

## **Nourish DVD**

Summarize the two (2) most important points of the messages and information conveyed in each segment of the video.

## **Connections**

## **Seed to Table**

## **Vote with Your Fork**

## **Be the Difference**



## **Writing Prompt:**

*After viewing the DVD “Nourish” what changes will you make regarding your food choices and eating habits? Using the information from the video, cite two details and explain how or why they will factor into your choices to change. If you state that no changes will be made regarding your food choices, cite two details and explain how or why they factor into your choice to make no change. Be sure to include an introduction and conclusion.*



# The Film: Synopsis

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The award-winning Nourish PBS special engages viewers with the following program segments:

## Connections

By connecting seemingly unrelated people and places, this segment demonstrates the interdependence of our global community. Weaving together such themes as food and health, food and biodiversity, and food and community, "Connections" examines some of the most important issues of our time.



## Seed to Table

This segment leads viewers on a remarkable tour of our food chain. The story follows two seeds—corn and tomato—each traveling a very different path to make a meal. "Seed to Table" vividly illustrates where our food comes from and how it gets to us.



## Vote with Your Fork

With clarity and wit, best-selling author Michael Pollan shows how food serves as a metaphor for our values. In a far-ranging conversation, he invites a reflection on such questions as "What is food wisdom?" and "Why should we know the story of our food?"

## Be the Difference

The final segment offers specific steps that individuals and groups can take to create a more sustainable food future. Themes include: Teach and Learn, Grow Your Own, Create Community, Change the Menu, Shop Wisely, and Take a Stand.

*Feature program: 26 minutes*

*Special features (11 short films): 24 minutes*

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