



Student name:

Date:

Sustainable food production and processing

Activity 1

There are a number of ways we can reduce the impact of producing, processing and manufacturing foods on the environment.

These 3 possible steps to a more sustainable food future are:

- eating seasonally;
- eating locally;
- eating organically.

In your group discuss the following questions. Agree on your response. At the end of the given time each group will report back on their discussion.

1. What are the benefits of eating food in season? How does it help to reduce carbon emissions?
 2. All countries in the EU will grow a wide range of food. Why is it a good idea to eat foods that are grown locally or regionally?
 3. What does 'organic' mean? What are the benefits and challenges about buying and eating organic food?
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Activity 2

Research the species of fish that can be obtained from sustainable sources. You can check labelling schemes used in different countries to help you.

Prepare and cook a dish that uses fish or seafood from a sustainable source.

Take a photograph of your finished dish. Use it to design and make an electronic recipe card that could be used to help promote the use sustainable fish.