

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?
  - a. *A potato cut into pieces.*
  
2. Gary (the farmer) discusses market prices for his potatoes. What kind of factors influence prices?
  - a. *Quality, local or global markets (supply and demand), and consumers.*
  
3. What is a pesticide and why would a farmer choose to use one?
  - a. *A category of chemicals that kill things. (Fungicides kill fungus, herbicides kill specific plants [weeds], etc.) Farmers choose to use them to prevent crop loss.*

### **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.
  - a. *Use antibiotics as little as possible, but use them when necessary for illness.*
  
5. Beef cattle begin their life cycle on a “Cow Calf” farm. Where do they complete the growth process until harvesting?
  - a. *A finishing feedlot.*
  
6. Besides beef, what other by-products come from beef cattle?
  - a. *Leather, fertilizers, etc.*
  
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?
  - a. *Ask questions, talk to a rancher, visit a farm, etc.*

## **Tomatoes:**

8. Why do they grow the tomatoes in 'growing media' rather than soil?
  - a. *The media holds a lot of water and allows greater control of the tomato production by giving it the nutrients they need.*
9. What factors are helping Truly Green have the smallest environmental 'footprint' as possible?
  - a. *Energy efficiency, use of byproducts such as carbon dioxide (a greenhouse gas) from the corn ethanol farm, etc.*

## **[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?
  - a. *Ethanol*

## **Carrots, Onions, and Celery:**

11. What weather conditions are ideal for harvesting carrots?
  - a. *Cool temperatures*
12. Describe the process of "digging" the onions.
  - a. *A machine digs under the onions and lifts them above the surface to begin the harvesting process.*
13. How long does it take celery stalks to get from the field to cooler storage?
  - a. *30-60 minutes. Most of the picking, cleaning and packing takes place right in the field.*

## **Sunflowers:**

14. What do the sunflower plants look like when the seeds are ready to harvest?
  - a. *They are dead and dry.*
15. What factors does a farmer consider when choosing the variety of sunflowers to grow?
  - a. *Yield, taste, growth efficiency, etc.*
16. What is the ultimate product a sunflower farmer is providing?
  - a. *Oil*

**Milk:**

17. Why are the calves housed in individual stalls?
- a. *To monitor individual feed intake to be sure they get what they need.*
18. How many times per day are the cows milked?
- a. *3*
19. Why is milk pasteurized before it is sold?
- a. *To kill harmful bacteria.*
20. Besides dairy cattle, what else does the dairy farm grow?
- a. *Corn and hay to use as feed for their cattle.*
21. Why would a farmer choose to grow a GMO crop?
- a. *To control weeds and pests.*

**Wheat:**

22. What makes the wheat farm an “organic” farm?
- a. *Specific requirements for what they can and cannot use in the production of the wheat. For example, fertilizers and pesticides have specific requirements on their use.*
23. Describe the steps of processing wheat into flour.
- a. *Wheat kernels are harvested from the field. Then it is brought to the mill, cleaned, and sifted.*
24. Describe the value of having multiple styles of farming (organic and conventional).
- a. *Variety gives consumers choice.*

**Honey:**

25. Approximately how many bees are in each hive?
- a. *50-60,000*
26. Why do the bees put a wax covering on the cells?
- a. *They seal off the honey cell when it is complete.*
27. How much honey will one bee produce in their lifetime?
- a. *1/10<sup>th</sup> of a teaspoon.*

**100 KM Foods (Food Transportation):**

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

*a. It can ripen on the vine, less transportation cost, fresher food, supports local industry.*

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

*a. Depending on the climate, you are limited to the varieties of food that can be produced throughout the year.*

**Summary:**

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