

Compelling Question:

How can we ensure equitable access to healthy food?



Supporting Questions

1. How does the government classify “healthy” food?
2. What is a food desert and why do they exist?
3. How do food deserts affect communities?
4. How can we eliminate food deserts?

Compelling Question: How can we ensure equitable access to healthy food?

Kentucky Academic Standards for Social Studies	HS.(C, E, G, UH, WH).I.Q.2 Generate supporting questions to develop knowledge, understanding and/or thinking relative to key civics, economics, geography, U.S. history, and world history concepts framed by compelling questions.
	HS.UH.CE.1 Analyze the political, economic and social impacts of industrialization on the United States between 1877-1945.
	HS.UH.CE.5 Evaluate the ways in which groups facing discrimination worked to achieve expansion of rights and liberties from 1877-present.
	HS.C.PR.3 Evaluate intended and unintended consequences of public policies locally, nationally and internationally
	HS.(C, E, G, UH, WH).I.UE.2 Gather information and evidence from credible sources representing a variety of perspectives relevant to compelling and/or supporting questions in civics, economics, geography, U.S. history, and world history.
	HS.(C, E, G, UH, WH).I.CC.3 Engage in disciplinary thinking and apply appropriate evidence to propose a solution or design an action plan relevant to compelling and/or supportive questions in civics, economics, geography, U.S. history, and world history.
Staging the Question	Create a mind map with your students making as many connections as you can to food. Students may diagram their understanding and location of the foods they eat (from farm, to store, to home).

Supporting Question 1	Supporting Question 2	Supporting Question 3	Supporting Question 4
Understand	Understand	Assess	Act
How does the government classify “healthy” food?	What is a food desert and why do they exist?	How do food deserts affect communities?	How can we eliminate food deserts?
Formative Performance Task	Formative Performance Task	Formative Performance Task	Formative Performance Task
Summarize how the government classifies healthy food.	Explain why food deserts exist by utilizing local maps and census data.	Conduct a survey of community members who live in food deserts and create a summary of the results.	Investigate local and national initiatives to create an action plan for addressing food deserts in Louisville.
Featured Sources	Featured Sources	Featured Sources	Featured Sources
<p>Source A: “How to Understand and Use the Nutrition Facts Label” - Food & Drug Administration</p> <p>Source B: “Dietary Guidelines for Americans” - United States Department of Agriculture</p> <p>Source C: Infographics for balanced meals.</p> <p>Source D: DRI Calculator for Healthcare Professionals</p>	<p>Source A: “Characteristics and Influential Factors of Food Deserts” - United States Department of Agriculture</p> <p>Source B: “The State of Food: A Snapshot of Food Access in Louisville” - Mayor’s Healthy Hometown Movement Food in Neighborhood Committee</p> <p>Source C: “Food Access Research Atlas,” - United States Department of Agriculture.</p> <p>Source D: “Food Deserts” - Greater Louisville Project</p>	<p>Source A: “Sorry, we’re closed: How everyone is hurt when grocery stores shut down” - Bailey Loosemore, <i>Courier Journal</i></p> <p>Source B: “3 in 10 people in Cincinnati struggle to find food. But it’s not that there’s a shortage.” - Mark Curnutte, Byron McCaule, <i>Cincinnati Enquirer</i></p> <p>Source C: “Trying to Eat Healthy in a Food Desert”- <i>Vice News</i></p> <p>Source D: “Why Grocery Stores are Avoiding Black Neighborhoods” - <i>CNBC</i></p>	<p>Source A: Survey Results</p> <p>Source B: <i>Student selected sources from research about</i></p> <ol style="list-style-type: none"> Louisville Another US city

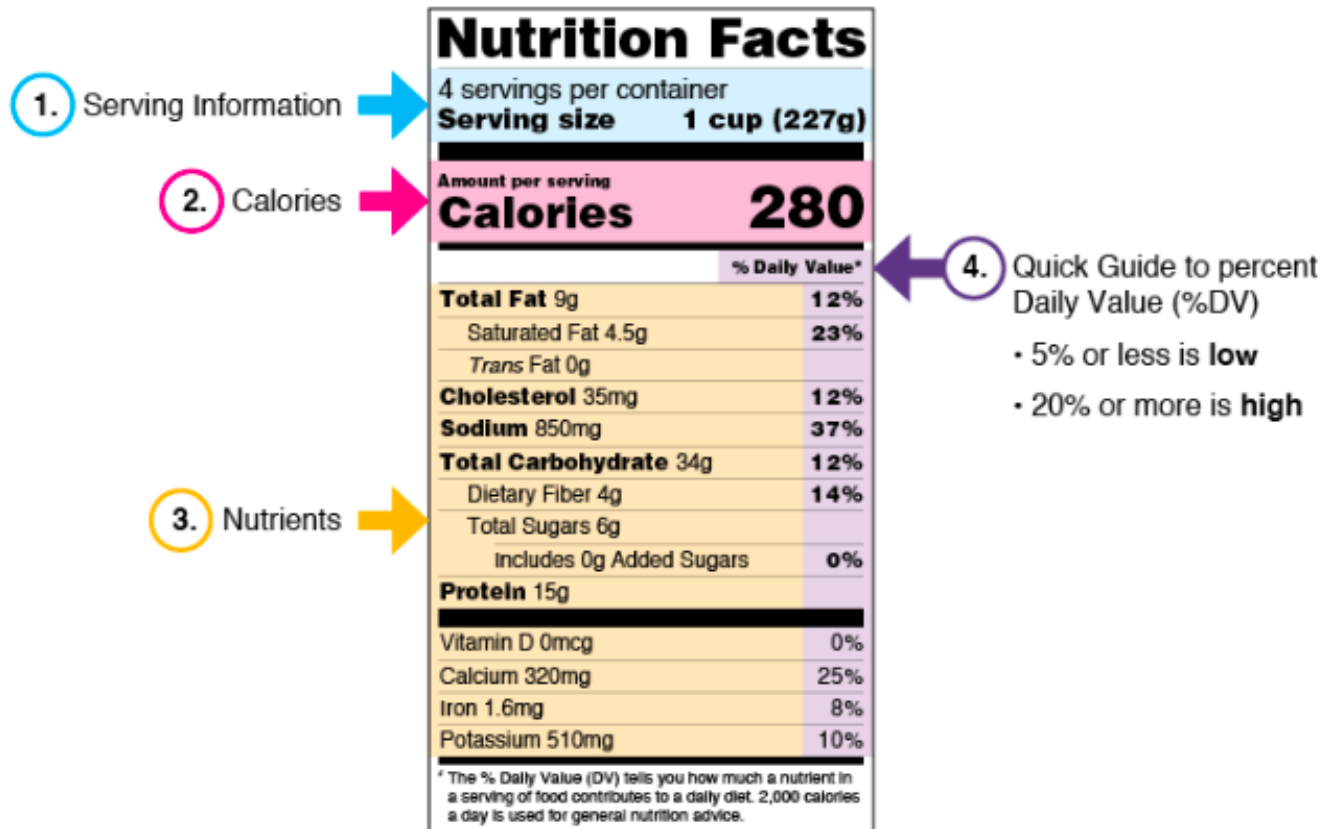
Summative Performance Task	<i>How can we ensure equitable access to healthy food?</i> Construct an argument that addresses the compelling question using specific claims and relevant evidence from historical and contemporary sources while acknowledging competing views.
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SQ#1: What does the government classify as “healthy” food?

Source A: [“How to Understand and Use the Nutrition Facts Label” - Food & Drug Administration](#)

Annotation: (Click link for more information) The FDA has broken down how to read a nutrition label step by step. This website explains in detail what each part of your nutrition label means as well as what nutrients to get more and less of.

Sample Label for Frozen Lasagna



SQ #1: What does the government classify as “healthy” food?

Source B: [“Dietary Guidelines for Americans” - United States Department of Agriculture](#)

Annotation: (Click link for more information) The USDA publishes new “Dietary Guidelines for Americans,” every five years. The linked document includes 142 pages of dietary guidelines for Americans of all ages. The following excerpt includes one of four main guidelines provided to Americans to hold a healthy dietary pattern.



Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.

At every life stage, meeting food group recommendations—even with nutrient-dense choices—requires most of a person’s daily calorie needs and sodium limits. A healthy dietary pattern doesn’t have much room for extra added sugars, saturated fat, or sodium—or for alcoholic beverages. A small amount of added sugars, saturated fat, or sodium can be added to nutrient-dense foods and beverages to help meet food group recommendations, but foods and beverages high in these components should be limited. **Limits are:**

- **Added sugars**—Less than 10 percent of calories per day starting at age 2. Avoid foods and beverages with added sugars for those younger than age 2.
- **Saturated fat**—Less than 10 percent of calories per day starting at age 2.
- **Sodium**—Less than 2,300 milligrams per day—and even less for children younger than age 14.
- **Alcoholic beverages**—Adults of legal drinking age can choose not to drink or to drink in moderation by limiting intake to 2 drinks or less in a day for men and 1 drink or less in a day for women, when alcohol is consumed. Drinking less is better for health than drinking more. There are some adults who should not drink alcohol, such as women who are pregnant.

SQ #1: What does the government classify as “healthy” food?

Source C: Infographics for balanced meals.

Annotation: (Click link to understand your specific Dietary Reference Intake) “This tool will calculate daily nutrient recommendations based on the Dietary Reference Intakes (DRIs) established by the Health and Medicine Division of the National Academies of Sciences, Engineering and Medicine. The data represents the most current scientific knowledge on nutrient needs. Individual requirements may be higher or lower than DRI recommendations (USDA).”

Infographic 1: “Dietary Reference Intake” - United States Department of Agriculture

Try the MyPlate Plan

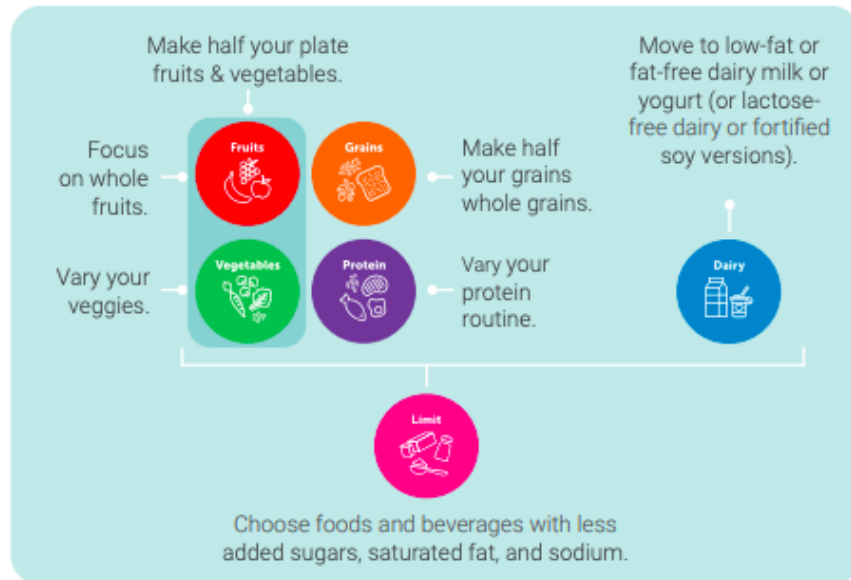
A healthy eating routine is important at every stage of life and can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, dairy or fortified soy alternatives, and protein foods. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.

Think about how the following recommendations can come together over the course of your day or week to help you create a healthy eating routine:



To learn what the right amounts are for you, try the personalized **MyPlate Plan**.²

Based on decades of solid science, MyPlate advice can help you day to day and over time.



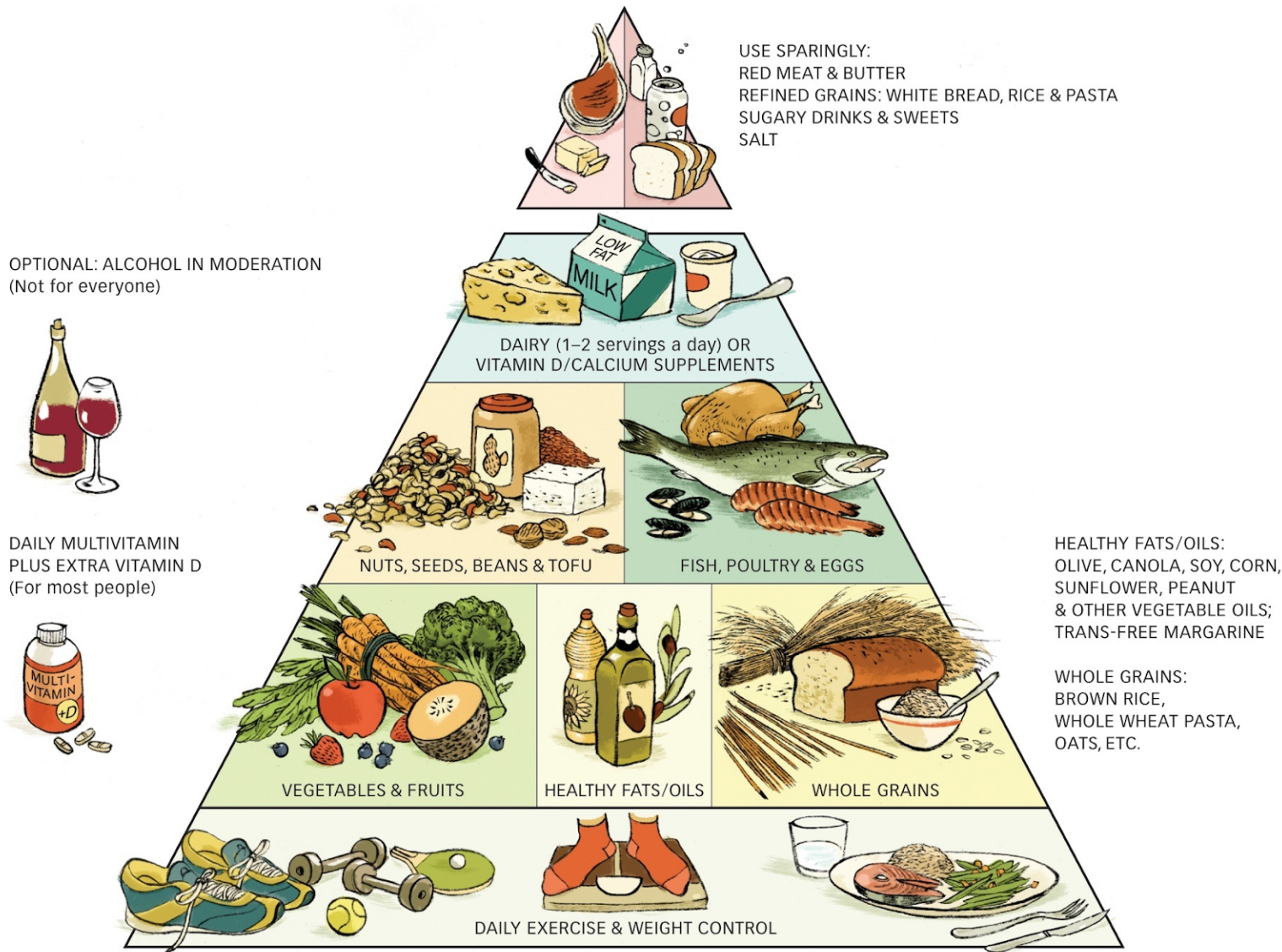
The benefits of healthy eating add up over time, bite by bite. Small changes matter. **Start Simple with MyPlate.**



Start simple
with MyPlate

THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health



Copyright © 2008. For more information about The Healthy Eating Pyramid, please see The Nutrition Source, Department of Nutrition, Harvard T.H. Chan School of Public Health, www.thenutritionsource.org, and Eat, Drink, and Be Healthy, by Walter C. Willett, M.D., and Patrick J. Skerrett (2005), Free Press/Simon & Schuster Inc.”

SQ #2: What is a food desert and why do they exist?

Source D: [DRI Calculator for Healthcare Professionals](#)

Annotation: Use the link to complete the tool. This will show what general nutrients your body needs based upon your sex, age, height, weight, and activity level.

DRI Calculator for Healthcare Professionals

This tool will calculate daily nutrient recommendations based on the Dietary Reference Intakes (DRIs) established by the Health and Medicine Division of the National Academies of Sciences, Engineering and Medicine. The data represents the most current scientific knowledge on nutrient needs. Individual requirements may be higher or lower than DRI recommendations.

Enter height, weight, age, and activity level to generate a report of the following items:

- Body Mass Index (BMI)
- Estimated daily calorie needs
- Recommended intakes of macronutrients, water, vitamins, and minerals based on DRI data

To begin, please enter the following data:

Sex

- ☐ Male
- ☐ Female

Measurement Unit

- ☒ Standard
- ☐ Metric

Age

☒ Years ☐ Months

Pregnant or Lactating?

- Select -

Height

Height is not required for children under the age of three years.

Feet: Inches:

Weight

If you are pregnant, please use your pre-pregnancy weight.

Pounds:*

Activity Level ⓘ

- Select -

Submit

Clear Form

SQ #2: What is a food desert and why do they exist?

Source A: [“Characteristics and Influential Factors of Food Deserts” - United States Department of Agriculture](#)

Annotation: The following information is an excerpt from a study conducted by the USDA on food deserts in 2012.

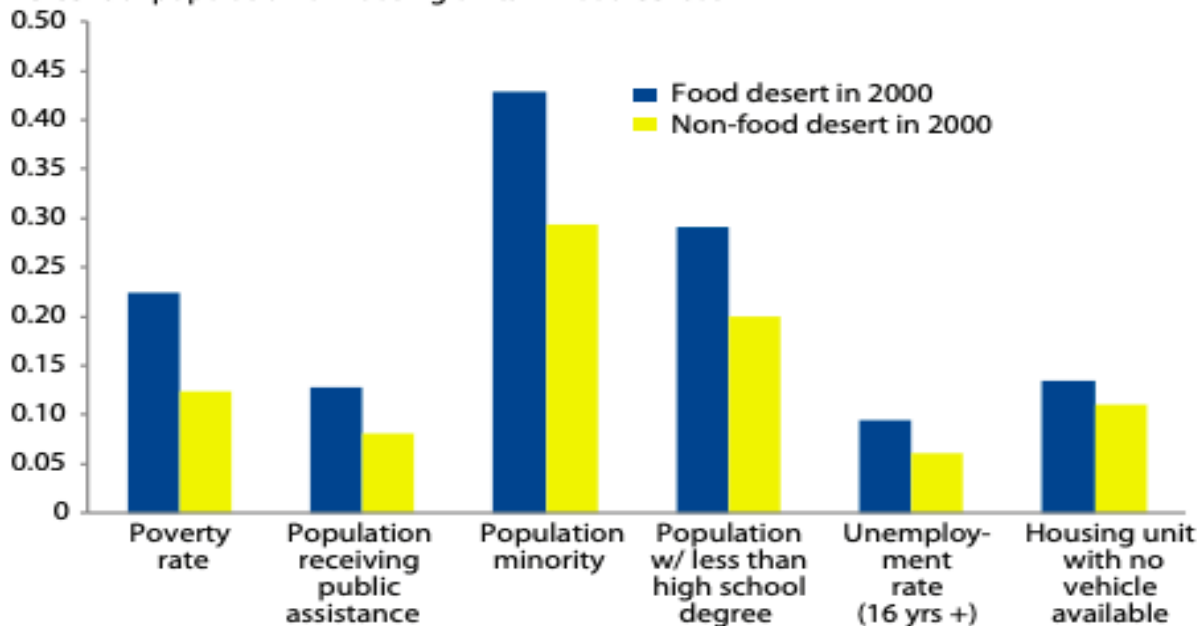
What Is the Issue? USDA’s Economic Research Service previously identified approximately 6,500 food desert tracts in the United States based on 2000 Census and 2006 data on locations of supermarkets, supercenters, and large grocery stores. These food deserts are areas where people have limited access to a variety of healthy and affordable food. As policymakers consider interventions to increase food access, it is important to understand the characteristics associated with these areas, such as income, vehicle availability, and access to public transportation. In this report, we examine the socioeconomic and demographic characteristics of these census tracts and also examine which of these characteristics distinguish food desert tracts from other low-income census tracts.

What Did the Study Find?

- Areas with higher levels of poverty are more likely to be food deserts, but for other factors, such as vehicle availability and use of public transportation, the association with food desert status varies across very dense urban areas, less dense urban areas, and rural areas.
- Areas with higher poverty rates are more likely to be food deserts regardless of rural or urban designation. This result is especially true in very dense urban areas where other population characteristics such as racial composition and unemployment rates are not predictors of food desert status because they tend to be similar across tracts. • In all but very dense urban areas, the higher the percentage of minority population, the more likely the area is to be a food desert.
- Residents in the Northeast are less likely to live far from a store than their counterparts in other regions of the country with similar income levels.
- Rural areas experiencing population growth are less likely to be food deserts.

Figure 1
Mean characteristics of food deserts versus other tracts, Census 2000

Percent of population or housing units in 2000 Census



Source: USDA, Economic Research Service calculations based on data from U.S. Census 2000.

SQ #2: What is a food desert and why do they exist?

Source B: [“The State of Food: A Snapshot of Food Access in Louisville” - Mayor’s Healthy Hometown Movement Food in Neighborhood Committee](#)

Annotation: (Click the link for more information) The following maps are a part of a report on food deserts conducted by Louisville’s “Mayor’s Healthy Hometown Movement Food in Neighborhood Committee.”

Map 1: Louisville Supermarket and Superstore Access

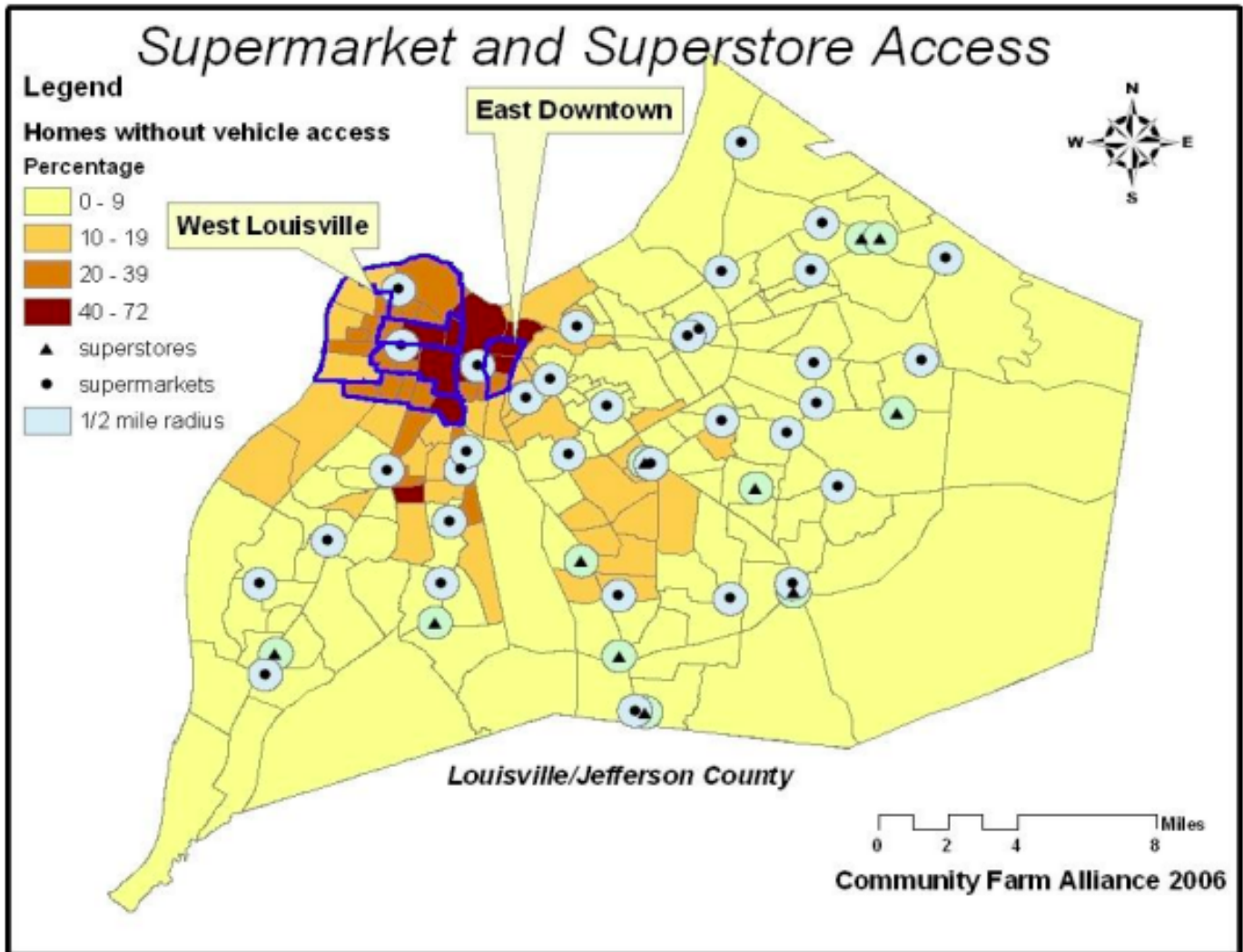
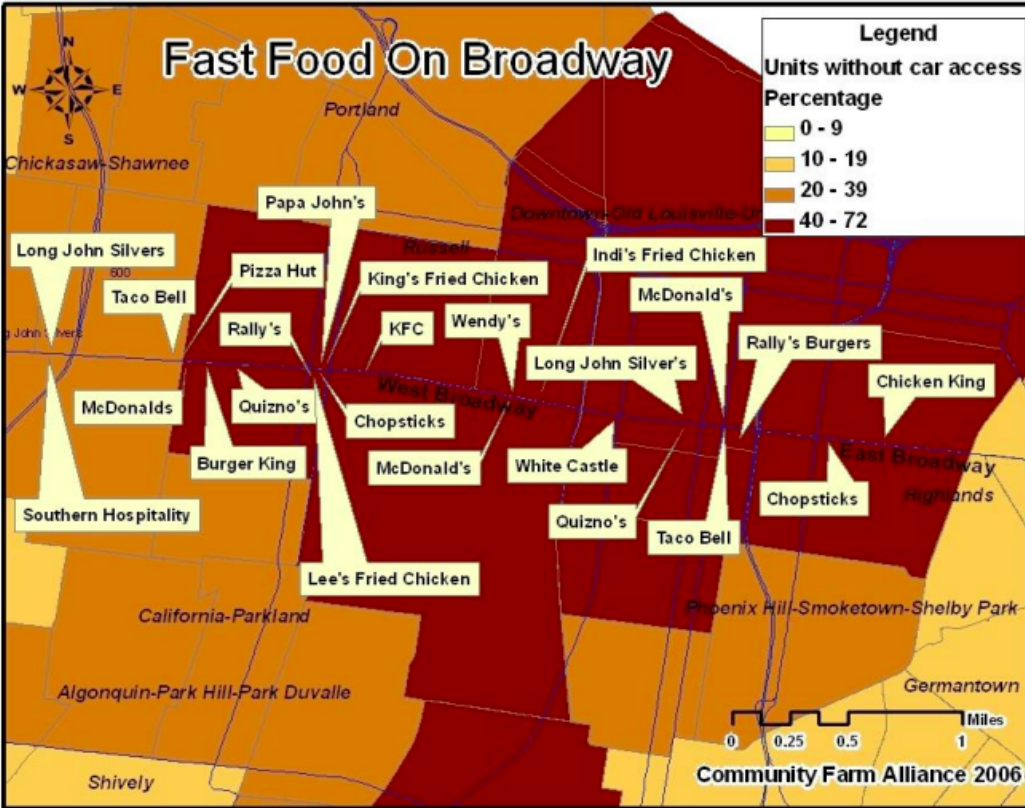


FIGURE 1 - SUPERMARKET AND SUPERSTORE ACCESS FROM “BRIDGING THE DIVIDE”

Map 2: Louisville Fast Food on Broadway



Map 3: Preliminary Food Desert Analysis

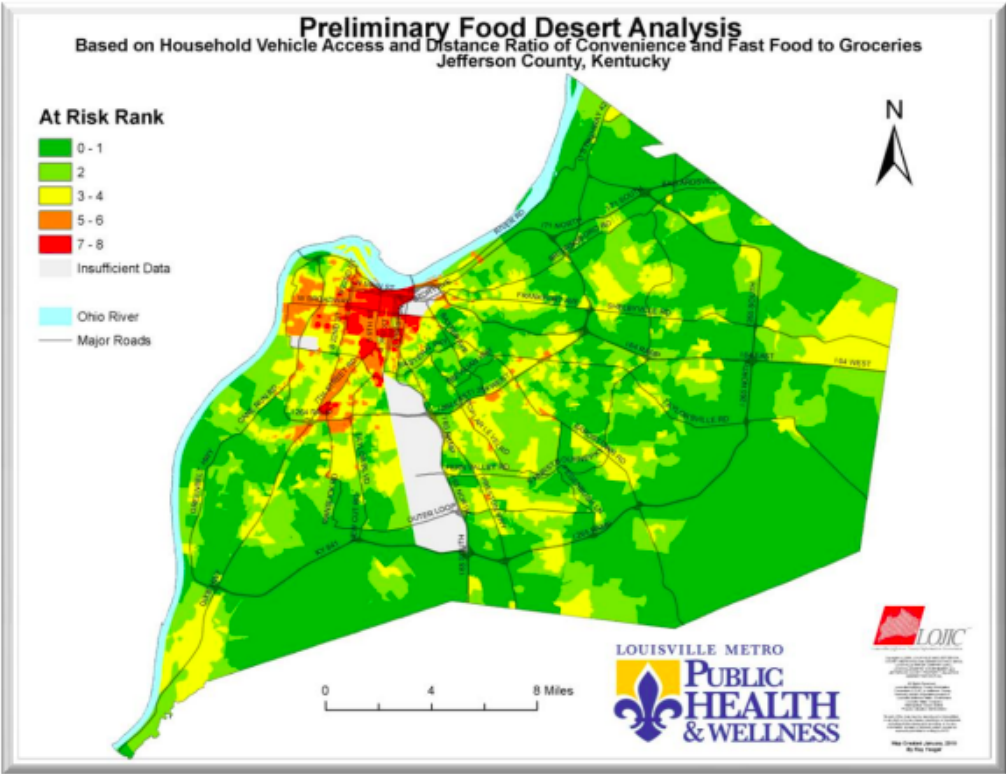
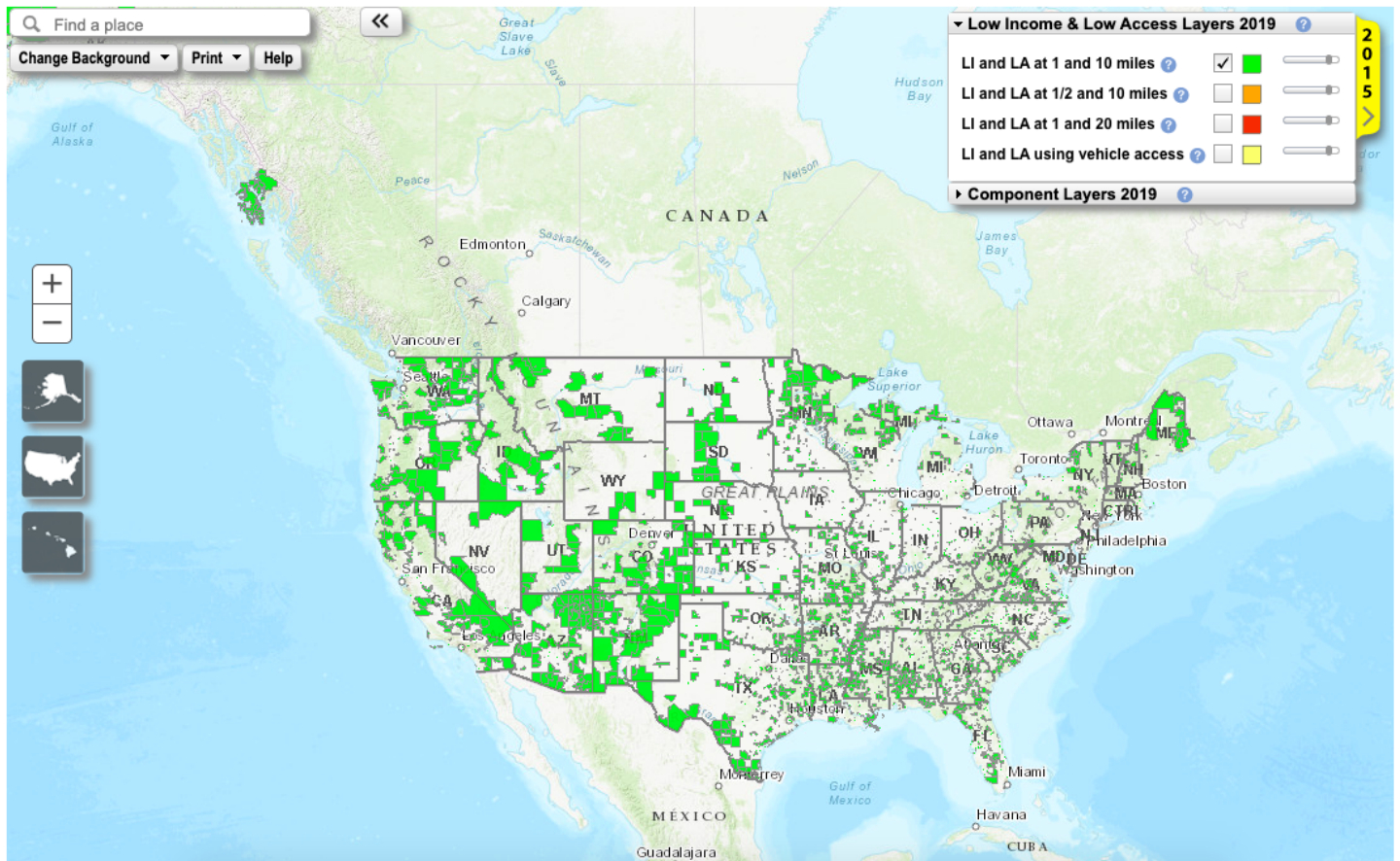


FIGURE 3 – PRELIMINARY FOOD DESERT ANALYSIS

SQ #2: What is a food desert and why do they exist?

Source C: ["Food Access Research Atlas." - United States Department of Agriculture.](#)

Annotation: (Click the link to interact with map) The following resource is an interactive map that allows you to insert your address to determine your level of food accessibility. Data was last updated in 2019.

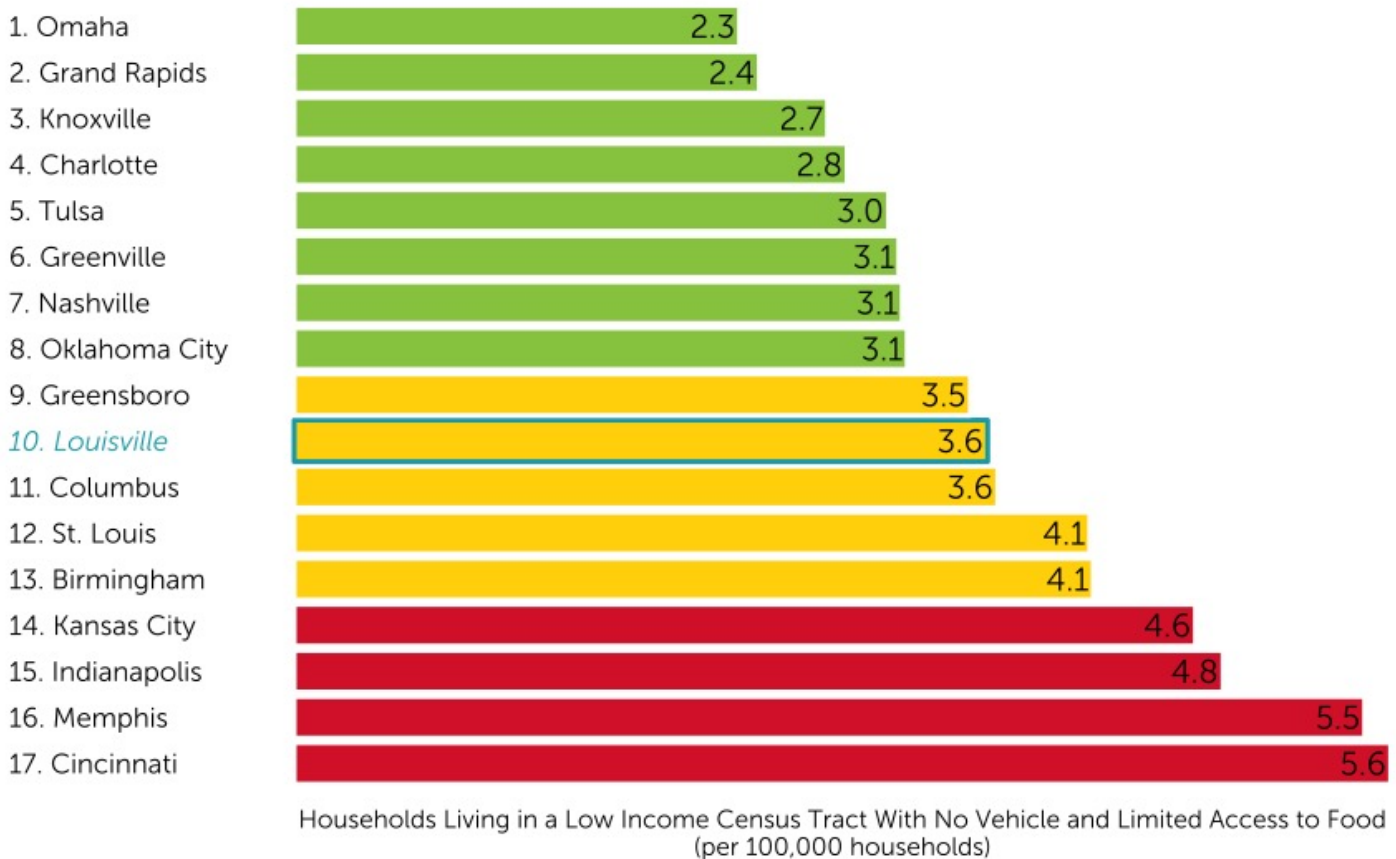


SQ #2: What is a food desert and why do they exist?

Source D: [“Food Deserts” - Greater Louisville Project](#)

Annotation: The following chart compares Louisville households living in a low income census tract with no vehicles and limited access to food per 100,000 households compared to other cities in the United States.

Households Living in a Food Desert, 2010



Source: Greater Louisville Project
Data from USDA, Food Atlas 2015

SQ 3: How do food deserts affect communities?

Source A: [“Sorry, we're closed: How everyone is hurt when grocery stores shut down” - Bailey Loosemore, Courier Journal](#)

Annotation: (Click link for full article) This article examines how food deserts in the Louisville area affect the people who live in them.

Across Louisville, more than 120,000 people are living with food insecurity, meaning they don't have reliable access to healthy, affordable food. The issue is linked to higher rates of illness and lowered life expectancy in predominantly low-income neighborhoods. And it's costing taxpayers in Louisville and around the nation millions of dollars in emergency health care.

In June 2018, Courier Journal reporter Bailey Loosemore received a six-month fellowship from the Center for Health Journalism to learn how food insecurity affects Louisville and how the complex problems could potentially be solved.

This series addresses the local food insecurity crisis. This article explains how food access issues arise and how they affect people of all backgrounds. We also examine the city's response to the crisis and how the community as a whole can make long-term change.

SQ 3: How do food deserts affect communities?

Source B: [“3 in 10 people in Cincinnati struggle to find food. But it's not that there's a shortage.” - Mark Curnutte, Byron McCaule, Cincinnati Enquirer](#)

Annotation: (Click the link for full article) Close to 30% of Cincinnati's population lives in a food desert. This article examines how these circumstances affect the local community.

In Cincinnati, 3 in 10 people don't know the source of their next meal.

That's not because there is a shortage of food. It's because of logistical challenges, getting fresh produce, meat and dairy to people who need them most — or getting the people to sources of food — before it spoils.

SQ 3: How do food deserts affect communities?

Source C : ["Trying to Eat Healthy in a Food Desert" - Vice News \[9:00 min\]](#)

Annotation: (Click the link for video) This video examines how difficult it is to eat healthy when living in a food desert.



SQ 3: How do food deserts affect communities?

Source D: [“Why Grocery Stores are Avoiding Black Neighborhoods” - CNBC \[25 min.\]](#)

Annotation: (Click the link for video) “About 19 million people in America live in a food desert, and it disproportionately affects Black communities. Despite nationwide efforts to improve poor food environments, many of the biggest names in America’s grocery industry continue to avoid these neighborhoods. (CNBC)”

