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the best homemade recipes

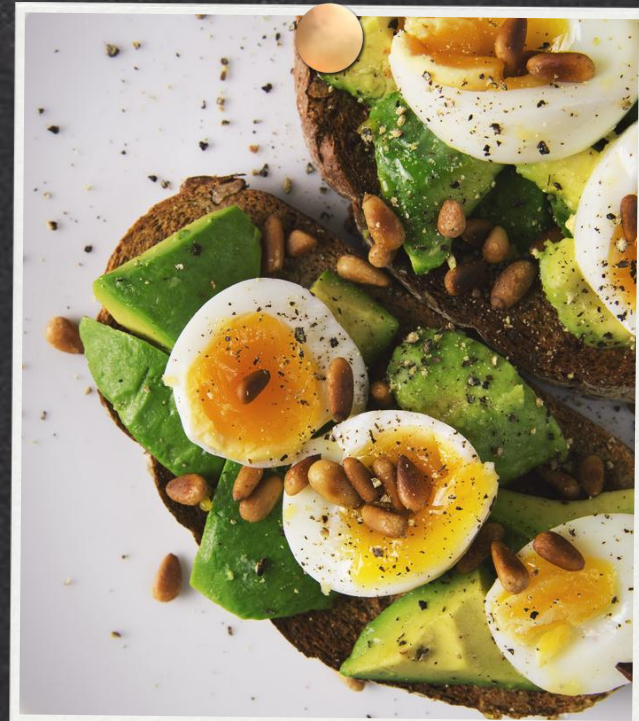
EAT

Comparative Research Network

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INTRODUCTION

Instructions

- 1 **Choosing regional and seasonal:** understanding their role in reducing carbon footprints.
- 2 **Choosing sustainable farming**
- 3 **Managing your food waste** (including the utilization of apps and understanding expiration dates, will be scrutinized for its potential in minimizing resource depletion)
- 4 **Sustainable packaging** (emphasizing the need for eco-friendly alternatives)
- 5 **Going veg** (environmental benefits and personal health)



INGREDIENTS

The food industry is responsible for approximately 26% of global greenhouse gas emissions [FAO].

Intensive farming practices contribute to 80% of global deforestation linked to agriculture [World Economic Forum].

ENJOY!

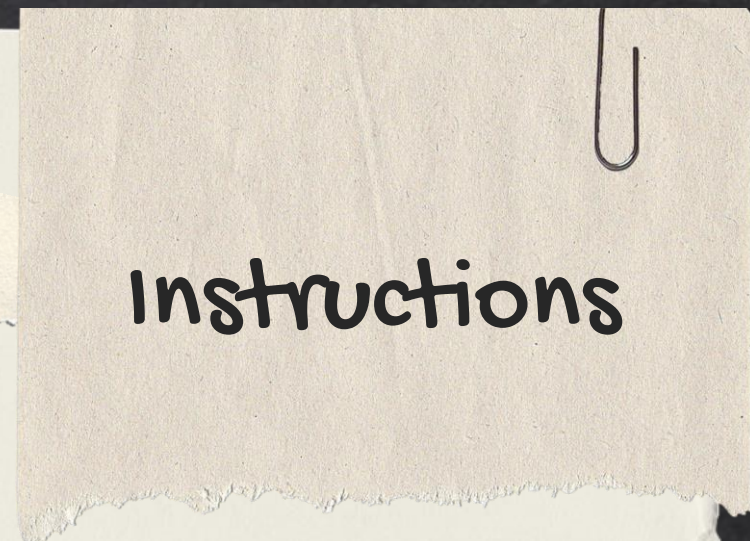


CHOOSING REGIONAL AND SEASONAL



INGREDIENTS

Buying regional and seasonal refers to making choices based on the geographical origin and the natural growing cycles of food items.



Instructions

Cupboard Exploration

- 1 Take a close look at the labels on various food items you have.

Seasonal Fridge Check

- 2 Examine the contents of your refrigerator, paying special attention to fruits and vegetables.

AND YOU, WHAT ARE YOU BUYING? LET'S CHECK!

ANIMAL HUSBANDRY

INGREDIENTS

Animal husbandry refers to the practice of breeding, raising, and caring for livestock such as cattle, poultry, and pigs.

Choosing sustainable animal husbandry practices is crucial for mitigating the environmental impact of livestock production.



Instructions

Debate: Conventional vs. Sustainable Practices:

- 1 **Divide the class into two groups:** one representing conventional animal husbandry practices and the other representing sustainable practices.
- 2 **Assign each group** to research and prepare arguments supporting their assigned position. **Hold a structured debate** where each group
- 3 **presents their arguments** and counters the opposing group's points. **Encourage respectful dialogue and critical**
- 4 **thinking** as students defend their positions and challenge opposing viewpoints.

LET'S EAT!

FOOD WASTE

Refers to the discarding or disposal of edible food that is still safe and suitable for human consumption.

HOW TO AVOID IT ?

Meal Planning and Portion Control:

- 1 Try to plan your meals in advance and only purchase what you need.

Food Preservation Methods:

- 2 Such as freezing, canning, pickling, and drying.

Creative Cooking and Recipe Adaptation:

- 3 Be creative in the kitchen!

Community Sharing Initiatives:

- 4 Such as food banks, community fridges, or gleaning programs.
- 5 Apps to Save Food



UNDERSTANDING EXPIRATION DATES:

"Best Before" Date:

The date until which the food product is expected to retain its quality, flavor, and nutritional value when stored properly.

"Use By" Date:

Applied to perishable foods that are highly perishable and may pose a health risk if consumed after this date.

PACKAGING

Instructions

Packaging Audit

- 1 Encourage students to discuss their findings and propose alternative packaging solutions.

Design Challenge

- 2 Have students present their designs to their peers and evaluate them.

INGREDIENTS

While packaging serves important functions in ensuring food safety and quality, it also contributes to environmental and waste challenges.

The **EU Single-Use Plastics Directive**, adopted in June 2019, aims to reduce the impact of certain plastic products on the environment.

SERVE
AND
ENJOY



GO VEG!

Let's clarify some terminology :

Vegetarian:

- Excludes meat, poultry, and seafood, but may
- 1 include other animal-derived products such as dairy and eggs. Some also consume honey, while others avoid it.

Vegan:

- 2 Excludes all animal products. Vegans eat exclusively plant-based foods.

Flexitarian (Semi-Vegetarian):

- 3 Primarily plant-based but occasionally includes consumption of animal products.

Pescatarian:

- 4 Abstains from meat and poultry but may consume fish and other seafood for protein and other nutrients.

ENVIRONMENTAL IMPACTS OF A NON PLANT-BASED DIET:

- Greenhouse Gas Emissions
- Land Use and Deforestation
- Water Consumption and Pollution
- Energy Use
- Waste Generation

ENJOY!

GO VEG!

WHAT ARE THE MAIN BENEFITS ?

- **Environmental Sustainability:** Plant-based diets have a lower environmental footprint compared to diets rich in animal products.
- **Animal Welfare:** Prevent animal suffering and promote more compassionate food choices.
- **Improved Heart Health:** Plant-based diets are lower in saturated fats and cholesterol found in animal products.
- **Lower Risk of Chronic Diseases:** The abundance of antioxidants, fiber, and phytonutrients in plant foods contributes to their protective effects.

Instructions

- 1 Calculating Environmental Impact of Diet
- 2 Plant-Based Meal Planning
- 3 Sharing Local Plant-Based Recipes



LET'S EAT! LET'S EAT!

LET'S EAT! LET'S EAT!

LET'S EAT! LET'S EAT!



GOOD RESOURCES



<https://www.euroveg.eu/>

<https://ivu.org/>

<https://ourworldindata.org/environmental-impacts-of-food>

<https://www.bbc.com/news/science-environment-46459714>

Cupboard Research

Write the name of the product and place of origin.
Next to every product with your country, tick it!

Canned and Preserved foods:

Canned goods (e.g., beans, vegetables, soups)
Preserved foods (e.g., jams, pickles, canned fruits)

Item	Origin
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____

Essentials

Grains and cereals (e.g., rice, pasta, oats), Baking ingredients (e.g., flour, sugar, baking soda)

Item	Origin
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____

Snacks and Beverages:

Snacks (e.g., crackers, chips, nuts) Beverages (e.g., tea, coffee, canned or bottled drinks, sweet drinks)

Item	Origin
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____

Dressing and Sauces:

Ketchup, mustard, soy sauce, salsa

Item	Origin
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____



weekly meal planner

	BREAKFAST	LUNCH	DINNER	SNACKS
M				
T				
W				
T				
F				
S				
S				

