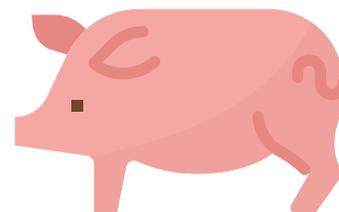


Pork: Fueling the Future

PART 1: Watch the video titled *How U.S. Pig Farmers Are More Sustainable Than Ever*, found at [youtube.com/watch?v=8UdpoiCtnTs](https://www.youtube.com/watch?v=8UdpoiCtnTs).

It shows how much pork production has changed since 1960. As you watch, use the information to fill in the blanks in these fun facts.

1. Pig farmers use _____ percent less land than they did in 1960.
2. Pig farmers use _____ percent less water than they did in 1960.
3. The average U.S. citizen would have to shower _____ fewer times a year to save that much water.
4. Pig farmers use _____ percent less energy than they did in 1960.
5. The average American household would have to quit using a _____ to save that much energy.
6. _____ make up the biggest part of pork's sustainability footprint.
7. Today's pigs need less than _____ pounds of feed to produce one pound of pork, compared to _____ pounds of feed needed in 1960.
8. Pig farmers have reduced their overall _____ by 7.7% between 1960 and 2015.



PART 2: As they implement sustainable practices to help protect our planet, pig farmers continue to provide a flavorful source of protein and other nutrients to the planet's growing population. Pork is an excellent source of nutrients important in supporting our health, including protein, vitamin B-6, thiamin, phosphorus, niacin, and selenium, and a good source of zinc, riboflavin, and potassium.

Pork is the most popular protein around the world. And with its international appeal, pork allows us to connect with others by sharing recipes and favorite cuisines from many regions — from barbecue in the United States to paella in Spain. Regardless of where we live, food brings us together.

Check out pork recipes from around the globe at www.pork.org/real-pork/ and find one that sounds interesting to you. Think about dishes you might add to create a balanced meal around your recipe, one that aligns with MyPlate guidelines and includes all five food groups. (See www.choosemyplate.gov for more information.) Use the space below to share the recipe name, region, link, and your menu ideas with your class, then talk about the recipes you each select. Compile a list of the recipes presented and share them with your family so you can explore new flavors together.

Recipe name: _____

Regional cuisine of: _____

Recipe URL: _____

Add to the plate to create a balanced meal: _____

