# Capstone Project Stage 1 - Coupled Human-Natural System (CHNS) Diagram/

Make your own diagram similar to the one you made for the first summative assessment. For example, if you learn that your region receives 10 inches of rain per year, that would be something that is part of the natural system, and the response in the human system would be that irrigation is necessary. You should connect the systems with lines that make connections in the diagram to illustrate components of the human-natural system and their relationship

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| Stage 1: Introduction to your regional food system, history and human nutrition. Remember, this worksheet will likely expand into a longer version as you gather information, new questions and new resources to address these questions. You most likely will not be able to answer all of these questions about your region. They are just presented as a tool to help guide your searching and data collection. |
| **Region Name** | **Country** | **State/Province/Counties** |
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| Directions and Questions to Explore | Information about your regional food system(include a citation for everything you put here!) |
| **Physical Environment of your Capstone Region**Explore your region in Google Maps with the satellite image (<https://www.google.com/maps>, click in the lower left on the box that says “Satellite” to turn on the satellite image) or use Google Earth (<https://www.google.com/earth/> ). Search for your region using the county name or other name for your region. Start working on a labeled map of the region showing key features. Or search for one using Google Images. Include it in your ppt file with a citation so you know where it came from. You can add arrows and annotation to the map in your ppt file.* What are the major topographic features? (such as rivers, valleys, mountains/ridges, wetlands)
* What do you notice about main settlements, such as towns and cities? What’s the largest city in your region? Where is it located relative to the agricultural land?
* Clip a screen shot of your county w/ the outline from Google Maps. See above for instructions for how to clip a screen shot.
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| Human Environment of your Capstone Region Search for the following information about the counties in your region. Wikipedia is a great place to start but you should try to find where they get this information and determine whether this is an acceptable resource. Also, you’ll want to find the website for the county or regional government (e.g. <http://www.tularecounty.ca.gov/county/> or <http://www.mesacounty.us/>) * What is the approximate population of the region?
	+ Search for populations of each county and sum to get a total population for the region.
* What is the income level of the population of the county?
* What are the major features of the transportation system? Is there public transit? Interstate? Major highways? Rail? Shipping ports?
* Describe your initial impressions of the region with regard to food production and consumption.
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| History of Food SystemsThis section will require some investigation on your part. Do your best to get a sense of the history of the food system in your region by searching on the web about your region and its agricultural history. These questions are just for guidance.* In class, we talked about global historical food trends (refer back to the course material for Module 2). Can you fit your regional food system into those trends? Or is there any interesting local variation from that history?
* What changes have occurred in the food systems of the region in the past 20 years? How about the past 50-60 years? (you can ask people such as a parent about this question if you’re studying a region close to home)
* Also, in most places there is the coexistence of traditional or alternative food systems with a dominant modern one---comment on these systems. Search for farmer’s markets in your region, or community supported agriculture (CSA) farms. What are the different histories of these different food systems?
* Have there been changes in environmental factors (improvement or deterioration of soil or water resources) that have led to changes in food systems?
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| Diet and NutritionDiscuss diet and nutrition of your assigned regional food system. Try searching on the county public health websites and for news stories about food, nutrition, public health, and diet in your region.* Are there major cultural influences on the diet of the region?
* Are there major socioeconomic influences?
* To what degree are processed foods being consumed?
* Are there health challenges associated with the diet, or the lack of food, in your region?
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| Questions about your region? What additional information do you still need to find? Where might you find this information (add future references below)? |
| Future References and Key ResourcesInclude citations to newspaper articles, primary literature, databases, personal communications, etc. to information that might be useful in the future and aren’t already cited below.  |
| References Remember to use APA Format. |