



WWF

EDUCATION  
MATERIAL

EN

2020

# INTRODUCTION FOR CHILDREN

Dear children,

“**You are what you eat**” said a wise French man, called Savarin, 200 years ago. What do you think this means? Does it mean that if you eat a cookie... you are a cookie? Or if you eat broccoli... you are a broccoli? Or if you eat chicken... you are a...? Of course, Mr. Savarin did not think we are all broccoli or cookies. His words work like a proverb - they actually hide a small story inside them. The story of the way food is born and transformed in order to feed our bodies and give us energy to play and to make our dreams come true.

Imagine a tomato plant: it starts off as a seed that grows into a seedling. Then a farmer takes the seedling in his hands and plants it with care. The plant drinks water from the rain and “eats” minerals from the soil. The sunlight caresses the plant and helps the small green tomatoes grow and turn red. As soon as the round tomato is ripe, the farmer picks it and puts it to sleep, for a short while, in the wooden boxes that bring the tasty vegetable to the market and closer to you. So when you have your salad, you don’t just eat a tomato, but you also take in the rain, the rich soil, the sun and the care of the farmer.

But what if your food were picked up by people who were sad? What if it has spent many weeks in a dark refrigerator? What if it was taken down to small pieces and then put back together in a factory, sprayed with substances which changed its natural taste, and never touched by a human hand? What if the factory released dark smoke in the air? What if the food travelled for thousands of kilometers by plane or boat polluting the air and the water? What if plenty of food were thrown away to rot together with all the good things that made it happen? What would you take in this time, together with your food?

This is a new way to think about food and its story. When we eat a certain food, we also eat its story. And we also become a part of the story. If the story is happy, the food is happy and we are more likely to become happy as we eat it. If the food has sun in it, it will bring sun to us. If the food has never seen the sun, it cannot bring us the energy of the sun. And we need energy to play and to fulfill our dreams.



PICNIC  
BASKET





From now on, please think of Mr. Savarin's words whenever you choose something to eat. How do you want to be? Do you want to be joyful? Choose joyful food. Do you want to be colorful? Choose colorful food. Do you want to be kind to people and to the planet? Choose food that is kind to people and to the planet. If you agree, but maybe you don't know exactly how to get started: we have some ideas for you right in this Picnic Basket. We invite you and your friends to a picnic where you can share ideas about food, but maybe you can also share some snacks. We hope that by the end of the picnic, you will be better friends, eating better food and leaving the world a better place. Because, after all, we are what we eat!

We wish you a pleasant journey,

**PICNIC  
BASKET**

WWF Greece, Romania, Turkey  
Environmental Education Team



## POINTS FOR DISCUSSION

- How do you feel after hearing this story?
- What was more interesting or ... funny in this story?
- How do you think you will look at a tomato from now on?
- Can you draw everything that goes into a tomato?
- If the food has its own story, like a journey, what are some important stops that food makes during its journey?
- Which is your favorite food? How would you describe your favorite food? Is it happy? Is it colorful? What story does your food have?
- Which food do you think has the most beautiful stories? Can you share some examples? Or even draw them?
- What would be your dream food?
- A tomato in year 2060! How will it look like? Imagine its story.

