With thought-provoking commentary and beautiful visuals, the Nourish Short Films DVD tells the story of our food through 54 bite-sized videos. Use the films to open meaningful conversations and inspire change in your community, school, and home.

An Encyclopedia of Food Issues

A companion to the award-winning PBS special Nourish: Food + Community, the Nourish Short Films DVD explores such themes as Farm to Fork, Food and Health, Cooking and Eating, Edible Education, and Food and Community.

Speakers include best-selling author Michael Pollan, healthy food advocate Anna Lappé, British chef Jamie Oliver, pediatrician Dr. Nadine Burke, eco-chef Bryant Terry, and Edible Schoolyard founder Alice Waters. The topical videos present an encyclopedia of food issues, from seasonal eating and farmers markets to school lunch and sustainable agriculture.

Connect Learning and Action

Filled with information and ideas, the Nourish Short Films DVD provides a flexible teaching and learning tool. A valuable resource for educators, nonprofits, health professionals, libraries, and families, the short films offer a focal point for discussion and dialogue.

The Nourish Short Films DVD adds to the growing collection of materials available from Nourish, an educational initiative designed to increase food literacy and build healthy communities. Learn more at www.nourishlife.org.
How to Use Nourish Short Films

Each Nourish short film is one to three minutes in length. Choose one or more videos depending on your thematic focus and available time. Draw on the discussion questions at the end of this guide to encourage inquiry and engagement.

INTRODUCING NOURISH

Nourish Means: Michael Pollan, Anna Lappé, Jamie Oliver, Alice Waters, and other voices explore the question of what “Nourish” means to them.

FOOD AND SUSTAINABILITY FOCUS

Food Chain: Understanding the story of our food means tracing its path from seed to table. Food journalist Michael Pollan explains the biology and ecology of industrial and sustainable food chains.

From the Soil: Eating offers us an intimate connection with the soil. Food journalist Michael Pollan describes the nutrient cycle that starts and ends with dirt.

Sustainable Farming: Healthy food advocate Anna Lappé discusses the importance of working with nature to nourish the land and ensure abundant food for all.

GARDEN EDUCATION FOCUS

Grow, Cook, Learn: Michael Pollan celebrates the benefits of school garden and cooking programs, from sharing cultural traditions to turning kids on to fresh vegetables.

Edible Education: Edible Schoolyard founder Alice Waters talks about the value of garden and kitchen experiences in transforming students’ relationship to food.

HEALTH AND NUTRITION FOCUS

Food Is Health: As a family doctor, Dr. Nadine Burke sees kids and adults affected by obesity, high cholesterol, and diabetes every day. She explains why modern medicine is no substitute for a healthy diet.

Fast Food: Fast food may be cheap, convenient, and tasty at first, but does it truly nourish us? Chef Jamie Oliver explains why fast food leaves our bodies hungry for something more.
Real vs. Fake Food: Eating well means eating real food. But what is real food? Food journalist Michael Pollan offers three tips for distinguishing real food from “edible food-like substances.”

FOOD AND SOCIETY FOCUS

Hunger and Obesity: Worldwide, about 1 billion people are hungry and 1 billion are overweight. Healthy food advocate Anna Lappé discusses the interrelationship between these crises within our global food system.

Fair Trade: Bananas, chocolate, and coffee are some of the products of our global food system. Author Anna Lappé and chef Bryant Terry discuss the importance of choosing Fair Trade products to support farmers around the world.

Heirlooms: Chef Bryant Terry discusses heirloom varieties and their role in preserving biodiversity and food traditions.

Twinkie vs. Carrot: Food journalist Michael Pollan explains why a bunch of carrots costs more than a package of Twinkies. His story connects the dots between food policy, high-fructose corn syrup, and our health.

FOOD AND COMMUNITY FOCUS

Food + Community: Food brings people together. Healthy food advocate Anna Lappé, Food Project Director Anim Steel, and others celebrate food’s importance in nourishing community.

Farmers Markets: Food and community come together at the farmers market. Farmer Nigel Walker, chef Bryant Terry, and others celebrate the joys and benefits of buying fresh, local food direct from the farmer.

Urban Farms: Chef Bryant Terry discusses the rise of urban farming and its importance in building healthy communities, engaging young people, and bringing fresh, homegrown food to cities.

Why Eat Local?: Food journalist Michael Pollan encourages buying local food to conserve energy, support farmers, and preserve the natural landscape.
INSPIRING ACTION

Be the Change: Dr. Nadine Burke discusses how our personal and collective food choices create ripples throughout the food system, and advocates for making choices that nourish ourselves, our communities, and the planet.

Youth Making Change: Chef Bryant Terry discusses the vital role young people play in creating a sustainable food future, from cooking and growing food to mobilizing for change.

Vision of the Future: Healthy food advocate Anna Lappé explains her vision of a world where everyone has access to fresh, healthy food.
Pairing Short Films with the Nourish Curriculum Guide

Following are suggestions for pairing a short film with activities from the Nourish Curriculum Guide. You can download the free guide at www.nourishlife.org/curriculum.

Activity 1: Story of Food
   Food Chain: Understanding the story of our food means tracing its path from seed to table. Food journalist Michael Pollan explains the biology and ecology of industrial and sustainable food chains.

Activity 2: Seasonal, Local Food
   In Season: Farmer Nigel Walker, Dr. Nadine Burke, and others share why eating seasonally is better for your body and the planet—and it tastes better, too!

Activity 3: Food Traditions
   Food and Community: Healthy food advocate Anna Lappé, Food Project Director Anim Steel, and others celebrate food’s importance in nourishing community.

Activity 4: Food and Ecosystems
   From the Soil: Eating offers us an intimate connection with the soil. Food journalist Michael Pollan describes the nutrient cycle that starts and ends with dirt.

Activity 5: Analyzing Food Ads
   Read Labels: Food labels contain a lot of information, but they don’t tell the whole story. Dr. Nadine Burke provides some convenient shopping tips to help us read between the lines.

Activity 6: School Lunch Survey
   School Lunch: Food journalist Michael Pollan discusses how many school lunches are high in salt, fat, and processed foods, and advocates for a better menu for America’s children.

Activity 7: Nourish Action Projects
   What You Can Do: Chef Bryant Terry offers three action steps to encourage ordinary citizens to build a better food system through their everyday choices.
Nourish Short Films Discussion Questions

Animal Welfare, Multiple Voices
- Do you have a pet? How does that affect your view of farm animals?
- Have you ever been around farm animals? What was your experience?
- How should farm animals be treated? Provide examples.

Apple Seed, Jamie Oliver
- What are some reasons to plant fruit trees?
- What other environmental benefits does planting a tree provide?
- Have you ever picked and eaten a ripe fruit from a tree? What was that experience like?

Be the Change, Nadine Burke
- What does it mean to “wake up to our food environment”? 
- What can you do to create a positive change in your food environment?
- How can we combine individual actions to create healthy communities?

Cooking Together, Bryant Terry
- How often do you cook, either for yourself or with others?
- Who are your cooking teachers?
- Describe a recent meal you made or helped make. What was that process like?
  How did you feel about what you created?

Crossroads, Anna Lappé
- Over your lifetime, what changes have you seen in the way people eat?
- How can we “reconnect with where our food comes from”?
- How can we take part in the movement for good food?

Eating Together, Michael Pollan
- There has been a growing trend of people eating alone over the last 50 years. Why is that?
- How often do you eat with family and friends? How does eating with others compare with eating alone?
- How can you create more opportunities to share meals with other people?
Edible Education, Alice Waters
- What knowledge, values, and skills are learned in an edible schoolyard, like the one that Alice Waters describes?
- What are some ways of connecting outdoor and kitchen learning with other classroom subjects?
- Imagine and describe a school project that might take place in a school garden or kitchen classroom.

Fair Trade, Multiple Voices
- What are some foods that come from the global community?
- Do you currently buy fair trade products? Which ones?
- Who benefits from fair trade? Does anyone lose?

Farmers Markets, Multiple Voices
- Have you ever been to a farmers market? Describe your experience.
- How are farmers markets similar to and different from supermarkets?
- What are some of the benefits of getting your food from a farmers market?

The Farm Bill, Michael Pollan
- How do the government’s farm policies affect our food choices? Why is it important for us to not just “vote with our forks” but also “vote with our votes”?
- Imagine you are a Congressperson, and write your own Farm Bill. What would you subsidize? What would you tax?
- What are some ways that we can participate in shaping food policy in our nation, state, community, and schools?

Fast Food, Jamie Oliver
- Do you agree with Jamie Oliver that fast food is meant to be a treat? Why do you think fast food is so popular?
- When you eat fast food, how does it make you feel?
- Describe a healthy meal that you could make for under $5, or the cost of a typical fast food meal.

Food + Community, Multiple Voices
- How does food nourish and build community?
- What is food culture? How would you describe your food culture?
- Describe an experience where you have felt connection with others through food.
Food Access, Nadine Burke
- What challenges do people in low-income areas face when it comes to accessing healthy food? How does this affect them?
- Describe the food access in your area. Is healthy food easily available?
- Brainstorm some ideas for how we might get improve access to healthy, affordable food in areas where supermarkets are scarce.

Food and Biodiversity, Anna Lappé
- What is biodiversity? What are some of its benefits?
- Watch the short film “Monocrops.” What’s the relationship between monocrop farming and loss of biodiversity?
- What are some ways that we can create more biodiversity in our food system?

Food and Exercise, Nadine Burke
- What are some reasons that we eat when we’re not hungry?
- What physical activities do you regularly engage in? How do they make you feel?
- Dr. Nadine Burke says that regular exercise helps regulate appetite. Have you experienced the connection between physical activity and eating?

Food and Family, Nadine Burke
- Dr. Nadine Burke says that 50 percent of our meals are eaten outside of the home. What contributes to this high number?
- What are some benefits of eating at home with your family?
- What food traditions do you have in your family?

Food Chain, Michael Pollan
- Pick an item of food you ate recently. Describe the food chain, including the people and processes involved, as best as you can. What parts of the chain do you know for certain, and which parts are less clear?
- Michael Pollan says, “The best food chain is biological the whole way through.” What does he mean? What are some examples from biological and industrial food chains?
- Compare the Industrial Food System and Local Food System maps in the Nourish Curriculum Guide. What is similar, what is different?

Food Is Health, Nadine Burke
- Why does Dr. Nadine Burke say that nutrition is medicine? Describe a food remedy you know about (such as chicken soup for a cold).
- What foods do you associate with good health?
- How do you feel after eating a healthy meal? How do you feel after eating a food you know to be unhealthy?

**Food Is Like Music, Jamie Oliver**
- How is food like music?
- What are some ways that you can be creative in the kitchen?
- Describe a meal you might make for your family or friends. What song or music would you play to accompany that meal?

**From the Soil, Michael Pollan**
- What's the relationship between food and soil?
- Why should we care about the health of the soil?
- Describe the nutrient cycle in a healthy food system, from farm to table and back to the soil.

**GMOs, Michael Pollan**
- What is a genetically modified organism?
- What advantages and disadvantages do they offer?
- Do you think GMOs should be labeled? Why or why not?

**Grow Your Own, Jamie Oliver**
- Have you ever gardened or known someone who gardened? Describe your experience.
- What are some reasons to grow your own food?
- What foods would you like to grow in a garden?

**Grow, Cook, Learn, Michael Pollan**
- What can you learn from growing your own food?
- How do you learn about cooking? Who are your teachers?
- What is something you’d like to learn about cooking, such as a technique, how to use certain equipment, or how to make a particular dish? Where might you go to learn?

**Heirlooms, Bryant Terry**
- Why should we care about preserving heirloom fruits and vegetables?
- Have you ever tasted an heirloom? How would you describe it?
- Watch “Food and Biodiversity.” How do heirlooms relate to biodiversity?
Herbs, Jamie Oliver
- What’s your favorite herb? Describe a dish you might prepare with it.
- What are the benefits of cooking with herbs?
- Is there somewhere you could grow herbs in your home, such as a backyard or windowsill? How would you get started?

Hunger and Obesity, Anna Lappé
- What does Anna Lappé mean when she says that hunger and obesity are symptoms of a root cause? What is that root cause?
- What are some ways of addressing hunger and obesity on a global scale?
- How can we address these issues in our community?

In Season, Multiple Voices
- How do you find seasonal foods?
- What are the benefits and challenges of eating seasonally?
- Do you know what foods are in season in your area right now? How would you find out?

Know Your Farmer, Nigel Walker
- Why is it important to know your farmer?
- Have you ever met a farmer or visited a farm? Describe your experience.
- What would you want to know about a farmer’s agricultural practices before eating his or her food? Come up with three questions you might ask.

Monocrops, Michael Pollan
- Why do you think many large farmers have moved toward planting monocrops?
- How does monocrop farming affect our food supply and options?
- Watch “Food and Biodiversity.” What impact do monocrops have on our environment?

My Food Journey, Anna Lappé
- What experiences have shaped your relationship to food and diet?
- What food traditions, values, or habits have you inherited from your family?
- What’s something you would like to change about the way you eat? What’s something you’re happy with?

My Food Journey, Bryant Terry
- How would you characterize your eating style?
Describe an experience where you’ve changed your eating habits for the better. What was that process like?

Describe a memory of a food or meal that is special to you.

My Food Journey, Nadine Burke
- How has your relationship to food and health evolved over the years?
- What are some ways we can remind ourselves to eat well?
- What are some other healthy lifestyle changes that can support our food journeys?

No Free Lunch, Michael Pollan
- What does Michael Pollan mean by “There is no free lunch” and “You get what you pay for”?
- What is the relationship between what we spend on food and what we spend on healthcare?
- Create a hypothetical argument to convince people of the benefits of spending more money on food.

Nourish Means, Multiple Voices
- What does “nourish” mean to you?
- Jamie Oliver says, “When you eat and you’re fulfilled, it physically and chemically makes you happy.” What are some foods that nourish you?
- What are some activities or aspects of your life that nourish you?

Obesity Epidemic, Nadine Burke
- Dr. Nadine Burke says that we are wired to crave high-fat, high-sugar foods. Why is that?
- Provide three examples of how our modern lifestyle relates to the obesity epidemic.
- What are some ways that we can help reverse this epidemic?

Read Labels, Nadine Burke
- Do you read food labels? Why or why not?
- What information helps you make decisions about what and what not to eat?
- If you could design a new food label to help people eat better, what would it look like? What information would you include, and how would you present it?

Real vs. Fake Food, Michael Pollan
- Why do you think people are confused about what to eat to stay healthy?
• What is meant by “real food”? How do you know when you’re eating it?
• What are three “food rules” you live (or would like to live) by?

Saving Seed, Nigel Walker
• What qualities do farmers look for when saving seed?
• What are some reasons that farmers save seed?
• Watch “Heirlooms.” What role do farmers play in preserving biodiversity and our food heritage?

School Lunch, Michael Pollan
• Why is it important for kids to get healthy meals at school?
• Describe a healthy cafeteria. What foods would or would not be offered? How would you encourage kids to make good food choices?
• What improvements would you like to see at your school? How would get started?

Second Barcode, Michael Pollan
• What does “transparency” mean? How much transparency is there in the foods you eat?
• What do you see as the value a “second barcode”? Would you use it?
• In the absence of a second barcode, how can we learn about the story of our food?

Supermarket Secrets, Michael Pollan
• Do you agree with Michael Pollan that the supermarket is a “treacherous environment” if you want to eat healthily? Why or why not?
• Describe your typical supermarket shopping experience. What do you like? What do you not like?
• How would you design a grocery store to help people make healthy food choices?

Sustainable Farming, Anna Lappé
• What does “sustainable” mean to you?
• What benefits does sustainable farming offer to people now and in future generations?
• How can we support farmers who use sustainable practices?

Tipping Point, Anna Lappé
• Anna Lappé talks about a tipping point in society’s perception of smoking. In what way is our food culture at a tipping point?
• What societal values need to change in order to create a healthier food culture?
• If you were invited to design a sustainable food system, where would you focus your attention?

Try Something New, Jamie Oliver
• What’s a new food you tried recently? Describe your experience.
• What are some reasons to try new foods?
• Where do you go to find new foods?

Twinkie vs. Carrot, Michael Pollan
• Why do carrots generally cost more than a Twinkies?
• What is an agricultural subsidy? What are some examples that Michael Pollan describes?
• What does “real food” mean to you?

Urban Farms, Bryant Terry
• What are some benefits of farming in a city, for people and the environment?
• Think of your neighborhood, and imagine where you could create an urban garden. What would be the steps to get it started? What would you grow there?
• What are some other ways that city dwellers can connect with the source of their food?

Vision of the Future, Anna Lappé
• What’s your vision of a sustainable food future?
• How might you get involved in bringing that vision to life?
• What are some examples of positive changes in our current food culture?

Wake Up!, Nadine Burke
• How are high-fat and high-sugar foods addictive?
• What are some ways that food commercials influence our eating habits?
• Pick a whole food, such as a fruit or vegetable, and come up with an advertising slogan to convince people to eat it.

What You Can Do, Anna Lappé
• How do you connect with the source of your food?
• What are some ways we can be “savy food consumers”?
• What inspires you to get in the kitchen and cook?
What You Can Do, Bryant Terry
- Are you currently growing your own food? If not, what would you need to start?
- Where can you go to find local food?
- What’s a kitchen skill you could share with friends and family?

Whole & Healthy, Nadine Burke
- Why is whole food healthier than processed food?
- What are some examples of whole foods that you eat on a regular basis? How do you prepare them?
- How can we encourage people to eat more whole foods?

Why Eat Local, Michael Pollan
- Name three foods that are grown locally, and three that are grown and transported from far away.
- What are some reasons for eating locally grown food?
- What’s the connection between food and climate change?

Working the Land, Nigel Walker
- Do you know any farmers or farm workers?
- Have you ever worked on or visited a farm? What are your perceptions of farm work?
- Where might you go to learn more about farmers and their work?

Youth Making a Change, Bryant Terry
- Why are young people important to creating a better food system?
- What are some ways that young people can take part transforming our food culture?
- The average age of a U.S. farmer is 55. How can we inspire more young people to go into farming?

Visit www.nourishlife.org for additional resources. Let us know the highlights from your screening and conversation by contacting us at info@nourishlife.org.