



## REGENERATIVE FARMING AND OUR FOOD SYSTEMS

**Prompt:** After watching, *Unbroken Ground*, choose two out of the four prompts below and write a response to them in the space provided.

1. What specific moments or stories from the video had a strong emotional impact on you? Why?
2. Did watching the video change your perspective on how food is grown and the impact it has on the planet? Explain.
3. How do you think regenerative farming practices can positively impact not only the environment but also our communities and health?
4. What are some actions or changes you could personally make to support regenerative farming or contribute to a more sustainable food system?

Handwriting practice area with 10 sets of lines (solid top and bottom lines with a dashed middle line).

