

SESSION 8

How I eat and look after the world

TEACHER'S GUIDE



FUNDACIÓN
EROSKI

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SCHOOL OF
NUTRITION

8/

How I eat and
look after the world



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NUTRITION

In collaboration with WWF

Energy to grow

Energy to grow

Breakdown

SESSION SUMMARY

- Find out what the pupils know about sustainability.
- Exchange ideas and opinions about the subject in small groups.
- Create and decorate a slogan as individual work. Sustainable products at home.

CONTENTS

Sustainability.
Sustainable food production.
A sustainable diet.

SPECIFIC OBJECTIVE

To encourage a sustainable attitude towards the planet.
To raise awareness amongst the pupils regarding the importance of and need for sustainability in the world.

KEY COMPETENCIES

1. Linguistic communication.
2. Mathematical competencies and basic competencies in science and technology.
5. Social and civic competencies.
6. Sense of initiative and entrepreneurial spirit.
7. Cultural awareness and expressions.

Session plan

Tix and Loy do not just watch what they eat and look after their bodies. They also help look after the planet. They know that everything we eat, wear and play with comes from the Earth and its raw materials. That is why they support sustainability.

In this session, we are going to learn how we can help maintain and improve the resources that the Earth gives us by supporting sustainability.

The pupils are asked questions before the explanation in order to introduce the subject, raise interest and get more out of the session.

Which do you think is better, harvesting vegetables by hand or using machines to do the job? Why?

Which do you think is better, catching fish one by one with a fishing rod or catching them using nets? Why?

Have you ever heard of sustainability?
What do you think it is about?

Do you think you can help the environment by the way you eat? How?

SESSION 8 HOW I EAT AND LOOK AFTER THE WORLD

ENERGY TO GROW
EDUCATIONAL PROGRAMME ON FOOD AND HEALTHY LIVING

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In this session, we are going to learn how we can help maintain and improve the resources that the Earth gives us by supporting sustainability. And what about you? Do you support sustainability?



- 2 -

Pupil notebook

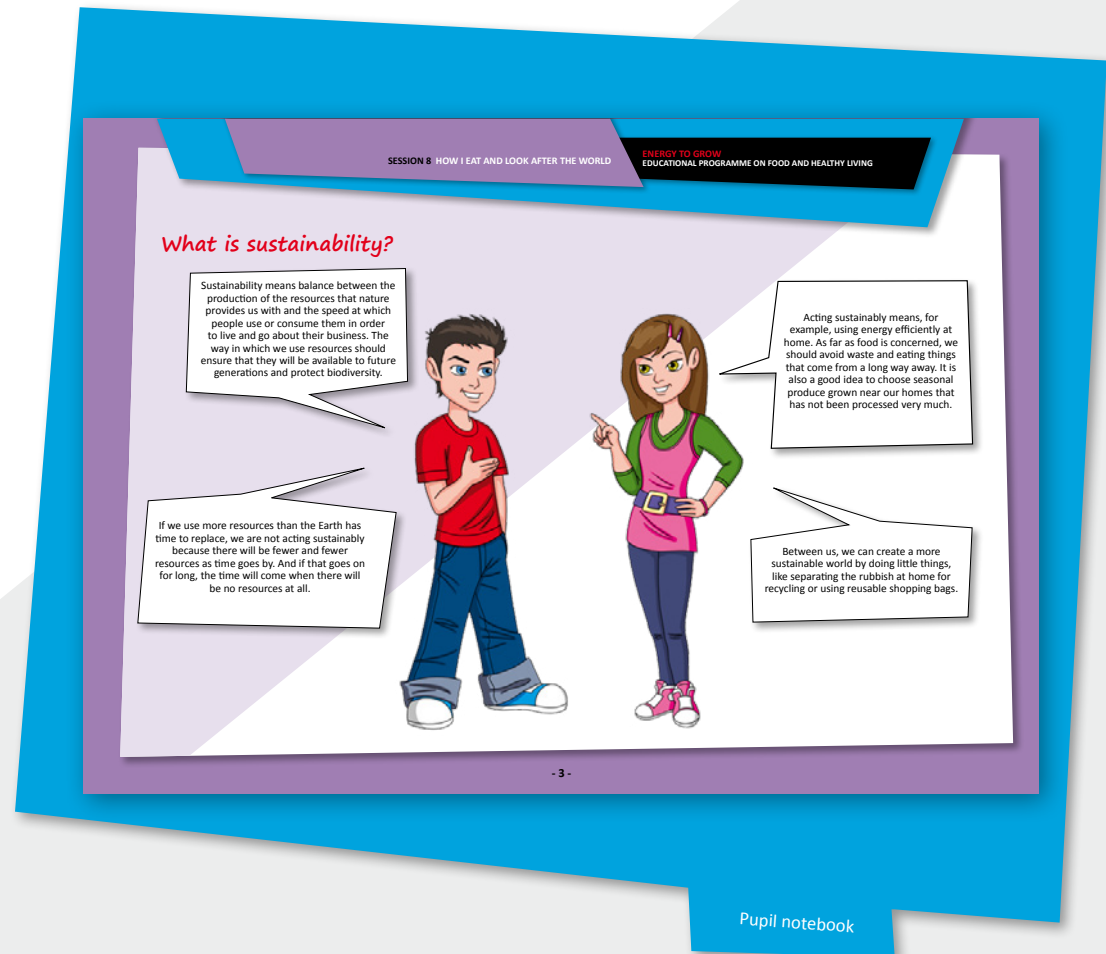
What is sustainability?

Sustainability means balance between the production of the resources that nature provides us with and the speed at which people use or consume them in order to live and go about their business. The way in which we use resources should ensure that they will be available to future generations and protect biodiversity.

If we use more resources than the Earth has time to replace, we are not acting sustainably because there will be fewer and fewer resources as time goes by. And if that goes on for long, the time will come when there will be no resources at all.

Acting sustainably means, for example, using energy efficiently at home. As far as food is concerned, we should avoid waste and eating things that come from a long way away. It is also a good idea to choose seasonal produce grown near our homes that has not been processed very much.

Between us, we can create a more sustainable world by doing little things, like separating the rubbish at home for recycling or using reusable shopping bags.



Did you know... ?

Humans would need one and a half planets in order to regenerate the resources they currently consume. If we carry on like this, we will need two planets by 2050.

Sustainable food production

Food is a basic resource for human life. A lot of producers are committed to the environment and use sustainable production processes so that the Earth's ecosystems are not damaged too much. Let's see 3 examples:

- 1. Sustainable fishing:** A lot of fishermen who fish on our coasts are returning to traditional fishing methods. This means that the fish they catch is good quality fish, the marine ecosystem is not damaged and fish stocks do not disappear.
- 2. Sustainable crops:** Farmers do two things. They try not to abuse the soil's ability to maintain and nourish their crops, because then it could become less fertile. Secondly, they farm the land using methods that respect the environment and avoid emitting greenhouse gases into the atmosphere.
- 3. Sustainable livestock farming:** Farm animals need to be able to move around freely on sufficiently large areas of land and eat natural grass. They should not be shut up in buildings and fed artificial feed.

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A sustainable diet

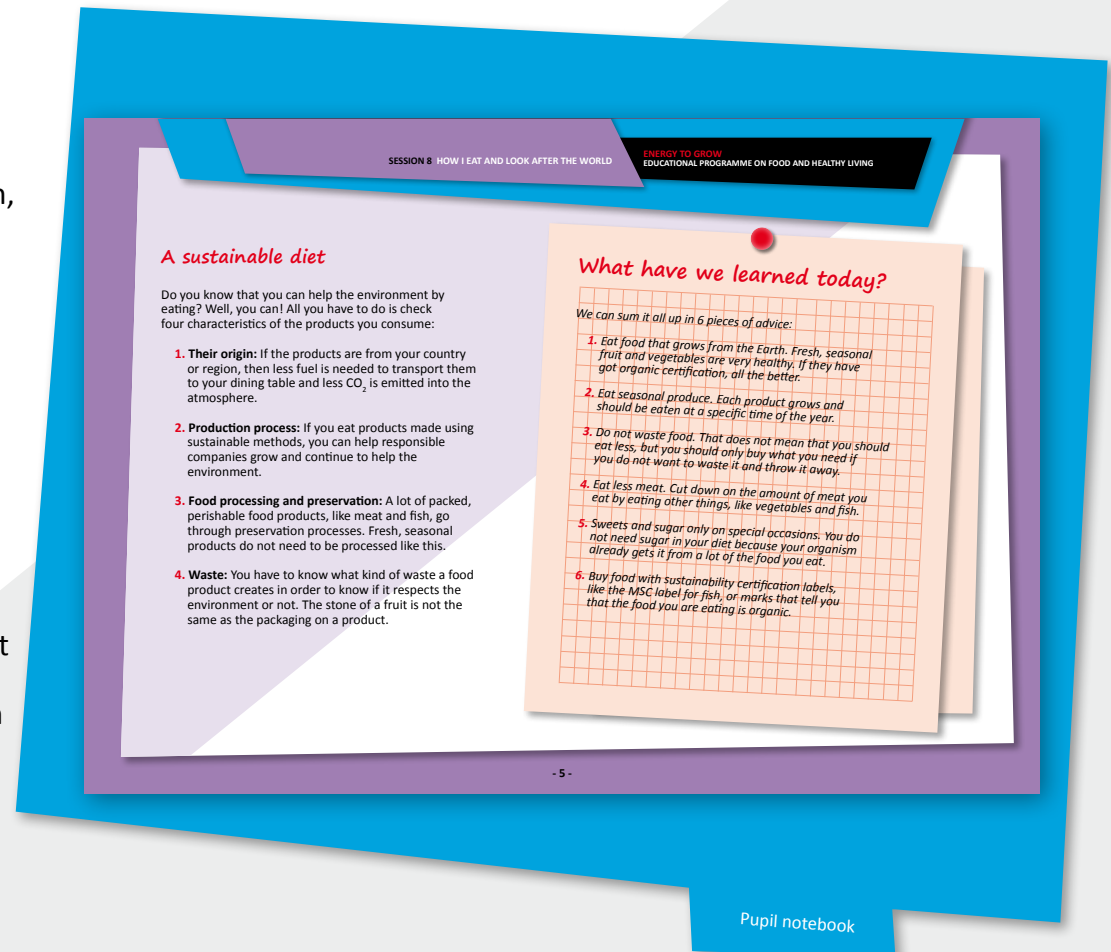
Do you know that you can help the environment by eating? Well, you can! All you have to do is check four characteristics of the products you consume:

- 1. Their origin:** If the products are from your country or region, then less fuel is needed to transport them to your dining table and less CO₂ is emitted into the atmosphere.
- 2. Production process:** If you eat products made using sustainable methods, you can help responsible companies grow and continue to help the environment.
- 3. Food processing and preservation:** A lot of packed, perishable food products, like meat and fish, go through preservation processes. Fresh, seasonal products do not need to be processed like this.
- 4. Waste:** You have to know what kind of waste a food product creates in order to know if it respects the environment or not. The stone of a fruit is not the same as the packaging on a product.

What have we learned today?

We can sum it all up in 6 pieces of advice:

1. Eat food that grows from the Earth.
2. Eat seasonal produce.
3. Do not waste food.
4. Eat less meat. Cut down on the amount of meat you eat by eating other things, like vegetables and fish.
5. Sweets and sugar only on special occasions.
6. Buy food with sustainability certification labels.



I SUPPORT SUSTAINABILITY

1 Let's all think how we can encourage sustainability at home and at school. What can you as an individual do in order to be more sustainable? What can we all do?

Each pupil chooses one action that they can apply at home or at school and illustrates it on a piece of paper as they wish: with a drawing, a slogan...

e.g. "Off to the supermarket with my bag!"

The idea is for them to see themselves as seeds that can generate sustainability in their environment, so that, with everyone's collaboration, they will be able to collect the "harvest" of their efforts.

2 Ask your parents to let you help write the shopping list. Tell them which things are more sustainable.

3 Write a list of all the food products you have at home and put them in order according to their origin and sustainability. Compare that information with the calories they provide... You are in for a surprise.

