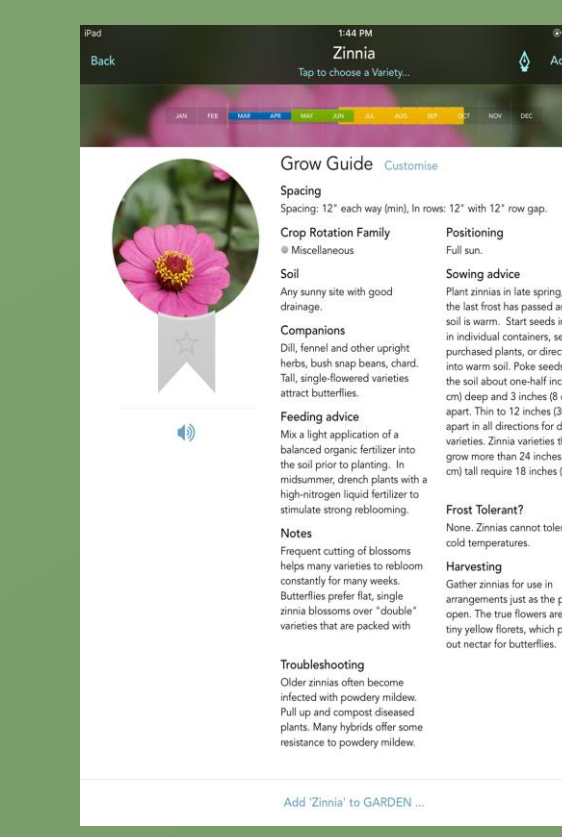
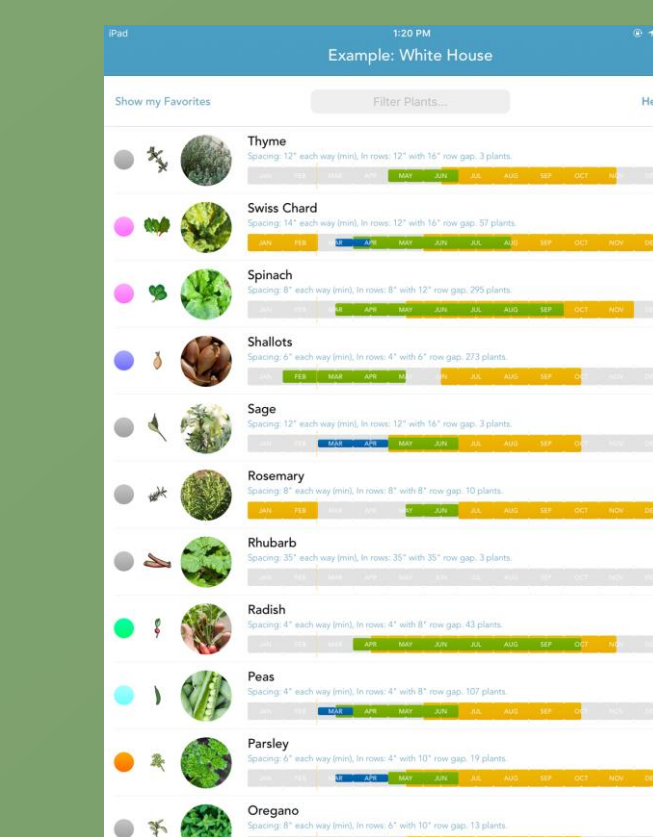
EcoJustice Education-Tawana-Buie Williams



- Through Eco-Justice Education students and citizens are trained (classroom practices and pedagogy) to support & achieve diverse, democratic, and sustainable societies in an increasingly globalized world.
- This book examines the interrelationship between ecological and social crises issues.
- It presents information on global climate change & other ecological crises and examines their relationship to worldwide poverty and other social issues. The worst effect of ecological problems are experienced by underserved and poorer communities.

Grow App Developed by Mother Earth News:

An applet that relates your location to what you can grow each month of the year. It informs you about the spacing and depth of seeds. (Kweli Shotwell)



Using the app Herbs 101 I obtained my information and a few of my pictures. All content of Herbs 101 comes from Wikipedia.org.

-Brittney McFarland

Herbs: Bissy nut

All content of Herbs 101 APP. comes from Wikipedia.org.



- ALSO KNOWN AS KOLA NUT
- KOLA NUT IS A FRUIT FROM THE KOLA TREE, WHICH IS NATIVE TO THE TROPICAL RAINFORESTS OF AFRICA
- THE CAFFEINE-CONTAINING FRUIT OF THE TREE IS USED AS A FLAVORING INGREDIENT IN BEVERAGES
- IT IS THE ORIGIN OF THE TERM "COLA"
- MEDICINAL HERB IS AN EXCELLENT HERBAL REMEDY USED TO EXPEL TOXINS FROM THE BODY