


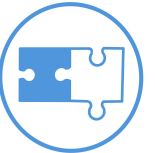


## Lesson 2- How does what we Eat Impact the Environment?

Lesson Objectives	Skills Objectives
<ul style="list-style-type: none"> <li>• Young people to understand the impact our eating habits can have on the environment</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Problem-Solving</b> - I can identify relevant information from extended explanations or presentations when solving problems.</li> <li>• <b>Communication</b> -I can present information and recognise that other people will have different opinions and views</li> </ul>

				<p><b>National Curriculum:</b> Climate change, Food technology.</p>
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Timings	Activity
5mins	Through questioning, check Young peoples prior knowledge and understanding of the contributing factors to the climate crisis.
10mins	<p>Our food is the number one cause of deforestation, but it's often impossible to know that you're avoiding products that could be leading to this devastation of our planet.</p> <p>The food we're consuming right here in the UK directly links to the destruction of some of our most precious places. <a href="#">Watch our video</a> (5mins) to learn the facts and reasons behind this and how our food system is driving this. (WWF)</p> <p>How does that make you feel?</p>

10mins	<p>Now watch how Janne Utraiainen, his wife and four daughters are tackling climate change in their way: they've moved to a remote location in northern Lapland, where they live off the land: they fish, hunt, pick berries, keep sheep and chickens and grow some vegetables.</p> <p><a href="#">People Vs Climate Change: Sustainable living on the Isle of Erraid   5 News</a> (3mins)</p>
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35mins	<p><b>'Survivor' Foods: 10 Foods to Take to a Desert Island</b></p> <p>What would you choose and why?</p> <p>Share and debate your responses on what is essential and why. Come up with an agreed list of 10 foods.</p>
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# Lesson 2- How Does What We Eat Impact The Environment?

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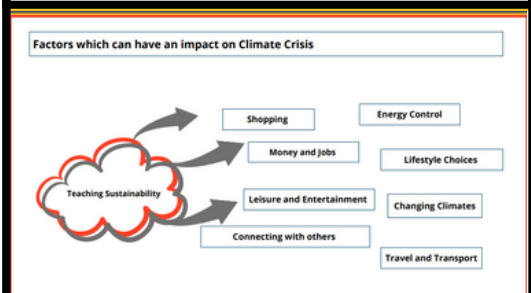
## Lesson 2 - How does what we Eat Impact the Environment?

2

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**National Curriculum:** Climate change, Food technology.

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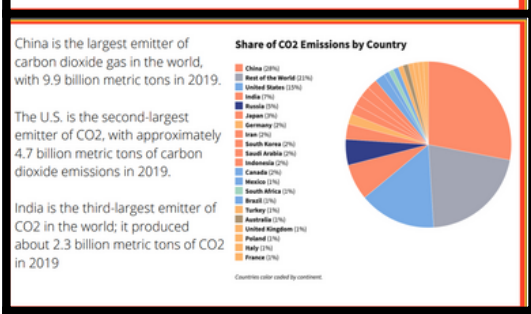


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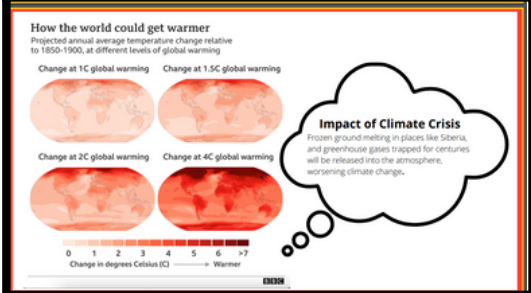
### Did you know?

- Developed Countries Are Responsible for 79 Percent of Historical Carbon Emissions
- Impact on Ecosystems - Humans impact the physical environment in many ways: overpopulation, pollution, burning fossil fuels, and deforestation. Changes like these have triggered climate change, soil erosion, poor air quality, and undrinkable water.
- Understand **Why Climate Change affects Women More Than Men**. Climate change deepens existing inequalities. Heat waves, droughts, rising sea levels, and extreme storms disproportionately affect women. That's because women are more likely to live in poverty than men, have less access to basic human rights like the ability to freely move and acquire land, and face systematic violence that escalates during periods of instability. [Global Citizen](#)
- Climate change is increasing the risk of **severe 'food shocks'** where crops fail and prices of staples rise rapidly around the world.
- Scientists believe at least 550 species could be lost this century if action is not taken.
- Frozen ground melting in places like Siberia, and greenhouse gases trapped for centuries will be released into the atmosphere, worsening climate change.

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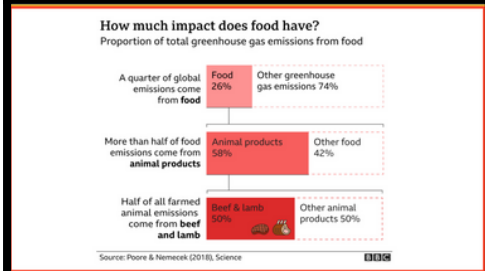


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## 10 MYTHS ABOUT DEFORESTATION

5min video - to investigate the link to destruction of some of our most precious places

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Now watch Janne Utriainen, his wife and four daughters are tackling climate change in their way: they've moved to a remote location in northern Lapland, where they live off the land: they fish, hunt, pick berries, keep sheep and chickens and grow some vegetables.

[People Vs Climate Change: Sustainable living on the Isle of Erraid | 5 News \(3mins\)](#)

10

## 'Survivor' Foods: 10 Foods to Take to a Desert Island

What would you choose and why?