1. **What are the core building blocks food supply chains and of food systems? How do they differ?**
   1. Food supply chains: The sequences of organisations and processes involved in production, processing and distribution of food items
   2. Systems: People, institutions, activities and infrastructures involved in producing and consuming food
   3. Chains are part of systems, which are more-encompassing and often more complex.
2. **What is the difference between mainstream and alternative food systems?**
   1. Answer (from chapter): Mainstream food systems are oriented towards the most efficient form of food provisioning for a growing global population (Lang et al, 2009). They mainly consists of intensive farming producing food that is processed by industries and distributed via supermarkets. Alternative food systems are characterized by a concern with quality and are usually ‘alternative’ in the sense of paying specific attention to aspects such as organic, fair trade, and local, particularly valuing direct relationships between producer and consumer
3. **What has been the role of Fairtrade in making food systems more sustainable?** 
   1. A version of: Fairtrade certification has primarily addressed negative social impacts from global food trade and has recently begun to target environmentally-unsustainable practices too.
4. **Do you know whether your diet is sustainable? What indicators do you score best on? What would be most difficult for you in maintaining a sustainable diet and how would you go about it?** 
   1. Reflective question that depends strongly on the individual; any reasonable answer that identifies useful indicators of sustainable diets is acceptable.
5. **Is local food always more sustainable than food produced elsewhere? Explain.**
   1. Answers should mention:
      1. That it is not quite clear what ‘local’ means; and
      2. That even if it is defined as geographical proximity, local food is not necessarily more sustainable than ‘distant’ food as food miles generally do not make up a large portion of the overall emissions of a food product.