

Let's Make Every Day World Environment Day

The Food Edition!



LESSON 2 – Pre-Lesson Task

The easiest way to help the environment and the planet is to be careful about what we eat, and what we don't eat.

UnFun Food Fact

If food waste were a country, it would be the world's third largest emitter of CO².



Challenge

In the 24 hours before the lesson, take note of all the food you see wasted. At school, at home, in the street. If you see food being wasted, add it to your list.



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LESSON 2 – Student Worksheet

There are lots of surprising facts about food. One thing that we can't ignore is what we eat, and what we don't eat.

In today's lesson we're going to look at how we can change our eating habits so we can change the world from our classroom... and our kitchen.

1. Look at the pictures below. Which actions have a positive impact? Which are negative?

Complete the table

Positive Impact	Negative Impact

Deforestation



Planting trees



Leftovers



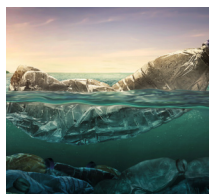
Air pollution



Sharing



Plastic pollution



2. Which one of these has the biggest impact on the planet?

1. Cows



2. Sheep



3. Nuts



3. How can we change our diet?

Let's watch a few short videos.

a. What's your favourite vegetable?

.....

b. What are the children singing?

.....

c. What different vegetables do you see in the videos?

.....

If you don't have space for a garden at school, what could you do?



4. What can we do about food waste?

Here are a few tips to help reduce food waste.

Watch this video with a few ways to prevent food waste at home.

Put them in the order you see in the video:

Save your leftovers	
Eat First Bowl	
Make Stock	1
Inventory and shopping lists	

Which one will you try first? Can you think of any of your own?

Post-Lesson Challenge

We have an amazing hub filled with ideas on how you can make a difference to the world and become a **Change Maker**.

It's called www.changemakersworld.live

Our challenge to you is to try one of the different activities we've done today and upload it. It might even be part of our next live lesson!

You can upload anything you or your school does to make a difference in the world.

You'll get a lovely certificate, but more importantly you'll be able to help inspire other people from around the world to make a difference and take their first steps to become Change Makers.

Who knows, maybe your contribution will be featured in the next lesson!

**You can make every day
Environment Day, by
thinking about what you
eat and what you don't eat**

