# Written Activity One

## Paddock-to-Plate: Beef

**Watch** the video about beef's paddock-to-plate journey at this link: <https://youtu.be/HPvFQZx8HYQ>

In a small group,

* **Draw** a flowchart of the journey beef takes from the paddock-to-plate in the video.

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* **Draw** a flowchart of the journey beef may take in a food system that promotes food sovereignty.

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# Written Activity Two

## Australian Alternative Protein Industry is Reinventing Food

**Read** the article at this link:

<https://www.abc.net.au/news/2022-09-06/how-australias-alternative-protein-industry-is-reinventing-food/101307234>

**Watch** this video that demonstrates how lab-grown or cultivated meat is produced: <https://youtu.be/hhC9W7NfdZ4>

**Answer** the following questions:

1. What is lab-grown meat?

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1. How might the paddock-to-plate food system for lab-grown meat differ from a conventional one?

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1. Why type of consumer is likely to demand or desire lab-grown meat?

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1. What are the benefits of producing and consuming lab-grown meat?

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1. What are the challenges of producing and consuming lab-grown meat?

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1. Do you think lab-grown meat will help to reduce food insecurity? Why? Why not?

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The six pillars of food sovereignty were developed at the Nyéléni 2007 Global Forum for Food Sovereignty in Mali.

**Complete** the table below by explaining how the production of lab-grown meat supports the six pillars of food sovereignty.

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| **Six Pillars of Food Sovereignty** | **How does the production of lab-grown meat support the six pillars of food sovereignty?** |
| **Badge 1 outlineBuilds knowledge and skills** of food providers and producers that conserve, develop, and manage localised food production and harvesting systems and reject technologies that undermine or threaten local food systems. |  |
| **Badge outlineFocuses on food for people** and prioritises people's need for food. It rejects the idea that food is a commodity to be traded by large agricultural businesses. |  |
| **Badge 3 outlineLocalised food systems** bring food providers and consumers closer together and allow them to make decisions on food issues ranging from ecology to the nutritional value of food. |  |
| **Badge 4 outlinePuts control locally** of natural resources rather than private companies or government organisations that manage the land through laws and commercial contracts. |  |
| **Badge 5 outlineValues food providers** like small-scale farmers, Indigenous Australians, farm workers, etc. |  |
| Badge 6 outline**Works with nature** to produce food sustainably and reject methods of food production that do not promote sustainability. |  |

Source: <https://www.lankaweb.com/news/items/2021/10/12/climate-change-and-food-security-in-sri-lanka-towards-food-sovereignty/>

# Written Activity Three

## The Farm Helping Refugees Build a Life in Australia

The term food security is 'when all people at all times have physical and economic access to sufficient, safe and nutritious food to meet dietary needs and food preferences for an active and healthy life.' *(Australia and Food Security in a Changing World, The Prime Minister's Science, Engineering and Innovation Council, 2010, Canberra, p.1).*

**Watch** the video at this link: <https://youtu.be/EG_kUsgr9PI>

Answer the following questions:

1. What is Green Connect?

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1. Where is Green Connect?

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1. Who is involved with Green Connect?

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1. What happens at Green Connect?

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The five dimensions of food security are listed in the table below.

**Complete** the table below by explaining how Green Connects supports the five dimensions of food security.

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| **Six Pillars of Food Sovereignty** | **How does Green Connect support the five dimensions of food security?** |
| **Badge 1 outlineAvailability** – a sufficient supply of food is available for people at all times. |  |
| **Badge outlineAccessibility** – physical and economic access to food at all times is available, which results in equity of access to food. |  |
| **Badge 3 outlineAcceptability** – access to culturally acceptable food produced and obtained in ways that do not compromise people's dignity, self-respect, or human rights. |  |
| **Badge 4 outlineAdequacy –** access to food that is nutritious, safe, and produced in environmentally sustainable ways. |  |
| **Badge 5 outlineStability** – reliability of food supply. |  |

# Written Activity Four

## The Community Grocer

**Watch** these two videos about The Community Grocer: <https://youtu.be/O87vvxf6_XM> and <https://youtu.be/wF_pgb9hOUY>

**Answer** the following questions:

1. What is The Community Grocer?

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1. Who is involved with The Community Grocer?

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1. Where can you find The Community Grocer?

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1. Why was The Community Grocer developed?

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The three sustainability dimensions that impact food security and food sovereignty are listed below:

**Complete** the table below by explaining how Green Connects supports the three sustainability dimensions that impact food security and food sovereignty.

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| **Six Pillars of Food Sovereignty** | **How does Green Connect support the five dimensions of food security?** |
| **Badge 1 outlineAvailability** – a sufficient supply of food is available for people at all times. |  |
| **Badge outlineAccessibility** – physical and economic access to food at all times is available, which results in equity of access to food. |  |
| **Badge 3 outlineAcceptability** – access to culturally acceptable food produced and obtained in ways that do not compromise people's dignity, self-respect, or human rights. |  |