Dear Students of \_\_\_\_\_\_\_\_\_\_\_\_High School,

**Making Our American Diet Less S.A.D**

The \_\_\_\_\_\_\_\_\_ Independent School District needs your help in giving a presentation to your school community about our energy production and consumption needs with regards to our diets. As you know a lot of energy is needed to supply the American Diet and we would like you to inform the school community about reducing energy consumption. In the past decade there have been about 150 million children that are malnourished. This could be because in poor counties, many families tend to spend about 60-80% of their income on food. When prices go up, these families will not be able to buy food. Studies have also shown that eating at a lower trophic level can reduce energy consumption and waste. How can we design a detailed, professional presentation to influence our local school community modeling the need to reduce the energy consumption that is produced in a standard American diet?

In your presentation, you must:

* Outline the faults of the American Diet and the amount of energy it takes to produce and consume along with the amount of waste leftover.
* Suggest alternate solutions in order to combat our energy expenditure.
* Display an energy pyramid model that demonstrates how energy and biomass are related to diet.
* Present to your fellow peers of \_\_\_\_\_\_\_\_\_ High School, defining the problem that we are facing and your solution into reducing the energy expenditure in our diet. The multimedia presentation must be more detailed than just a PowerPoint presentation. For example, you can do a poster presentation, a debate showing the pros and cons of your solution, a skit, a song, or a PSA video to name a few ideas.

Do other countries share our problem? You will also be comparing and contrasting the diets of nations around the world by collaborating with students in other countries through the iEARN “Staying Healthy” global project <https://iearn.org/cc/space-2/group-476>. We will be doing group interviews throughout the project to assess where you are and if you need any additional help.

Good luck to all the teams! We look forward to seeing what you come up with to help make our American diet less S.A.D.!