

Exercise

FOOD CARD ACTIVITY WITH ECOLOGICAL FOOTPRINT

TEACHING MATERIAL AGE GROUP 1 (9 – 13 YEARS)

Duration: about 20 minutes

Aim of the game: to learn what animal products are and which foodstuff consist of animal products; to get a feeling for food groups with a big, medium and small Ecological Footprint.

Setting: pupils sit in a circle. Three sheets with three different sized footprints are placed in the middle of the circle: one sheet is showing a little footprint, the next a medium sized footprint and the third sheet is showing a big sized footprint.

The pupils build groups of 3 - 5 children.

VARIANT 1: 54 food cards are printed and cut out by the teacher

First step:

The food cards are mixed. They are divided through the number of groups and the cards are dealt out to each group. The teacher explains that food deriving from animals has a big Ecological Footprint; food deriving from plants has a small Ecological Footprint. Food containing herbal products and eggs or dairy products has a medium-sized Ecological Footprint. The group has to think and discuss how big the Ecological Footprint of the food on their cards is. When the groups are finished, the teacher asks one group after the other, to place their cards on one of the three different Footprint sheets. The rest of the pupils is asked, if they agree with the choice and if not, why they don't agree. The teacher adds a short explanation why the certain food has a big or medium or small footprint.

At the end pupils are asked, how food is called without any animal products (vegan) and how food is called without meat (vegetarian).

Second step:

Each group or each pupil writes down two meals, (s)he wants to eat, which consist of food with a Footprint as small as possible:

- 1 breakfast
- 1 warm meal (lunch or dinner)

They can also glue food cards on their paper. They should add own ideas of foodstuff. Then the groups present their menu to the class. The class can vote for the best choice (good taste and small Footprint).

VARIANT 2: Pupils cut out pictures of food (from food packages, advertising brochures or newspapers)

Each pupil cuts out one or two pictures (big classes only one picture per person) at home or out of brochures brought into school. They choose pictures and text from foodstuff whatever they want (e.g. muesli package, cheese package, pizza box, rice package ...) Then this pictures are sorted in the categories small, medium, big Ecological Footprint as described in Variant 1.

Variant 2 requires more knowledge of the teacher about the Ecological Footprint of foodstuffs. See the following information about the Footprint of different foodstuff. The packaging however helps the children decide, which Food contains animal products.

Note:

In this activity, only the Ecological Footprints of each single food is compared. Of course, it also depends on how often a food is eaten in a year. The more vegetable food is eaten, the smaller the Ecological Footprint of a person.

Food with SMALL Footprint: (< 20 global m²/kg)

Drinks:

Water, tea, coffee, juice, soft drinks, oat milk, almond milk, soy milk, rice milk, cocoa with plant-based milk, (not for this age group: beer, wine)

Cold food:

bread, cereals, muesli, fruits, vegetables, salad, margarine, jam/marmalade, vegetable spreads (with sunflower seeds, legumes (soy, chickpeas, pea, bean) e.g. hummus), fruit cakes, nut cakes, poppy seed strudel, apple pie, pop corn, wheat sticks like salt-, sesame-, rosemary sticks, tortilla chips

Warm food:

Potatoes (cooked, baked, fried), rice, pasta, couscous, polenta, gnocchi, dumplings, bulgur, all kinds of vegetables (fried, stewed, baked), lentil-stew, baked beans, soy-stew, tofu, seitan-steak, vegetable rice, pasta with pesto, spaghetti with tomato sauce
Veggie burger, Falafel Kebab

Food with MEDIUM Footprint: (20 – 50 global m²/kg)

Drinks:

Cow milk, yoghurt or fruit-yoghurt, cocoa (with cow milk)

Cold food:

Low fat cheese, tzatziki, salads with white marinade, cakes with whipped cream, sandwich with egg spread

Warm food:

Eggs, bio-chicken from the back yard, fish, sea food, pizza, risotto with frutti di mare, fish burger, (oil=part of meals)

Food with LARGE Footprint: (> 50 global m²/kg)

Drinks:

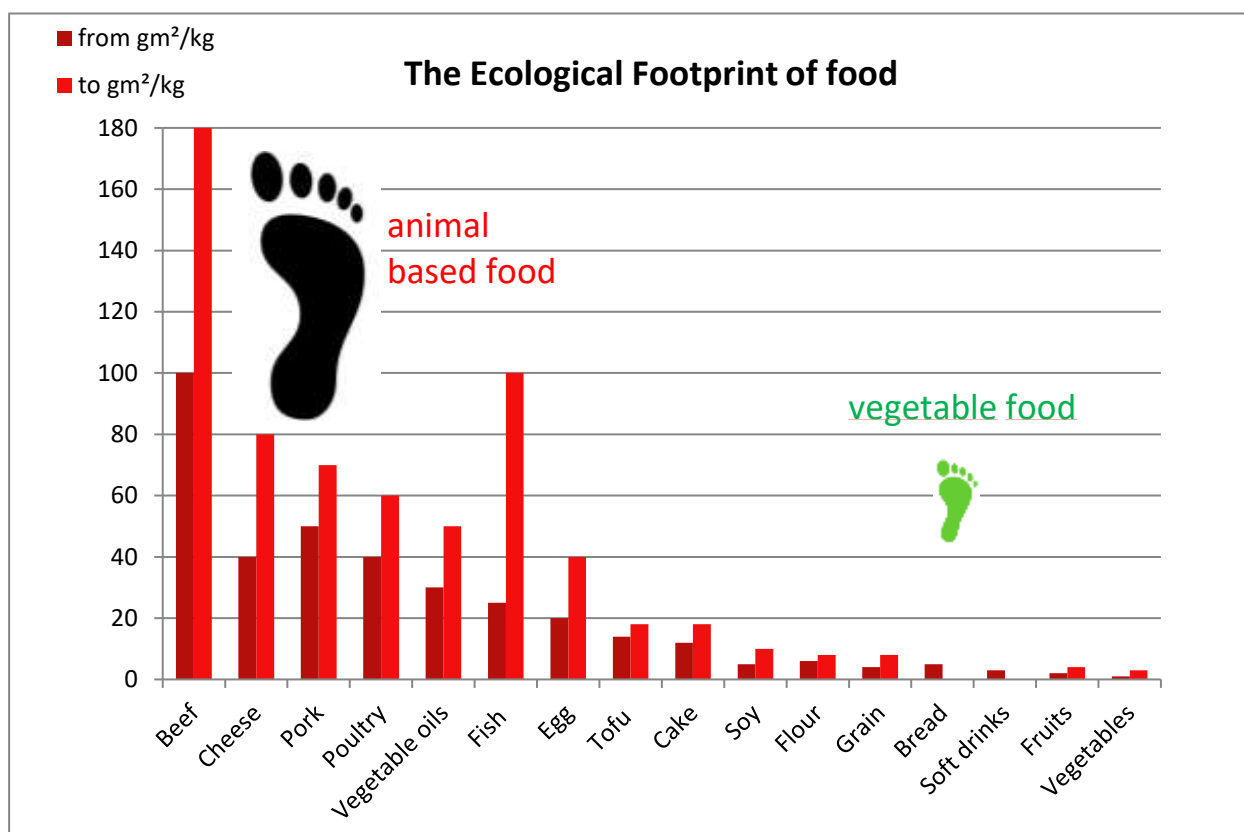
None (?)

Cold food:

Butter, cheese, sausage, meat, tiramisu

Warm food:

Chicken, pork, lamb, beef, spaghetti carbonara, spaghetti Bolognese, hamburger, cheeseburger



Data: W. Pekny, M. Schwingshackl, Plattform Footprint

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Big Ecological Footprint



Animal products like meat, cheese, eggs, fish,...

Medium Ecological Footprint



vegetable foods mixed with animal products

Small Ecological Footprint



Vegetable foods

juice	vegetable soup with pasta	baked chicken	Rice	Green salad	Fruit salad
tea	Broccoli cream soup with sour cream	Fried pork	Potatoes	Tomatoes	Apple pie
milk	Pork or beef soup	Roast beef	Pasta	red, green, yellow peppers	Chocolate cake (with eggs)
soy milk	Pizza with tuna, onions, cheese	Roast backyard chicken	Mixed vegetables	Cucumbers	Cherry cookies (with milk)
almond milk	Spaghetti Bolognese (with meat)	Fried fish	French Fries	Coleslaw	Cereal bar
Margarine	Spaghetti carbonara	Broccoli / cauliflower / green beans casserole with cheese	Dumplings	Bread 1 slice	Curd cheese strudel
Cheese	Vegetable Lasagne	Potato casserole with sour cream and bacon pieces	Risotto with mushroom or spinach	Roll	Fried cheese
Egg	Chicken Burger	Chili con carne	Soy schnitzel	Butter	Falafel
Marmelade	Hamburger	Veggie burger	Fried mushroom / zucchini / cauliflower	Cold meat	Grilled zucchini /mushroom / eggplant