



# TEACHING YOUNG ADULTS ABOUT THE FOOD SYSTEM

## GROWING SUCCESSFUL ADULTS

Urban Seeds Sprouts is a highly interactive training for middle school and high school students interested in learning about the food system. The training includes ten 30-minute core sessions with hours of supplemental curriculum. Participants learn about their environment and their future while building skills for a lifetime of healthy eating and behaviors.

### Participants will learn about:

- The Food System
- Food Justice
- The Connection Between Food and Health
- How to Make Healthy Choices
- Food System Careers to Consider

Interested in hosting a training at your organization, school, or after school program? Contact Lisa French at [lfrench@fieldandforknetwork.com](mailto:lfrench@fieldandforknetwork.com).

A food system includes all processes and infrastructure involved in feeding a population: growing, harvesting, processing, packaging, transporting, marketing, consumption, and disposal of food and food-related items.

