

Project Fork-Cast Response Collective; Conclusion

The overall goal of this project was not to make its participants slip into chocolate withdraw induced coma, but instead to open up conversation regarding climate change and its relation to our food sources. After careful review of our participants experience, our project has accomplished its goal. Although this will not save the planet from being swallowed by rising oceans and disease, we were able to create a tangible idea of profoundly intangible issue of climate change. Everyone who took part in the project responded positively when asked if this project helped to raise their personal awareness regarding how their diet affects the climate with one participant responding;

I am. Because of this, my family has decided to cut out red meat entirely, due to the fact that the cattle industry gives no benefits to the environment, especially considering the pollution that the industry creates. The only meat we consume is chicken. My diet has a direct effect on the health of our world, and I know I need to do my part to help.

On the final day of the project when participants were asked if this process had helped to bring the effects of climate change closer to home the response was overwhelmingly positive.

Yes. Before this project I wasn't even aware that these foods, which are usually consumed on an everyday basis, could affect my life so much. I also was able to inform my friends and some family members of how their diet affects the environment.

Not really but I will try to push more in my life

Yes absolutely

It absolutely did. Without coffee in the mornings before school, and my pre-race meal of an orange, I didn't feel quite the same. This project has really allowed me to experience the effects of climate change and how important it is to make the effort to stop it.

Yes. I realize that many foods are going to be extinct and something should be done to slow down or completely stop man-made climate change.

Yes.

Yes it did

As I initially hypothesized the most influential food was coffee beans. About 83 percent of adults drink coffee in the U.S., people of all ages use coffee to keep up energy levels throughout the day. As the body consumes more and more caffeine your brain begins to build up a tolerance and reliance on the substance. The immediate reduction of caffeine from the body causes a crash in energy levels, headaches, irritation, among other symptoms. The lack of access to fruits such as bananas and oranges as well as other health foods on this list were especially

difficult to avoid for the athletes during this project who founded it exceptionally bothersome while trying to keep their energy levels up during tournaments and practices.