

Name_____

Before the Plate
Viewing Guide

Answer the following questions as you view the documentary, *Before the Plate*.

Potatoes:

1. What does a potato “seed” look like?
2. Gary (the farmer) discusses market prices for his potatoes. What kind of factors influence prices?
3. What is a pesticide and why would a farmer choose to use one?

Beef:

4. Cory (the rancher) and John (the chef) discuss the use of antibiotics in livestock production. While there are several uses for antibiotics, describe Cory’s perspective on the *best use* of antibiotics in his beef herd.
5. Beef cattle begin their life cycle on a “Cow Calf” farm. Where do they complete the growth process until harvesting?
6. Besides beef, what other by-products come from beef cattle?
7. Throughout the segment, Cory discusses many ways consumers and producers (farmers) can connect with consumers and vice versa. What are some of those ways?

Tomatoes:

8. Why do they grow the tomatoes in 'growing media' rather than soil?
9. What factors are helping Truly Green have the smallest environmental 'footprint' as possible?

[Subsegment] Cash Crop Farmer (corn, soybeans, and wheat) : *Amanda and Grant Craven*

10. What is the corn used for that is grown on the Craven's farm?

Carrots, Onions, and Celery:

11. What weather conditions are ideal for harvesting carrots?
12. Describe the process of "digging" the onions.
13. How long does it take celery stalks to get from the field to cooler storage?

Sunflowers:

14. What do the sunflower plants look like when the seeds are ready to harvest?
15. What factors does a farmer consider when choosing the variety of sunflowers to grow?
16. What is the ultimate product a sunflower farmer is providing?

Milk:

17. Why are the calves housed in individual stalls?
18. How many times per day are the cows milked?
19. Why is milk pasteurized before it is sold?
20. Besides dairy cattle, what else does the dairy farm grow?
21. Why would a farmer choose to grow a GMO crop?

Wheat:

22. What makes the wheat farm an “organic” farm?
23. Describe the steps of processing wheat into flour.
24. Describe the value of having multiple styles of farming (organic and conventional).

Honey:

25. Approximately how many bees are in each hive?
26. Why do the bees put a wax covering on the cells?
27. How much honey will one bee produce in their lifetime?

100 KM Foods (Food Transportation):

28. What benefits can be found from foods grown locally?

29. What challenges are there to only eating local foods?

Summary:

30. Write a reflection paragraph describing the most impactful thing you learned from this documentary.