

Changing the world from our classrooms

Let's Make Every Day
World Environment Day



This lesson plan is based on a live online lesson given by our Change Makers Ambassador, Harry Waters. Part of a series of live lessons for students, called Changing the world from our classrooms.

Welcome, Teachers!

On June 5th the world celebrated Environment Day. We strongly believe that while it's important to look at these days to raise awareness, we need to try and make a difference to the planet. Every. Single. Day. The easiest way to do this is think about what we eat, and what we don't eat.

By being mindful of what we eat and what we don't eat, we can make a positive difference in the world. In this lesson, we will learn about the positive and negative impacts of different food choices, discuss ways to change our diets for the better, and watch videos that showcase sustainable eating habits. Let's dive in and discover how we can become change makers through our everyday food choices.

Primary Objectives:

1. To raise awareness about the environmental impact of food consumption
2. To encourage students to adopt sustainable eating habits and reduce food waste.

Subsidiary Objectives:

1. To analyze the positive and negative impacts of different food choices on the environment.
2. To explore ways to change our diet for the benefit of the planet.
3. To promote creative thinking and problem-solving skills in finding solutions to reduce food waste.

Time and Difficulty Level:

The lesson duration and specific activities within each step may vary based on the available time and the needs of the students. The vocabulary and language complexity have been adjusted to align with the A1-A2 proficiency level for students aged 9-12.

Introduction

Begin the lesson by engaging students in a short discussion about the importance of food choices and their impact on the environment. Example sentence: "Today, we are going to continue our journey to make everyday environment day, but this time focusing on the food we eat!"

Activity 1: Positive and Negative Impacts of Food Choices

Provide students with a table to complete, listing actions with positive and negative impacts on the environment.

Positive Impact	Negative Impact
Use Leftovers	Air pollution
Planting trees	Plastic pollution
Sharing	Deforestation

Show six images representing positive and negative impacts (e.g., deforestation, planting trees, air pollution, plastic pollution). Display them one by one and ask students to identify whether they have a positive or negative impact on the environment.

Example sentence: "Now, let's examine these images and discuss whether they have a positive or negative impact on the environment."

Facilitate a class discussion to complete the table, encouraging students to share their reasoning for each action. Example sentence: "Can anyone provide an example of an action that has a positive impact on the environment? How about an action with a negative impact?"

Activity 2: The Impact of Different Food Choices

Display images of cows, sheep, and nuts.

Engage students in a discussion about the impact of different food choices on the environment, focusing on cows, sheep, and nuts. Ask students which food choice they think has the biggest impact on the planet.

Example sentence: "Let's take a closer look at these food choices. Which one do you think has the biggest impact on the planet?"

Overlay the two food products (e.g., beef and lamb) on top of live animal images to visually illustrate the connection between food choices and their environmental impact.

Example sentence: "Here, you can see the food products overlaid on top of the live animals. This helps us understand the connection between our food choices and their impact on the environment."

Activity 3: Talk to students about how they can change their diet.

Show them the example of the contribution on Change Makers (www.changemakersworld.live) sent in by Dream School in Vietnam. Mention they started their own garden.

Facilitate a discussion on how the students could grow their own vegetables at school or at home. Look for innovative ways to grow in confined spaces using pots or grow bags.

Show students three short videos related to sustainable eating habits.

a. Video 1: [<https://www.instagram.com/p/CZj-qpNA9BH/>]

- "What's your favourite vegetable?"

b. Video 2: [<https://www.instagram.com/p/CaAiNLigH6U/>]

- "What are the children singing?"

c. Video 3: [<https://www.instagram.com/p/CaCo1zNN87L/>]

- "What different vegetables do you see in the videos?"

After watching the videos, engage students in discussions based on the content. Example sentence: "What did you learn from the videos? Can you share your favourite vegetable mentioned in the first video?"

Ask students to think creatively and provide alternative ideas if they don't have space for a garden

Example sentence: "If you don't have space for a garden at school, what other options can you think of to contribute to sustainable eating habits?"

Activity 4: Reducing Food Waste

Talk about the problems with food waste. See if students can guess where food waste happens. Show them the graphic on Change Makers sent from Wee College in Canada.

Ask students if they find any of the statistics surprising and get them to brainstorm potential ideas on how to reduce food waste.

Show a video that demonstrates ways to prevent food waste at home ([Ali's Top Tips Lesson #4: What a Waste!](#))

Present students with a list of actions mentioned in the video (e.g., save your leftovers, eat first bowl, make stock, inventory and shopping lists) and ask them to put them in the order they saw in the video.

Order	Action
2	Save your leftovers
3	Eat First Bowl
1	Make Stock
4	Inventory and shopping lists

Engage students in a discussion about which action they would try first and encourage them to think of any additional ideas to prevent food waste.

Example sentence: "Which action mentioned in the video would you try first? Can you think of any other ways to prevent food waste?"

Conclusion:

Summarize the main points discussed in the lesson, emphasizing the importance of making sustainable food choices to protect the environment.

Example sentence: "Remember, by being mindful of what we eat and making sustainable food choices, we can have a positive impact on the environment."

Post-Lesson Challenge:

Introduce the Change Makers World website (www.changemakersworld.live) as a hub filled with ideas on how students can make a difference in the world.

Encourage students to try one of the activities discussed in the lesson so you can then upload their contribution to the website. Emphasize that their actions can inspire others around the world.

Example sentence: "Our challenge to you is to try one of the activities we've discussed today so I can upload it to the Change Makers World website. Your contribution can inspire others and make a real difference."

Note: Throughout the lesson, provide additional explanations, examples, and support as needed to ensure comprehension and engagement from the students.