

The Wind Blows: Food Systems

Instructions: To play The Wind Blows, which is similar to musical chairs, there must be one less seat than participants in the circle (in our class, we ask that each student sit on one gardening cushion). The person left standing reads the first Wind Blows card and all players for whom the sentence applies must stand up and find a new seat, moving at least 3 spaces away from their original seat. The standing person also finds a seat, so whoever is left without a seat replaces them next to the pile of cards. First, the standing person from the first round reads aloud the back of their Wind Blows card from their new seat, and then the new standing person reads the next Wind Blows card. The game continues until time or cards have run out.

Cards

Make a card with the wind blows prompt on the front and the associated information (written in italics below) on the back. Cards can be used in any order.

FRONT OF CARD: The wind blows for anyone who thinks that farmers are a valuable part of our society.

BACK OF CARD: *On average, farmers and ranchers only receive 20 cents of every dollar that consumers spend on food.*

1. The wind blows for anyone who thinks that farmers are a valuable part of our society.
On average, farmers and ranchers only receive 20 cents of every dollar that consumers spend on food.
2. The wind blows for anyone that has ever seen farm animals being raised outside.
In factory farms, chickens are crammed together in such tiny cages that they cannot lift a single wing.
3. The wind blows for anyone who has eaten popcorn.
The United States grows more corn than any country in the world! However, only 2% directly feeds people. Most corn is used for animal feed and in processed foods like chips and corn syrup.
4. The wind blows for anyone who thinks that there is enough food in the world to feed everyone.
Almost 100 billion pounds of food is wasted in America each year. That is approximately the weight of 25 billion hamburgers (or enough hamburgers to wrap around the equator almost 67 times!)
5. The wind blows for anyone who knows of Ronald McDonald.
McDonalds spends 800 million dollars on their advertisements. On the other hand, the National Cancer Society is only able to spend 1 million dollars to promote eating

vegetables and fruits.

6. The wind blows for anyone who has been to a local farmer's market.

Farmers' markets support local farmers that grow seasonal fruits and vegetables usually within 150 miles. The closer your food comes from, the richer in nutrients it is.

7. The wind blows for anyone who has been to a farm or knows a farmer.

The number of farmers in the United States has decreased from 7 million in 1935 to 2 million. However, 1000 students a year at King participate in growing fruits and vegetables in their 1 acre garden and there are over 100 Garden programs in the country teaching students how to grow their food.

8. The wind blows for anyone who has eaten Hot Cheetos.

Although bright red and tasty, Hot Cheetos contain over 40 ingredients, but almost no vitamins or minerals.

9. The wind blows for anyone who has harvested food from the garden for a tasting or a meal.

The average meal travels about 1,500 miles before reaching our plates. How many miles does the food we pick in the garden travel?

10. The wind blows for anyone who has eaten meat in the last week.

It takes 200 times the amount of water to produce 1 pound of meat than it does to produce 1 pound of wheat. You can save more water by not eating a pound of beef than you would by not showering for an entire year.

11. The wind blows for anyone who eats grains, vegetables, and fruits every day.

Only 1% of U.S. children eat the recommended portions of fruits, vegetables, and grains. This means that 99% of all children in the United States are not eating a balanced diet, putting them at risk for health problems.