Sustainable Diets

Go to <http://sustainablediets.com/> and answer the following questions.

DO NOT plagiarize the website. I expect answers in your own words. Please type your answers in full sentences.

1. What is a sustainable diet?
2. Hover the cursor over the tab “Environment”, select the “Diet Climate Link” sub category.

Choose 3 of the suggestions on how to modify your diet. List which number it is and what YOU will do SPECIFICALLY to help cool the planet.

Example: # 7, I will bring my own reusable water bottle to school and will refill it instead of purchasing a bottle of water each day.

1. Hover the cursor over the tab “Environment”, select the “Sustainable Eating Resources” sub category. Choose one of the links, write down which link you chose and one interesting thing you learned.
2. Hover the cursor over the tab “Environment”, select the “Food and Environment” sub category.  
   Read the article and answer the following questions.
3. Why can we no longer save the seeds from the crops we grow?
4. What does “GM” mean?
5. What effect does “GM” have on livestock production?
6. According to this article Americans are eating \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ meals together per week. What impact do you think this has on families?
7. Hover the cursor over the tab “Environment”, select the “Organic” sub category.  
   What is organic, according to this article?