

Our event was inspired by Food Day, a national celebration that takes place on October 24.

What is Food Day? Food Day inspires Americans to change their diets and our food policies. Every October 24, thousands of events all around the country bring Americans together to celebrate and enjoy real food and to push for improved food policies. Food Day is a day to resolve to make changes in our own diets and to take action to solve food-related problems in our communities at the local, state, and national level. In 2014, Food Day had a special focus on food access and justice for food and farm workers.

Why Food Day? The typical American diet is contributing to obesity, diabetes, heart disease, and other health problems. Those problems cost Americans more than \$150 billion per year. Plus, a meat-heavy diet takes a terrible toll on the environment. Eating Real can save your own health—indeed, your life—and put our food system on a more humane, sustainable path. With America's resources, there's no excuse for hunger, low wages for food and farm workers, or inhumane conditions for farm animals. That's why Food Day invites you to be a part of the movement that seeks to transform the way Americans eat.

For more information, visit www.foodday.org.



About this project:

In this project, *The Truth About Food*, Room 14 students learned to think critically about all aspects of food. Throughout this year-long project, we used the subject of food to talk about community, family traditions, sustainability and the environment, and health. We learned to think more critically about our food choices and the food industry. We worked to help those who do not have access to food. We used our learning to create products that educate others and push them to examine their relationship to food and eating in inventive and unexpected ways.

-Mari Jones



Jones and Haden
2014-2015



Hosted by Room 14 Fourth Grade
Students at Explorer Elementary

Overview of Food Day Booths

Our Food Day event was designed to educate our community about nutrition and healthy eating, agricultural sustainability, food marketing strategies, and the issue of hunger. We invite you to participate in our interactive experiences, ask us questions, and think about how you can become a part of the movement that seeks to transform the way Americans eat.



Visit all our booths to find out more:

Nutrition

Find out how much sugar is in your food. Learn how to read nutrition labels. Check out our truth ads to find the truth about the food you eat!

The Human Body

Learn about the digestive system and what happens to your body when you eat different foods. Find out about various diseases that can affect people's lives.

Where Food Comes From

What does "organic" mean? Why buy local? Where does your food come from? Find the answers to these questions and more!

Food Advertising

Find out about marketing techniques food companies use to target children. See examples of real life ads and how they get kids to want unhealthy food.

Hunger in America

1 in 4 children in San Diego struggle with hunger. Watch our film about our volunteer experience at Feeding America, find out about more about hunger, and what you can do to help.

Information

See a map of our event, ask questions, and buy a copy of our Food Magazine. Proceeds go to Feeding America. Every \$1 provides 6 meals!