



WHAT IF YOUR LUNCH COULD CHANGE SOMEONE ELSE'S DAY?

The farmer in drought In parts of Sub-Saharan Africa and South Asia, families farming small plots watch nearby land being converted to grow soy and grain – much of it exported to feed livestock in wealthier countries. The land is legally sold, the market is global, but the local food supply shrinks.	A teenager in another country She is studying for exams that she hopes will change her future. Her country faces food insecurity – not because food doesn't exist globally, but because of how resources are distributed. She didn't choose the food system she was born into. Neither did you.	A cow on a farm She exists in a system entirely designed around human use. Research shows that many farm animals are capable of forming social bonds, experiencing stress, and showing preferences. She has no legal standing in most countries. Her interests don't appear in trade negotiations or policy documents.	You You live inside a system you didn't design. You make choices daily that feel personal but have collective effects. You probably already know something you do that isn't entirely consistent with your values. Most people do. That gap, between what we know and what we do, is called cognitive dissonance. It's human. What matters is what you do with it.	The policymaker She needs to balance food industry jobs, trade agreements, public health, environmental targets, and voter opinion - all at once. She knows the data on land use and hunger. She also knows that suggesting dietary change loses elections. What would you do in her position?
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1. Which perspective is hardest to argue against and why? _____

2. Name something you know which might cause harm but is hard to change. What makes it difficult? _____
