

# Nourishing the Future: Sustainable Food Systems for Nutrition and Dietetic Students

## Module 1: Introduction to Sustainable Food Systems

### Knowledge Check and Answer Key

## Questions

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### Question 1

**Which of the following statements about food systems is not accurate?**

- A. Food systems rely on many inputs and resources that make food production possible.
- B. Food systems are shaped by ecological, economic, political, and sociocultural drivers.
- C. Food systems are simple, linear supply chains that move food from “farm to fork.”
- D. Food systems involve multiple outcomes beyond just the production of food, including social, economic and environmental outcomes.

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### Question 2

**Maria is a dietitian working with a patient, James, who has high blood pressure, elevated cholesterol, and persistent fatigue. Maria wants to use a systems thinking approach to help James.**

**Which of the following best reflects systems thinking?**

- A. “Let’s increase your blood pressure medication. You should feel better in a few days.”
- B. “What you need to do is reduce your intake of processed food and eat more fresh, organic fruits and vegetables.”
- C. “If you would just eat healthier and exercise every day, you would feel better.”
- D. “Let’s explore how your diet, sleep patterns, stress levels, physical activity, and social environment might all be affecting you.”

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### Question 3

**Which of the following statements best describes the evidence on the planetary health impacts of food production?**

- A. Agriculture primarily affects human health through the nutrients in the foods we consume, with minimal impact on natural systems.
- B. Food production contributes significantly to greenhouse gas emissions, land use, eutrophication, and biodiversity loss, with livestock production having outsized effects.
- C. The main environmental concern of food systems is transportation, while production and land use are relatively minor contributors.
- D. Agriculture impacts water quality, but not water quantity, because most agricultural land is irrigated.

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### Question 4

**Which of the following statements are true about biodiversity, agriculture, and human diets? Select all that apply.**

- A. Agriculture is a major driver of biodiversity loss through land use, pesticides, and synthetic fertilizers.
- B. Biodiversity has a minimal impact on food system resilience and human nutrition.
- C. Diverse diets, including a variety of plant species, are associated with overall higher nutritional quality.
- D. Relying on a small number of staple crops helps maintain important ecosystem services like pollination and healthy soils.

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## Question 5

**You are part of a team of dietitians planning the menu for an international conference focused on healthy and sustainable diets. The goal is to provide meals that are nutritious, environmentally responsible, and appealing to the diverse cultural preferences of the attendees.**

**Based on these goals, which two of the following menu items would you feature at the conference?**

- A. Cheeseburger on a whole wheat bun, served with lettuce, tomato and baked chips
- B. Lentil and chickpea curry, roasted vegetable quinoa salad, and fresh berry parfaits
- C. Cheese pizza and large green salad
- D. Stir-fry with vegetables and tofu served with brown rice
- E. Beef and salmon kabobs with hummus and pita

# Answer Key

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## Question 1

Correct Answer: C

See Section A

## Question 2

Correct Answer: D

See Section A

## Question 3

Correct Answer: B

See Section B

## Question 4

Correct Answer: A & C

See Section B

## Question 5

Correct Answer: B & D

See Section D

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