Project Fork-Cast Response Collective

Did you accidentally or intentionally consume any of the 12 foods? If so which one?7 responses

Yes, I ate some fish without thinking of the list.

Yes, oranges

No

I did not.

Nope.

Yes, coffee. Girl I need energy.

No

Did you experience any shifts in your mood, energy levels, ect.7 responses

Not exactly, my mood generally stayed consistent.

Not anymore

No

Again, energy levels were low but I am slowly beginning to overcome the lack of coffee.

Nope.

Yes finally more energetic because i drank coffee.

Yes, mood levels

Are you glad this project is over?7 responses

Honestly, I am glad this project is over, but I definitely won't be consuming as many of the foods listed as I did before.

Yes so much

Yes!

I am. I missed eating a good majority of the foods.

Yes.

Frick yeah boi

A little bit

Around when (if so) did your body/diet begin to adjust to the new diet?7
responses

My body began to adjust around halfway, after a couple of days.
By Wednesday or Thursday
Around day 3
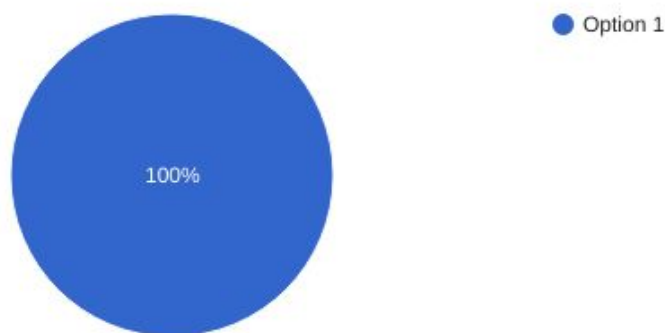I began to adjust around day 4-5.
Within 3 days.
After a couple days.
The fourth day
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Did the new diet effect your social life, did it bring up any conversations regarding sustainability?

7 responses

- Option 1

100%

Did taking part in this project help bring the effects of climate change
closer to home?7 responses

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