

Name \_\_\_\_\_

## Growing Goodness: How Urban Planning Nurtures Healthy Food Access

### Open-Ended Response Answer Key

1. Answers will vary but may include suggestions such as opening a new grocery store, establishing a farmers' market, improving public transportation to existing food sources, or creating community gardens.
2. Answers will vary, but students may highlight the importance of healthy eating habits for overall well-being and the value of hands-on experience in growing food.
3. Answers will vary based on personal experiences, but responses might include situations where a lack of nearby grocery stores made it difficult to access fresh fruits and vegetables, and urban planning solutions could have included setting up mobile markets or community gardens.
4. Urban planning can contribute to a healthier lifestyle for city residents by creating more opportunities for physical activity, promoting active transportation options, and ensuring easy access to nutritious food sources, all of which are essential components of a healthy lifestyle.

