



102 - Climate Change Challenge WebQuests

Sustainable Plate



**Building Problem-solving Skills of Youth to Address
Environmental and Climate Change Issues**

IO2 – Climate Change Challenge WebQuests

WebQuest Theme: Bruised Not Broken

TIME ALLOCATED:	6 hours 15 minutes
TITLE OF THE WEBQUEST:	Sustainable Plate
INTRODUCTION	
<p>We all have heard talking about sustainable food and we have a general idea of the importance of adopting sustainable food habits. However, as we go shopping for groceries in a supermarket, all of our good intentions seem to be under attack. We may be thinking of purchasing our favourite products and we follow our preferences instead of our environmental conscience. It is important to align our consumer habits with our environmental habits. This means that when we choose what we eat we strongly consider how the product consumption will affect the environment.</p> <p>The food we produce and consume has a significant impact on the environment through; greenhouse gas emissions, the use of land and water resources, pollution, depletion of phosphorus, and the impact of chemical products such as herbicides and pesticides.</p> <p>Several studies and articles focus on food sustainability and place it at the top of current environmental priorities. But what does food sustainability exactly mean? A clear and unique definition doesn't really exist, but according to Sustain Association, "sustainable food provides social benefits, contributes to thriving local economies that create jobs and secure livelihoods, enhances the health and variety of both plants and animals and helps to tackle climate change".</p> <p>Western diet with high intakes of meat, fat and sugar is a risk for individual health, social systems and the environmental life support systems. This problem is worrying as the "global population is projected to increase to nearly eight billion by 2030 and more than 9 billion by 2050, with an even faster growing middle-class, creating demand for more varied, high-quality diet requiring additional resource to produce" (European Commission). To avoid the overconsumption of unhealthy and unsustainable food, it is essential to encourage a change in our food habits and to promote healthier and "greener" diets.</p>	
TASK	



Your best friend would like to start a sustainable restaurant. She would like to use only sustainable products that have no impact on the environment, that are produced in an ethical way and that are healthy for her customers. She tells you about her project and you find that it to be a very exciting initiative! You have recently found yourself interested in environmental actions and in implementing a healthy diet into your lifestyle. You think that this would be a good opportunity for you to know more about these topics and, at the same time, help your friend!

You and your friend are excited about your new endeavour. But where to start first? You begin to think that a good idea in getting this venture off the ground will be to first conduct some research:

1. What does sustainable food mean?
2. What is the impact of unsustainable food on the planet?
3. What are the tips to follow a sustainable diet?
4. Why it is so important to do it?
5. How can you encourage people in choose more sustainable foods?

Of course, your friend is already aware of the importance of consuming sustainable food, she has been vegetarian for many years! However, she needs to get better informed and to find precise definitions to promote her restaurant and its philosophy among potential customers. In addition, she needs to get all the necessary information about sustainable food to create her sustainable menu. You are ready to help her with it. How exciting it is to be in this “green” mission together!

PROCESS

Step 1: The environmental impact of unsustainable food

How many times have you been feeling hungry in your city or in cities you were visiting and the only places where you could find food were fast foods or big food companies chains? You know that it is important to avoid eating that kind of food, but you need to know more about why big food companies have a negative impact on the environment and how they contribute to climate change. Have a look at these links about the impact of junk food on the environment and search for more:

- Environmental Impact of Food Production: <https://ourworldindata.org/environmental-impacts-of-food>
- Multiple Health and Environment Impact of Food: <https://www.pnas.org/content/116/46/23357>

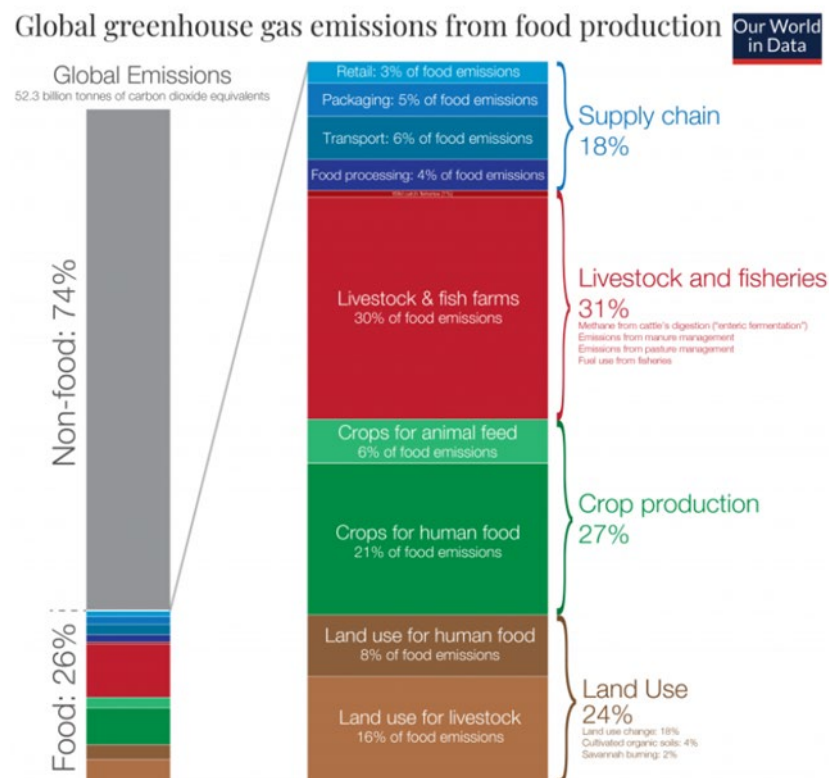


- How eating Junk Food Threatens Environment and How to Avoid Eating it: <https://ecofriend.com/eating-junk-food-threatens-environment.html>

Plastic pollution is one of the main damages caused by good production giants, so it is important to know what brands to avoid buying. Start from these website pages and find more information about these big polluters:

- Cost of environmental damage linked to Nestlé, Danone and Mondelez rises sharply: <https://www.spglobal.com/marketintelligence/en/news-insights/latest-news-headlines/cost-of-environmental-damage-linked-to-nestl-233-danone-and-mondelez-rises-sharply-56387844>
- Big 10 food companies emit 'as much as 25th most polluting country': <https://www.euractiv.com/section/agriculture-food/news/big-10-food-companies-emit-as-much-as-25th-most-polluting-country/>

Beside plastic pollution, large food production chains are responsible for one-quarter of the world's greenhouse gas emissions, according to Our World in Data:



Here are more sources that will help you understand how food production chains contribute to climate change. Have a look and search for more:

- How Our Food System Affects Climate Change: <https://foodprint.org/issues/how-our-food-system-affects-climate-change/>
- Global Food Production Emission: <https://www.theguardian.com/environment/2020/nov/05/global-food-production-emissions-would-put-paris-agreement-out-of-reach>

Step 2: The impact of fast-food production on our health

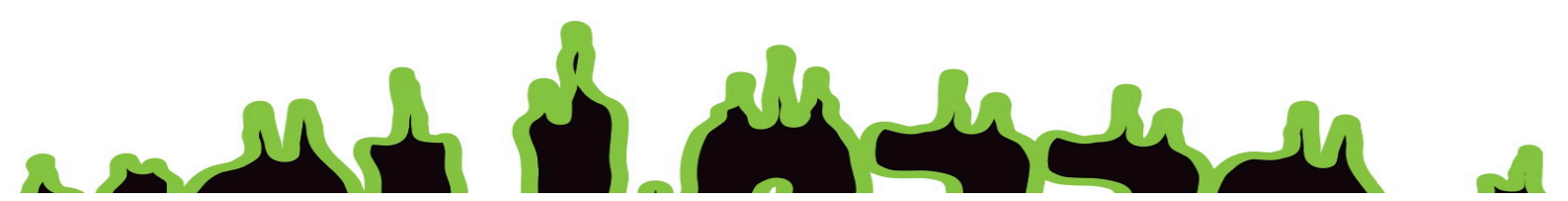
Food is essential for our bodies to; develop, replace and repair cells and tissues, to produce energy to maintain warm, move and work, to carry out chemical processes such as the digestion of nutrients and to protect against infection and recover from illnesses. Food also constitutes part of our cultural identity.

Unfortunately, our health is becoming more and more affected by food production procedures used by global food industries. It is important to know the reality of how food production affects our health. By fully understanding this, you will be able to advise your potential customers to understand why to avoid these types of products. Visit these websites and look for more with your friend:

- We Urgently Need to Redesign the System: Unhealthy Food Production Makes Healthy Eating Impossible: <https://www.foodnavigator.com/Article/2019/01/24/Unhealthy-food-production-makes-healthy-eating-impossible>
- Obesity Epidemic Goes Global: <https://www.vichealth.vic.gov.au/media-and-resources/media-releases/unhealthy-food-and-sugary-drink-industries-prey-on-worlds-poorest>
- Untangle food industry influences on health: <https://www.nature.com/articles/s41591-019-0661-6>

You also have concerns about the way massive food production treats employees. Have a look at these website pages about the unethical production of food and feel free to extend your research:

- Ethical Food Choices: <https://foodispower.org/our-food-choices/ethical-food-choices/>
- Five Unethical Companies: <https://www.ethicalconsumer.org/retailers/five-unethical-companies>
- 11 Most Unethical Food and Food Brands: <https://humanofimpact.org/11-most-unethical-foods-and-food-brands-and-replacements/>



Step 3: Sustainable foods

Having a better understanding of what makes food sustainable could help you make more informed decisions. It would allow you to weigh up products and brands more easily. You could answer your “does this align with my values” question when choosing products and produce, which could ensure that you consume more mindfully. So, now that you know what the impact of junk food on our environment and health is, you need to research on the best sustainable healthy food practices and products that you will use for your “green” restaurant. Go through these links and search for more on the Internet:

- 10 Sustainable foods for Your Shopping Basket: <https://www.theguardian.com/environment/2010/sep/19/10-best-sustainable-foods>
- Think-tank Reveals Healthy Food-to-go Opportunities: https://www.foodmanufacture.co.uk/Article/2018/01/25/Think-tank-reveals-healthy-food-to-go-opportunities?utm_source=copyright&utm_medium=OnSite&utm_campaign=copyright

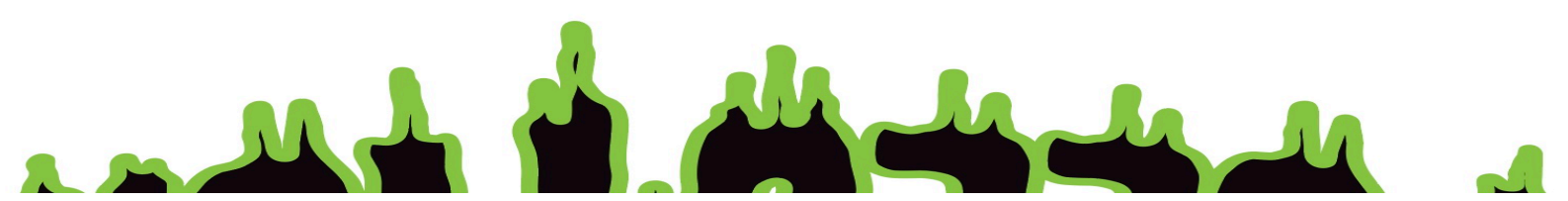
You now have many ideas about how to create the menu for your eco-restaurant. You know what sustainable foods are and how to get them. You even have too many ideas and you need to reorganise them together with your friend. A good way to organise your ideas is to create a spider diagram and brainstorm together with your friend. Check out how to create and organise your ideas through this technique:

- Spider Diagrams Can Help Organize Best Ideas: <https://cacoo.com/blog/spider-diagrams-can-help-organize-best-ideas/>

At the end of this activity, you should have a full list of sustainable foods and products you want to use prepare your meals.

Step 4: “Sustainable” menu

Now that you have reorganised your ideas, you are ready to start creating your sustainable menu! What dishes to choose? How many starters? How many first dishes? And the deserts? It is quite a complex task to create a menu. You may need some inspiration from the internet. Have a look at these example of sustainable menus and feel free to search for more:



- 22 Sustainable Recipes for Earth Day and Every Day: <https://www.godairyfree.org/news/sustainable-recipes-earth-day>
- Sustainable Menu Planning : <https://meetgreen.com/event-resources/sustainable-menu-planning/>
- Sustainable Menu: <https://www.nyu.edu/content/dam/nyu/campusServices/documents/Torch%20Club%20-%20Sustainable%20Menu%20PDF.pdf>

Here you go, you have your perfect menu in mind! You only need to create the perfect menu for your restaurant now. There are a number of free tools online that you can use for that. Here are some examples, but you can find many more:

- Visme: <https://www.visme.co/menu-maker/>
- Issuu: https://issuu.com/pricing?issuu_product=tryissuu&issuu_test=with_new_copy_hero_tryissu

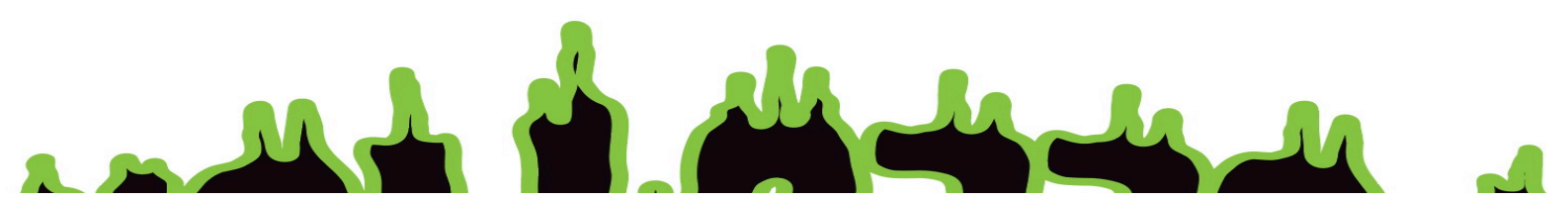
Step 5: Advertise your restaurant and its sustainable mission through a TikTok video.

By doing the activities proposed in the previous steps, you have increased your knowledge about sustainable food and have created your sustainable menu. However, that is not enough if you want to raise awareness about sustainable food and make sure that people will be encouraged to taste your recipes. It is essential that your potential customers understand the importance of your mission and why to choose your friend's restaurant when choosing sustainability. Thanks to all of the information you gathered, you are ready to explain why people should come to have dinner at your friend's restaurant. A great way to advertise the restaurant and to raise awareness about sustainable food would be by creating an engaging TikTok video. By publishing this on your social media, you will easily engage with and reach young people.

To have a better idea of how to create a good TikTok video, go through these articles and search for more:

- Make a TikTok Videos that Gets likes: <https://www.flexclip.com/learn/make-a-tiktok-video.html>
- 9 Ideas for TikTok Videos that will Engage your Followers: <https://blog.hootsuite.com/tiktok-video-ideas/>

Now watch these examples and feel free to look for more:



- Students Are Fighting Climate Change, One TikTok Video at a Time | ABC News: https://www.youtube.com/watch?v=qIBFOx0ZiYk&ab_channel=ABCNews%28Australia%29
- Amazing TikTok Global Warming | Best And Extraordinary Compilation: https://www.youtube.com/watch?v=KfumeEzRqEc&ab_channel=What%E2%80%99sTodayNEWS

And now, it's time for you to create your TikTok! One of you can shoot the video and the other can be the actor. Be fun and creative and people will run to try your sustainable recipes! Good luck!

EVALUATION

Young people who will do the activities proposed by the Sustainable Plate WebQuest will increase their knowledge about sustainable food, why it is important to avoid food that is produced by industrial and global industries and how this kind of food threatens our health. Participants will be more aware of ethical procedures in food production and know what foods are sustainable or not. Besides this, young learners will also improve their teamwork skills, as they will have to perform the activities with others. In addition, they will learn how to organise large amounts of information and ideas they found online.

Finally, the participants will strengthen their ICT skills by conducting online research and by using different digital tools (i.e., the menu creator software). They will also learn how to make short videos on TikTok for educational purposes. This can be particularly interesting for young people who may be proficient users of these types of social media tools but may not know how to use them correctly to raise awareness on a serious matter.

At the end of the WebQuests activities, the educator will ask the learners to work in pairs and answer the following questions:

- What contents of this WebQuest do you think are of most importance?
- What do you think is the most important thing you learned from this WebQuest that will be most useful for you in the future?
- Do you feel that now you could explain to another person what sustainable food is and how to make eating habits more sustainable?
- Name 5 sustainable foods that you would like to include in your daily diet.
- Do you feel that you would like to research more about the topics addressed by this WebQuest? Which ones?



- Is there anything you would like to improve about this exercise?

CONCLUSION

Great job! You and your friend have reached the end of this WebQuest and have created your sustainable menu! You have also created a video to raise awareness about sustainable food. You should be proud! Your friend's restaurant has the opportunity to attract many customers interested in tasting sustainable food and discovering sustainable food practices.

It is definitely hard to implement a fully sustainable diet in today's world. The products of global food industries are everywhere, which makes avoiding them very challenging. But you now know where to source sustainable food, what products to buy to make tasty recipes and great tips for implementing a more sustainable diet. This knowledge is beneficial for you and others because you can now explain why it is important to consume sustainable food! Well done on focusing on how we can all reduce our environment "food-print"!

People complain that cities don't have fresh, sustainable food, but it's just not true.

Dan Barber



Source: Pixabay

TUTOR SECTION

On completion of this WebQuest, young people will have achieved the following learning outcomes:

Knowledge	Skills	Attitudes
<ul style="list-style-type: none"> • Theoretical knowledge of what sustainable food is. • Knowledge of how global produced food threatens our health and our environment. • Basic knowledge of the most polluting food industries and why to avoid their products. • Knowledge of the sustainable products that we can integrate in our daily diet. • Basic theoretical knowledge of the production process of sustainable food. • Factual knowledge of how to shoot a TikTok video. • Theoretical knowledge of the importance of promoting sustainable food. 	<ul style="list-style-type: none"> • Explain why people need to avoid consuming globally produced food. • Explain why it is important to adopt more sustainable food habits. • Conduct research in team. • Search for most relevant information about sustainable food. • Create sustainable food menus. • Select and organise ideas in a critical way. • Use critical thinking to select sustainable food. • Create TikTok videos to raise awareness about environmental issues. • Raise awareness about sustainable food. 	<ul style="list-style-type: none"> • Awareness of supporting sustainable food practices and products. • Willingness to share knowledge about sustainable food with others. • Openness to team working and collaboration. • Awareness of the potential of social media to promote environmental habits.





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| | <ul style="list-style-type: none">• Explain why it is important to adopt sustainable food habits. | |
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Questions that a youth worker or teacher might use in a whole class discussion to debrief this WebQuest:

- Which activity from this WebQuest did you enjoy the most?
- Do you think that the time you spent on each activity of this WebQuest was appropriate?
- Have you enjoyed doing these activities as part of a team?
- Have you learned information and good practices that you didn't know before?
- List 3 things that worked well during the activities. List 3 things that you would change about this activity.
- Do you think that your new knowledge will be useful for you in the future? Why? Why not?



SOLUTION NOT POLLUTION



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