

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

Module 2: Food Systems for All

Knowledge Check and Answer Key

Questions

Question 1

What is the key difference between equality and equity?

- A. *Equity* focuses on economic resources, while *equality* focuses on social inclusion.
- B. *Equality* means everyone receives the same resources, while *equity* means resources are distributed based on individual needs so everyone can achieve equal outcomes.
- C. *Equality* means treating people differently to achieve fairness, while *equity* means treating everyone exactly the same.
- D. *Equality* and *equity* both ensure everyone gets identical opportunities and has the same access to resources.

Question 2

Which of the following best describes the social determinants of health?

- A. They are the social, economic, and environmental conditions—such as income, education, housing, and discrimination—that shape people’s health outcomes throughout their lives.
- B. They refer to individual social and lifestyle choices like diet and exercise that determine a person’s overall health.
- C. They are government programs designed to provide access to affordable health care and housing to low-income individuals.
- D. They describe medical factors like genetics and access to prescription drugs that affect disease risk.

Question 3

Which of the following best explains why food system workers are among the groups at highest risk of food insecurity in the United States?

- A. Food workers experience food insecurity at similar rates to other groups, but they are more likely to report it because of greater awareness about food issues.
- B. Food workers face especially high risk because their wages are low, benefits like paid sick time is often limited, and job security can be unstable.
- C. Food workers experience high food insecurity mainly because they live in rural areas with limited grocery stores and fresh food options.
- D. Food workers have higher food insecurity because the U.S. food system directs most of its spending—about 80 cents per food dollar—to farmers and farmworkers, leaving little for retail and food service employees.

Question 4

Why do many advocates prefer the term food apartheid instead of food desert?

- A. Because *food apartheid* is an objective measure of the distance people live from grocery stores.
- B. Because *food desert* focuses mainly on the natural environmental conditions that limit certain communities from growing their own food.
- C. Because *food apartheid* recognizes that unequal access to healthy food is the result of systemic racism and discriminatory policies, not just geography or market forces.
- D. Because *food apartheid* sounds more scientific than food desert.

Question 5

Why is practicing cultural humility important when promoting healthy and sustainable diets?

- A. Because many nutrition guidelines are based on dominant cultural norms and may overlook foods, customs, and preparation methods that are healthy and meaningful within other cultures.
- B. Because it ensures that all patients and clients adopt the same healthy diet regardless of personal preference or accessibility.
- C. Because cultural humility requires replacing all local food traditions with standardized global nutrition practices.
- D. Because traditional foods are always healthier than modern ones and should be prioritized in dietary guidance.

Question 6

A community dietitian is preparing to run a new nutrition workshop at a local health center that serves a diverse, largely immigrant community. After reviewing several options for existing handouts, she notices they mainly reflect foods, cooking methods, and assumptions common in the dominant culture—and do not match the preferences and food access challenges typical of the immigrant community in her area. Several patients have also mentioned difficulty understanding previous handouts due to language barriers and unfamiliar foods.

Which of the following best reflects an evidence-based, culturally humble approach aligned with social determinants of health and best practices?

- A. Use the existing clinic brochure because it's already been approved but add a short verbal explanation at the start of the class.
- B. Search online for any available “healthy ethnic recipes” and attach them to the standard handout to make it appear more culturally relevant.
- C. Remove all cultural food references from the materials so the content is “neutral” and easier to standardize across populations.
- D. Collaborate with community members and local food workers to co-create a revised brochure that reflects cultural food preferences, accessibility, and preparation methods; use the Academy’s nutrition handout checklist to ensure accuracy, readability, and cultural sensitivity.

Answer Key

Question 1

Correct Answer: B

See Section A

Question 2

Correct Answer: A

See Section A

Question 3

Correct Answer: B

See Section B

Question 4

Correct Answer: C

See Section C

Question 5

Correct Answer: A

See Section D

Question 6

Correct Answer: D

See Section D

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