

SDG15 Seeding Sustainability

Micro Module 2: Food Sovereignty and Security



MM2: Food Sovereignty and Security

Programme Phase 1: Research and Development

Lesson 3 Meal Challenge

Subjects: CSPE; English;
Geography; Home
Economics; SHPE

Lesson Title and Summary: Meal Challenge

In many cases, the food we buy and eat has traveled a very long way from where it was produced.

This lesson looks at how we eat according to where we live, the pros and cons of eating locally, and the challenge of creating a meal with lower carbon emissions.

Vocabulary: Carbon Emissions; Food miles

In this lesson, the learner will:

- think about where their food comes from
- summarise information to create a definition
- calculate the food miles of commonly consumed items

Materials

- Worksheet: Meal Challenge
- Food miles calculator
- Access to the Internet



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L3 Meal Challenge



ACTIVITY INSTRUCTIONS

Activity 1 What's for lunch? (10 mins)

- 1) Ask learners to think about what they typically bring to school for lunch. List the ingredients in their notebooks and underline anything they believe was produced locally. Talk to a partner about whether they believe that their packed lunch is high or low in food miles.

Activity 2 Meal Challenge (40 mins)

- 1) Working in pairs, ask learners to use the Worksheet Meal Challenge to design a packed lunch and record its food miles and carbon emissions.
- 2) Go around the room and ask each pair to describe their meal and the amount of food miles and carbon emissions associated with it.

REFLECTIVE EXERCISE: 3-2-1 (10 mins)

- Three things they feel they have learnt from the tasks.
- Two things they found most interesting and would like to explore more.
- One – their opinion they have about the tasks.

Use Post-its or a mentimeter survey - www.mentimeter.com - to gather reflections

EXTENSION / REDUCTION ACTIVITIES:

Reduction : For a shorter lesson, complete Steps 1-2 (with reduced time on Step 2) and ask learners to complete the remaining worksheet for homework.

Extension: For a longer lesson, learners can visit their local supermarket to get more specific country of origin information about the ingredients for their packed lunch.

This can build on Lesson 2, or use Lesson 2 'local expertise' to undertake this in advance of the lesson.

Optional activity:

Go to Bord Bia (see link in Media Box) to discuss the statistics or generate a walking debate around questioning the quotes and statistics.

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MEDIA BOX: (materials, online video links, extra resources, case studies etc)

Food Miles calculator: <http://www.foodmiles.com>

'Food Miles Explained' (2:30mins): <https://www.youtube.com/watch?v=2VKpUizsdcA&feature=youtu.be>

What's your diet's carbon footprint?: <https://www.bbc.com/news/science-environment-46459714>

What's Your Carbon Footprint? The How, When & Where of Food (18:03 min):
https://www.youtube.com/watch?v=jk_YGNzBwUo&feature=youtu.be

Bord Bia

<https://www.bordbia.ie/industry/insights/global-sustainability-insights/tangible--consumer-facing/local--low-food-miles/>

How Kerry is turning into a food processing giant

<https://www.irishtimes.com/life-and-style/food-and-drink/how-ireland-is-turning-into-a-food-processing-giant-1.3434864>

Kerry Group Plc <https://www.emydex.com/customers/kerry-foods/>

LOCAL TRIP / EXPERTISE

Undertake the first page of the Worksheet: Meal Challenge during a supermarket trip.

Ask learners to recreate their designed lunch in Activity 2 with only local produce.

- Using online sources, recreate the original lunch using local produce
- Think about the time of year you are consuming the lunch in
- Re-design a new lunch that could be made using only local producers
- Re-design a new lunch that is seasonal and using only local producers

MM2: LESSON 3 FOOD MILES 'MEAL CHALLENGE'

15 LIFE ON LAND



In your group, you need to create a packed lunch for school. You need 1 sandwich, 2 snacks and 1 drink.

1. Here is your shopping list. Select the ingredients you will need from this list

Ingredient	Origin
Bread	
Tuna	
Chicken	
Ham	
Lettuce	
Tomatoes	
Cucumber	
Cheddar Cheese	
Feta Cheese	
Goats Cheese	
Eggs	
Mayonnaise	
Butter	
Jam	
Oranges	
Apples	
Bananas	
Grapes	
Strawberries	
Crisps	
Chocolate	
Yoghurt	
Bottled water	
Orange juice	
Soft drink	

MM2: LESSON 3 FOOD MILES 'MEAL CHALLENGE'



2. Once you have selected your ingredients, you need to answer the following questions for each one:

- Where do they come from?
- How did they get to Ireland?
- How far have they traveled?
- What are the carbon emissions produced?

Remember! Pay attention to the time of year and check online about Irish food production if you need to.

<https://www.teagasc.ie/crops/horticulture/vegetables/>

You can use the following to help you:

- Video: What's Your Food Footprint? | Earth Lab
https://www.youtube.com/watch?v=k7DQ0EEqxV4&feature=emb_logo
- Food Miles <http://www.foodmiles.com>
- Carbon emissions table

Mode of transport	Kg of CO2 per km
Plane	9
Train	90
Truck	1.3
Cargo ship	20

