



LESSON 4: TAKEOUT

TODAY WE LEARNED | THE MODERN FOOD SYSTEM

- A major downside of the modern food system is that it has harmful effects on our air, water, land and soil, as well as the health of plants and animals.
- Factory farm animals are often kept in poor living conditions. Packing the animals close together increases sickness in the animals and increases germs and toxic chemicals in water and crops that people use and eat.
- Modern farming methods often result in poor soil quality, loss of animal habitats, and the need for pesticides and chemical fertilizers.
- Moving processed food across the country and the world causes a lot of pollution from trucks, trains, boats and airplanes. Much of the packaging from processed foods fills up landfills and pollutes waterways and oceans.

BREAKFAST IDEA | HOMEMADE OATMEAL

Making your own oatmeal can be a delicious way to start the day. What's more? It is healthier, cheaper, and requires a lot less packaging than the premeasured packets of instant oatmeal. Here's how to make it:

- Use a microwave safe bowl.
- Measure in $\frac{1}{2}$ cup old fashioned or rolled oats (they are the same thing) and a cup of whole milk.
- Pop it into the microwave for one minute. Stir. Microwave for 1-3 more minutes.
- Mix in a handful of fruit or nuts and perhaps a drizzle of honey or maple syrup.

Mix up your mix-ins for a variety of options and flavors throughout the week.

TIPS AND TRICKS

1. **Choosing Oats** Prepared packages of instant oats can be over-priced, over-processed and over-sugared. Plain rolled oats (also known as old-fashioned oats) can be purchased in bulk and for much cheaper. You get to choose what to put into them, so you know what you are eating.
2. **Choosing Milk** Check the nutrition information on the back of your skim milk. What ARE those extra ingredients? Low-fat dairy products are often more processed than whole milk. Choose whole, and consume it in moderation. That is the true healthy choice.
3. **Or just choose water** Don't have a lot of milk on hand? No problem. Oatmeal is also delicious using water. Or mix it up – half water and half milk. For a creamier treat, add a splash of milk after the oatmeal is cooked.

