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EDUCATION
MATERIAL

EN

2020

GENERAL GAME INSTRUCTIONS FOR TEACHERS

Dear educators,

The Picnic Basket contains a weekly school schedule marking special sustainable diet days.

MONDAY: HOME-MADE FOOD DAY

On this day, instead of playing a game, children cook simple recipes in the classroom.

Aim of the recipes: Learners appreciate home-made food. They have fun, they learn to collaborate.

Main message: Eat less ready-made food, more home-made food. Better for your health and the environment. Home-made food is safer since you are more likely to know the ingredients and their quality. It is more likely to have less preservatives. It is not packaged, therefore produces less waste.

How to introduce the game: Do you like cooking? Who is the “chef” of our group? What do you like to cook? Have you ever helped your parents cook? Can you think of any advantages of eating home-made food? Let’ try it!



Instructions: Choose the recipe you like, have the ingredients ready, arrange the room appropriately and bon appetit!

Extensions: Read the ingredients of ready-made, packaged food. How many unknown words can you find? What does this mean? Check the package. Is it recyclable? Remember, recycling is not the solution for reducing waste. Reduce, reuse, recycle!

Further reading: <https://www.wwf.org.uk/updates/wwfs-top-tips-eating-more-sustainably?pc=>

WEDNESDAY: FRUIT DAY

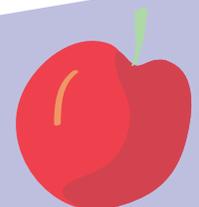
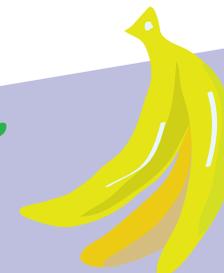
On this day children play three games: the blindfold fruit tasting game, the banana story and the Tutti Frutti games.

BLINDFOLD FRUIT TASTING

Aim of the game: Learners have fun, use their taste to distinguish varieties of fruits and develop a taste for fruits, in general. Learners realize the importance of eating consciously, using their senses.

Main message: Eat more fruit. Opt for a plant based diet. Appreciate local varieties of fruits. Eat seasonal and local fruits and vegetables.

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How to introduce the game: Keep the fruits you chose for the game hidden. Ask “who dares to taste something without seeing what he/she tastes? How good do you think you are in food tasting? Are you a connoisseur of food? Do you ever eat fast, mechanically, without appreciating what you taste?” Our taste tells us a lot about the quality of food. And it gives us pleasure.

Instructions: Blindfold the volunteer. Ask the rest of the learners to keep what they see a secret. Ask a volunteer to help you slice the fruit. Go on with the tasting.

Extensions: The importance of a plant based diet. Why a plant based diet is better for our health and the environment? Meat, especially red meat, has a big ecological footprint. Use appropriate language for younger learners.

Further reading: <https://blogs.wwf.org.uk/blog/green-sustainable-living/green-sustainable-living-food/up-your-fruit-and-veg-intake-to-protect-the-planet/>

THE BANANA STORY

Aim of the game: Learners realise their food contains foodmiles, thus has a hidden carbon footprint.

Main message: The longer the distance our food has travelled, the more carbon footprint for the planet. Eat local whenever you can. Reduce the distance your food has travelled.

How to introduce the game: Use unusual associations such as “Can you find the link between the polar bear and the banana?” Or “What is your favorite fruit? Can you tell where it comes from?”

Instructions: Let’s see the story of a banana. Distribute the pictures randomly to small groups of learners. Ask them to put them in a logical sequence to trace the story of the banana from the plantation to our plate. Let learners experiment with different scenarios. Ask them to spot the photos which picture means of transport or processes that create pollution. Let them explain. Younger learners will use terms such as “smoke in the air”. Older learners can use the term CO₂ emissions. Raise the level of knowledge and understanding according to the level of the learners.

You can use distance calculators (available online) to calculate the distance of an imported banana. Compare it to the distance of a local banana. Then imagine the means of transport and multiply by the CO₂ emissions. You can use this indicative measurement of CO₂ emissions per vehicle:

Vehicle	CO ₂ emissions
Airplane	700-1700 gr CO ₂ / ton-km
Lorry	300 gr CO ₂ / ton-km
Ship	20 gr CO ₂ / ton - km

Extensions: You can enrich the discussion in various ways. The game is designed to focus on “foodmiles”. You can imagine different scenarios using the same photos, adding yours, eliminating some of them, if you think they are not relevant etc.

Further reading:

<https://www.theguardian.com/environment/green-living-blog/2010/jul/01/carbon-footprint-banana>
<http://www.promusa.org/Carbon+footprint>



TUTTI FRUTTI GAMES

Aim of the game: Learners have fun and learn about the importance that seasonality plays in the food footprint.

Main message: Eat seasonal fruits (and vegetables). Out-of-season fruits and vegetables require more energy and, possibly, pesticides and fertilizers to grow, travel and conserve throughout the year. Seasonal fruits and vegetables are more likely to take advantage of the natural nutrients and the good insects of the farm which protect the plants from diseases and harmful insects.

How to introduce the game: Nowadays we have almost every fruit and vegetable throughout the year. Do you remember whether tomato is a winter, autumn, spring or summer vegetable? Is there any problem when we eat out-of-season fruits and vegetables?

Instructions: Given separately with the game.

Extensions: Given separately with the game.

Further reading: <https://www.wwf.org.uk/what-we-do/area-of-work/livewell>



FRIDAY: NO FOOD WASTE DAY

Children plays the no food waste game.

Aim of the game: Learners understand the importance of eliminating food waste. They start thinking of ways to reduce food waste.

Main message: Food waste is an important problem nowadays. It is an ethical and environmental problem. Every bite we waste contains the natural resources used to produce it (earth, water, etc.) and the pollution it cost our planet (CO2 emissions from transport, pesticides, fertilizers etc.).

How to introduce the game: Have you ever had to throw away food? How often? Why do we have to do it? Is it because the food has expired? Is it because we put too much food in our plate? Can you think of any reasons why throwing away food is a problem?

Instructions: Given separately with the game.

Extensions: Given separately with the game.

Further reading: <https://www.worldwildlife.org/initiatives/food-waste>