# **Environmental Science and Technology**

## **Assignment - I**

Critic on a Movie showcasing Environmental Issue

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### **Eating Our Way to Extinction**



#### **Introduction: An Alarming Wakeup Call**

**"Eating Our Way to Extinction"** is a documentary film that explores the link between climate change & **Animal agriculture**, and the immediate need to shift to a plant-based diet for the sake of our own health and the planet. It presents a haunting narrative of how our insatiable appetite for meat and animal products propels habitat degradation, species extinction and climate upheaval. While the film certainly succeeds in shedding light on some critical concerns, it also falls short in its approach to solutions and fails to acknowledge certain complexities inherent in the subject matter.

#### **Environmental issues explored: The Unsettling Truth**

The film covers a range of environmental issues related to **Animal agriculture**, such as **greenhouse emissions**, **deforestation**, **water pollution**, **soil degradation**, **biodiversity loss**, **overfishing** and **ocean dead zones**. It also highlights the ethical & social issues of **animal exploitation**, such as **animal suffering**, **human health risks**, **food insecurity** and **social injustice**.

- ♦ Climate Change: The production of meat and dairy is a significant source of greenhouse gas emissions. This is due to the fact that livestock produce potent greenhouse gases like CH4 & N2O. Livestock production accounts for 14.5% of global greenhouse gas emissions, more than the entire transportation sector. Certain ecosystems, like Lakes in Mongolia, are drying up as a consequence of desertification.
- ♦ **Deforestation:** Meat and dairy production requires a lot of land, which can lead to deforestation. **Less than 6% of soy** is grown for human consumption, while the majority is used for animal feed. It is a major contributor to climate change, as forests play an important role in absorbing **CO2** from the atmosphere.
- ♦ Animal welfare: Animals are crowded in by the thousands into wire cages, metal crates, or other severely constricting enclosures inside filthy, windowless sheds in unsanitary

conditions during factory farming, which is a harsh and unethical method of raising animals for food. Many **animal-to-human viruses**, including the **Swine Flu**, **AIDS**, **Ebola**, **MERS**, **SARS**, **COVID 19**, and **Bird Flu**, are believed to have started in unsanitary animal farms and **live animal wet markets**. **Future pandemics**, particularly those of influenza, are more likely when industrial farming is practiced on a large scale.

- ♦ Overfishing: The fishing industry is depleting fish stocks around the world. Overfishing is a threat to marine ecosystems and food security. The growth of dead zones in oceans is linked to livestock farming.
- ♦ Water Pollution: Animal agriculture (The production of animals that we use for meat around the globe) uses 70 trillion gallons of fresh-water every year, Hundreds of Thousands of times as much as Hydrofracking. A McDonald's Quarter Pounder takes 660 gallons of fresh-water to create, which is the equivalent of showering for 2 months.

### Solutions Discussed: A Singular Path Forward

A few potential solutions to the issue of animal agriculture and its effects are also discussed in the movie. It promotes the elimination of animal agriculture worldwide and the switch to a plant-based diet full of whole grains, fruits, vegetables, legumes, nuts, and seeds.

- ♦ Eating less meat and dairy: The best method to lessen your influence on the environment is to consume less meat and dairy. More than 75% of the world's arable land may be made available by switching to a plant-based diet, and previously destroyed forests could be replanted. You can also decide to consume more whole grains, veggies, and other plant-based foods like fruits.
- Buying local food: Since local food is grown closer to you, less transportation-related greenhouse gas emissions are produced. Additionally, it helps the local economy and farmers.
- ♦ Growing your own food: If you have the space, you can cultivate your own food. By doing this, you can lessen your exposure to the dangerous pesticides and chemicals that are frequently employed in industrial agriculture. Since homegrown produce is harvested when it is at its ripest, it is nutrient-rich.
- ❖ Supporting sustainable farming practices: There are farming practices that are environmentally friendly and can reduce the negative impacts of food production on the environment. Some examples include No till agriculture, crop rotation, cover crops, water conservation, organic farming and Integrated pest management.

#### My Opinion on the Problem: Burning and Factual

I believe that the movie **effectively addresses** the issue of animal agriculture and its negative impact on health and the environment. It presents evidence to back up its arguments and engages the audience through **engaging storytelling**. The problems it highlights are **urgent** and **crucial**. The film has the potential to raise awareness and inspire action.

#### My Opinion on the Solution: Insufficient and Confining

Although the film effectively highlights the importance of change it may limit its impact by **promoting veganism**, as the solution. This approach might **alienate individuals** who lack the resources or interest to adopt a vegan diet. It would have been beneficial if the film had also explored solutions, such as **minimizing food waste**, **consuming less processed food** or **endorsing sustainable farming methods**. I firmly believe that there are approaches we can embrace in order to reduce our footprint.

- ★ Reduce food waste: The United Nations reports that one third of all food produced for consumption is wasted or lost. We can make a difference by being mindful, in our meal planning only cooking what we will eat and composting any leftover food to minimize food waste.
- ★ Eat less processed food: Processed food usually lacks nutrients. Can be high in calories, sugar and unhealthy fats. Opting for processed food can have impacts on both your health and the environment.
- ★ Support sustainable food companies: Numerous companies are actively working towards sustainability in their operations. By choosing to buy from these companies we can contribute to their efforts in achieving their goals while also making an impact on the environment.

I truly believe that if we follow these steps we can make a contribution to the development of a sustainable food system in the future.

To summarize the documentary "Eating Our Way to Extinction" serves as a wake up call that highlights the impact our dietary choices have on the environment. The film effectively sparks discussions about the need for change. However it falls short by not addressing all the challenges associated with transitioning to food systems.



