

WWF Greece | Eat4Change | Foodprint  
Teachers' Presentation Manual

1. Climate change is one of the greatest challenges of our time. Can you guess one of the main contributing factors? Today we will talk about our food and its relationship with nature and biodiversity.
2. How do you think these images relate to each other? A rainforest, cattle and a hamburger?  
In South America rainforests are being cleared to make pasture for cattle. We eat beef produced in these pastures.
3. Here we have a picture of a rainforest, or actually a former rainforest, and harvesters in a soybean plantation. Can you guess how the figure 60% relates to these images? 60% of biodiversity loss is caused by food production.
4. You've probably already heard the bad news. Biodiversity on our planet is in a lot of danger. In the last 50 years, vertebrate populations have declined approximately 60%.
5. But why should we care about biodiversity? In this short video David Attenborough explains what biodiversity is and why it is so important.  
[https://www.youtube.com/watch?v=b6Ua\\_zWDH6U](https://www.youtube.com/watch?v=b6Ua_zWDH6U)
6. Food production is directly linked to biodiversity, primarily because of land use.
7. In this image you can see how our planet's land is being used. One third of all land is already used for agriculture. Most agricultural land is used for livestock farming: pastures and land for producing animal feed.  
So, the more meat we eat, the more agricultural land needed. This further reduces the amount of land available for wildlife, such as forests and bushland.
8. One of the main ways we can restore nature is to replace meat with a more plant-based diet. If we eat plants directly, we can feed four times as many people, then if we eat we feed those plants to a pig or cow first. This means that there will be enough food for everyone and wildlife will have the space it needs.
9. The Mediterranean diet is a dietary tradition that has existed for centuries and involved limited red meat consumption, but was rich in fruits, vegetables and cereals.
10. This is the newest version of the Mediterranean diet pyramid.  
Summary:  
Fruits & Vegetables: 4-5 servings per day  
Cereals: 1-2 servings per day  
Legumes: 2-3 times a week  
Fish: up to 2 per week  
Meat: up to 2 times a week  
*Source: National Nutrition Guide*  
In more detail we can find the quantities/recommended portions from the [national dietary guidelines](#).
11. The Mediterranean diet not only promotes health, but is an exemplary model of a sustainable diet, leading to less:
  - greenhouse gas emissions (72%),
  - land use (58%),
  - energy consumption (52%)
  - water resources (33%)
12. In addition to the type of food we choose, it is important to think about the origin of our food.  
We now have access to food products from all over the world. For example, we can buy cheese from the Netherlands and bananas from South America.

Almost anything can be imported. But the further the distance our food has traveled, the greater its footprint on the environment.

This is because transportation vehicles, such as planes, ships, trains and trucks produce carbon emissions. Fruits and vegetables grown close to home are considered local. Local produce is better for the environment because less energy has been used to get the food to our plate

13. It is also good to consider what time of year we eat each food. If we want, we can eat tomatoes in the winter. But where do these tomatoes come from? It is important that our diet aligns with the passage of the seasons, so that produce can be grown locally and without human interference such as pesticides.
14. Processed foods require a lot more energy to be created than wholefoods. Furthermore, each processed food contains many different ingredients, some of which have already traveled long distances before they are combined.
15. For example, a frozen pizza from the supermarket could contain tomatoes from Italy, flour from China, salami from Germany. Also, most processed foods contain salt, sugar, preservatives and other additives that are not good for our health
16. Our food choices are directly linked to the people around us. From family members to the people we shop from, can you think of which people help us eat healthier and more sustainable meals?
17. Discussion with students about who provides healthy and fresh food (from family and friends/restaurants etc.)
18. Discussion with students about where to find local and seasonal food (difference between farmers' market and supermarket)
19. Discussion with students about who provides sustainable food (different types of producers/farmers/fishermen etc.).
20. Discussion of photographic portrait, which captures these individuals.