



Student Name: _____

Class: _____

Due Date: _____

Introduction and Objective

Welcome to this homework sheet on the impact of food lobbying on US citizens. The objective of this activity is to understand the influence of food lobbying on food policies and public health, and to develop critical thinking and media literacy skills.

As a consumer, it is essential to be aware of the impact of food lobbying on your diet and lifestyle. The food industry spends millions of dollars on lobbying efforts to shape food policies and regulations. In this activity, you will learn about the different aspects of food lobbying and its effects on public health.

Food Lobbying and Its Impact

Food lobbying refers to the efforts of food companies and organizations to influence food policies and regulations. This can include lobbying for or against specific laws, regulations, or policies that affect the food industry.

The impact of food lobbying on public health can be significant. Food lobbying can influence the types of foods that are available, the ingredients used in those foods, and the nutritional content of those foods. For example, food lobbying can lead to the promotion of unhealthy foods, such as sugary drinks and processed snacks, which can contribute to obesity and other health problems.

Activity: Match the following terms with their definitions:

- Food lobbying
- Right to know
- Transparency
- Accountability

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The Right to Know

The right to know refers to the consumer's right to have access to information about the foods they eat. This includes information about the ingredients, nutritional content, and potential health effects of those foods.

The right to know is important because it allows consumers to make informed decisions about their diet and lifestyle. By having access to accurate and reliable information, consumers can choose foods that are healthy and nutritious, and avoid foods that may be harmful to their health.

Activity: Read the following food label and identify the ingredients, nutritional content, and potential lobbying influences.

Case Study - The Sugar Industry

The sugar industry is a significant player in the food lobbying world. Sugar companies and organizations spend millions of dollars each year lobbying for policies and regulations that benefit their interests.

One example of the sugar industry's influence on food policies is the promotion of sugar-sweetened beverages. Despite the well-documented health risks associated with these drinks, the sugar industry has successfully lobbied to keep them on the market and to prevent stricter regulations on their production and sale.

Activity: Write a short reflection on the case study and its implications for your own diet and lifestyle.

Food Label Analysis

Food labels are an important source of information for consumers. They provide details about the ingredients, nutritional content, and potential health effects of the food.

However, food labels can also be misleading or incomplete. Food companies may use confusing or deceptive labeling practices to make their products appear healthier or more nutritious than they actually are.

Activity: Create a food label for a hypothetical product, including ingredients, nutritional content, and potential lobbying influences.

Critical Thinking and Media Literacy

Critical thinking and media literacy are essential skills for navigating the complex world of food lobbying and marketing. By being able to critically evaluate information and identify biases or misinformation, consumers can make informed decisions about their diet and lifestyle.

One way to develop these skills is to evaluate the credibility of sources. This includes considering the author's credentials, the purpose of the article or advertisement, and the evidence presented to support the claims.

Activity: Evaluate the credibility of the following sources:

- A news article on the health benefits of a particular food
- A social media post promoting a food product
- A scientific study on the environmental impact of food production

Advocating for Change

As a consumer, you have the power to advocate for change in the food industry. This can include supporting policies and regulations that promote transparency and accountability, and choosing to buy products from companies that prioritize health and sustainability.

One way to advocate for change is to contact your local representatives and express your concerns about food lobbying and its impact on public health. You can also support organizations that work to promote transparency and accountability in the food industry.

Activity: Write a letter to a local representative or a food company, advocating for change in the food industry.

Designing Healthy and Sustainable Food Systems

Designing healthy and sustainable food systems requires considering a range of factors, including food access, equity, and cultural sensitivity. It also requires prioritizing health and sustainability over profit and convenience.

One way to design healthy and sustainable food systems is to support local and sustainable agriculture. This can include buying produce from local farmers, supporting community-supported agriculture programs, and advocating for policies that promote sustainable agriculture.

Activity: Design a hypothetical food system that promotes health, sustainability, and equity.

Reflection and Conclusion

Reflecting on what you have learned about food lobbying and its impact on public health, what do you think is the most important thing you can do as a consumer to promote positive change in the food industry?

What skills or knowledge do you think you need to develop further in order to be an effective advocate for change in the food industry?

Activity: Write a short reflection on what you have learned and what you plan to do to promote positive change in the food industry.

Additional Resources

For further learning and advocacy, check out the following resources:

- Books: "The Omnivore's Dilemma" by Michael Pollan, "Fast Food Nation" by Eric Schlosser
- Documentaries: "Super Size Me", "Food, Inc."
- Organizations: Center for Science in the Public Interest, Food and Water Watch