

Preliminary Assignment: Investigating the Impact of Food in Your Country

Objective: Understand how commonly consumed foods in your country affect the environment and explore what is being done to reduce these impacts.

1. Identify Common Foods

- **Research:** Find out which foods are commonly eaten in your country. Look at popular dishes, staple foods, and major agricultural products.
- **Examples:** If your country consumes a lot of rice, meat, or dairy, make a list of these foods.

2. Analyze Environmental Impact and Solutions

From the following 7 impact areas (please refer to the details provided under the assignment), **choose 3** to research:

1. **Greenhouse Gases**
2. **Land Use**
3. **Water Use**
4. **Soil Damage**
5. **Energy and Transport**
6. **Food Waste**
7. **Plastic Waste**

For each of the 3 chosen impact areas:

- **Explain the Impact:** Research how the selected food items cause environmental problems in your country within these areas. For example, does meat production contribute significantly to greenhouse gas emissions? Is a lot of water used in growing certain crops?
 - **Explore Solutions:** Find out what is being done in your country to reduce these problems. Are there laws, rules, or initiatives in place? Are there any certifications or practices, such as organic farming or water conservation, that help lower the environmental impact?
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3. School Actions

- **Investigate School Practices:**
 - **Programs and Projects:** Find out if your school has any programs to reduce food waste or use sustainable practices.
 - **Waste Management:** See if there are efforts to manage food waste and reduce plastic use in the school cafeteria.
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4. Future Trends

- **Think Ahead:**
 - **Potential Changes:** Consider what changes might happen in the future to make food production more environmentally friendly in your country.
 - **Innovations:** Look into new technologies or practices that could reduce environmental impacts.
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5. Report Your Findings

- **Create a Presentation:**
 - **Content:** Include your research on the 3 selected impact areas, the environmental impact in your country, the solutions in place (like laws and certifications), what your school is doing, and future trends.
 - **Format:** Present your findings clearly, using visuals like charts or graphs if possible.
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Good luck with your research and presentation!

Extra information you can use:

Food has a big impact on the environment in many different ways. During the assignment we focus on these 7 ways of impact:

Greenhouse gasses: Meat and dairy produce a lot of pollution through methane and fertilizers.

Land use: Many forests are cut down for agriculture, which is harmful to nature.

Water use: Farming consumes a lot of water and pollutes rivers and lakes.



Energy and transport: Food production and transportation use a lot of energy.

Food waste: A lot of food is thrown away, increasing environmental damage.

Plastic waste: Packaging pollutes the environment with plastic.

Soil damage: Monocultures deplete the soil and cause erosion.

Links: [Food and the environment](#)

[Effect food production on climate change](#)

[foodfootprint](#)