

GENERATE HEALTHY DISCUSSIONS

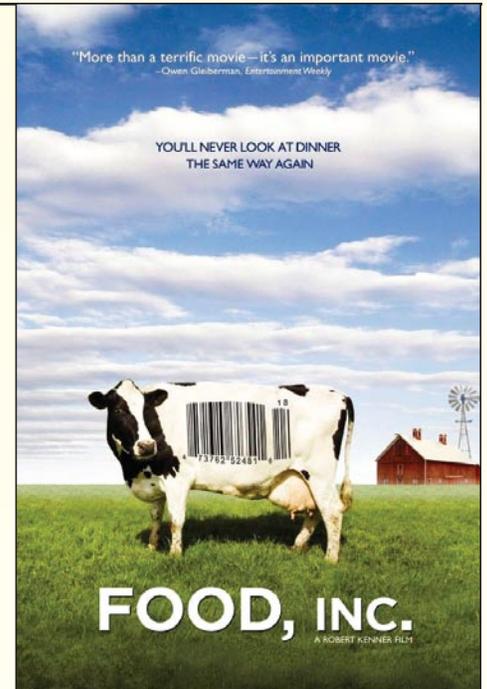
FOOD, INC.

You'll never look at dinner the same way again.

Food, Inc. exposes information about the American food supply that leads to many questions about the foods we buy and eat everyday. The question becomes, is the achievement of faster and less expensive food production leading us to an unhealthier "bottom line"?

PROGRAMMING SUGGESTIONS

- Invite a nutritionist in to talk to your congregation about how to read labels. Ask them to point out the creative uses of corn or ask your members to find them.
- Host a Healthy Dinner Night at a member's home or in the Church's kitchen. Use local produce and organic meats to prepare a healthy meal. Discuss the importance of healthy eating.
- Plan a trip to the farmer's market with your youth group. Encourage them to talk with the sellers and find out such things as **a)** where their products were grown, **b)** what they use to protect their products while growing them, **c)** where else do they sell their produce, etc. You could even turn this into a bingo game where members are asked to find out the information located in each square.
- Investigate opportunities to plant a garden on your church grounds. Contact a local food bank or homeless shelter to offer donating the fresh fruit and vegetables once they grow.



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DISCUSSION QUESTIONS:

1. What themes and important messages did you find in the movie?
2. Did this movie encourage you to make changes in the way you will eat? If so, why and what will you do differently? If not, why not? How do you think God intended for man to rule over animals?
3. Why do you think representatives of some companies declined an interview for this film?
4. Do you believe everything in this film? How might you find out more information?
5. Do you think there is another side to this film? What do you think those on that side would say about the issues brought up in this film?
6. According to Genesis 1:26, God made man and let him rule over all of the animals on Earth.
7. Why do you think animal cruelty is not a bigger issue when it comes to raising animals for food?
7. What do you think about the food available in the public schools? Should they serve healthier options? Who should pay for these changes?
8. The film talked about abuse of the workers in the food industry. What were some of the issues discussed in the film? As a Christian, what can you do to help?
9. Do you ever think about where your food comes from? Do you feel it is important to trace the source of food? Do you care?
10. Why do we trust most of what we eat without thinking about it? Do you feel there is an illusion of choices in the grocery store?

DISCUSSION QUESTIONS (CONTINUED):

11. Why would anyone want to be a chicken farmer after seeing what was portrayed in this film? Talk about the similarities and differences between the two chicken farmers in the film, Carole and Vince.
12. Were you surprised to hear about all the “clever rearrangements of corn”? What were some examples?
13. What does it mean when you have a genetically modified food? Is this healthy? What are the issues surrounding genetically modified foods?
14. What are the pros and cons of feeding cows a corn diet vs. grass diet?
15. What is Kevin’s Law? Why do you think Kevin’s Law has still not passed?
16. Barbara indicated in the film that she feels like the industry is more protected than the consumer. Do you agree? What can you do to change this?
17. Is it too much to think that a company would want to improve its practices so that they would not produce infected food? What would it take to improve their practices?
18. According to this film, why is eating healthy food more expensive than unhealthy, bad calories? Why is fast food cheaper?
19. Do you think it is true that income level can impact such health issues as obesity, diabetes, heart disease, etc.? How can we better serve these communities and introduce healthy eating?



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20. It was indicated in the film that we are hard-wired for three tastes - salt, fat and sugar, all of which are rare in nature. Do you think this is true? How does this affect our overall health? How do you handle these three items in your daily life?
21. What are the concerns behind the idea that they are trying to grow chickens faster, fatter, bigger, and cheaper?
22. Do you think cloning animals is appropriate? As a Christian what does cloning mean to you? What are the safety concerns? Do you think the public should be told when there is cloning? What do you think of the argument that informing the public causes an unnecessary fear in consumers?
23. Discuss the Veggie-Label Laws. Why do you think they were put into place? Do they infringe on people’s first amendment rights?
24. What can you do to make changes to the way our food industry is run? What can our congregation do to make changes?

DISCUSS AND REFLECT ON THE FOLLOWING POINTS MADE IN THE FILM:

- There are no seasons in the grocery store
- Corn has conquered the world
- “We put faith in our government to protect us and we are not being protected at our most basic level” – Barbara
- Right to know what is in your food
- You can vote to change this system. Three times a day.
- You can change the world with every bite
- We have a skewed food system to the bad calories
- The food industry is a new culture of technicians (genetic modifications)
- There are a handful of companies in control of food system
- When we are engineering food, we are pressing the evolutionary button