



Nutrition & sustainability lesson plan  
for elementary school children

Time for a test!

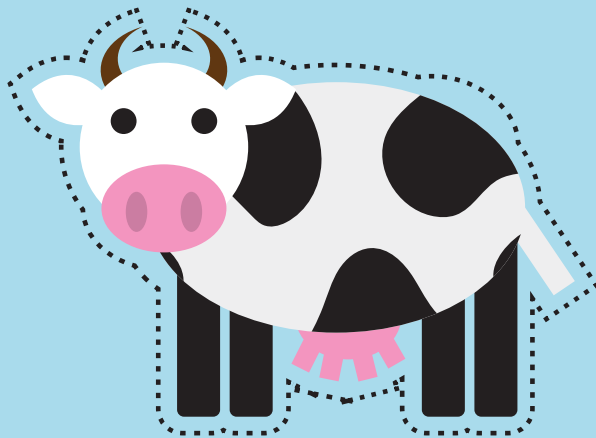


# 9 billion people on earth in 2050...



## How will we be able to feed everyone?

# Make conscious decisions about food



Eating no/less meat  
or  
Eating no/less animal products

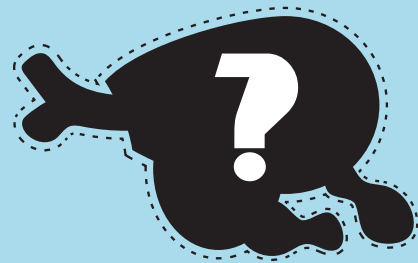
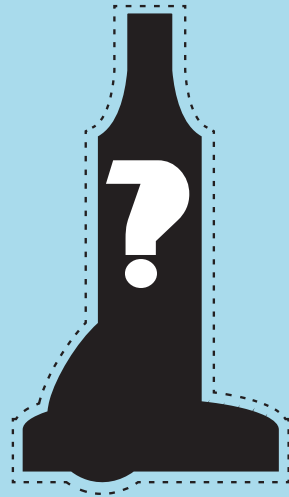


Reducing foodwaste

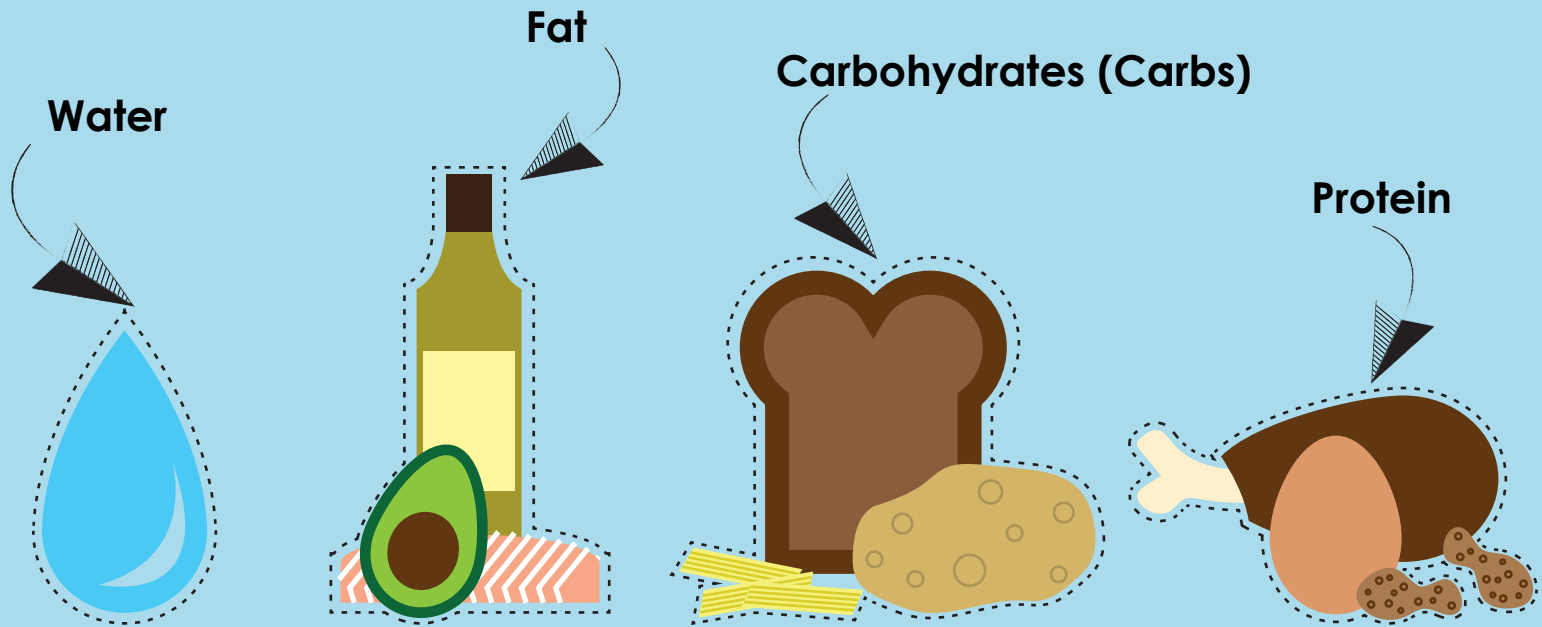
# But...what is food actually?

“Food is any sort of nourishment you eat to provide nutritional support for your body. Food products contain essential nutrients that your body needs to survive.”

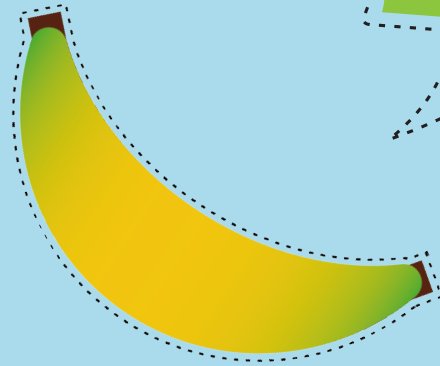
# What are the 4 elements of food?



# What are the 4 elements of food?



# What is organic?



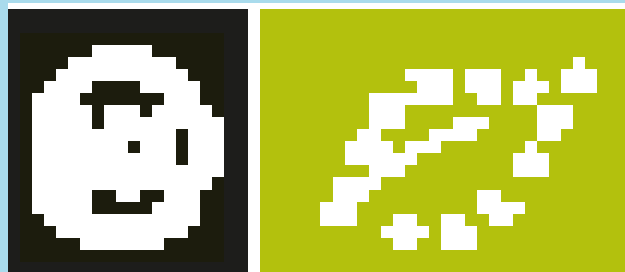
**BIOLOGISCH?!**

## Do you eat organic food at home?

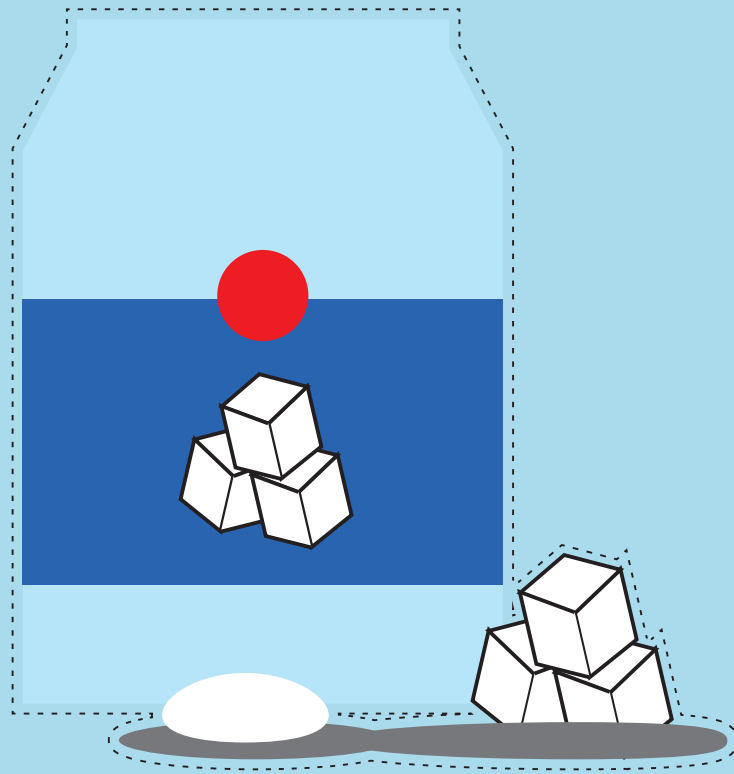


organic food is food that has been produced by methods with the highest care and attention to the environment, animal welfare, labour conditions and health.

Quality marks:



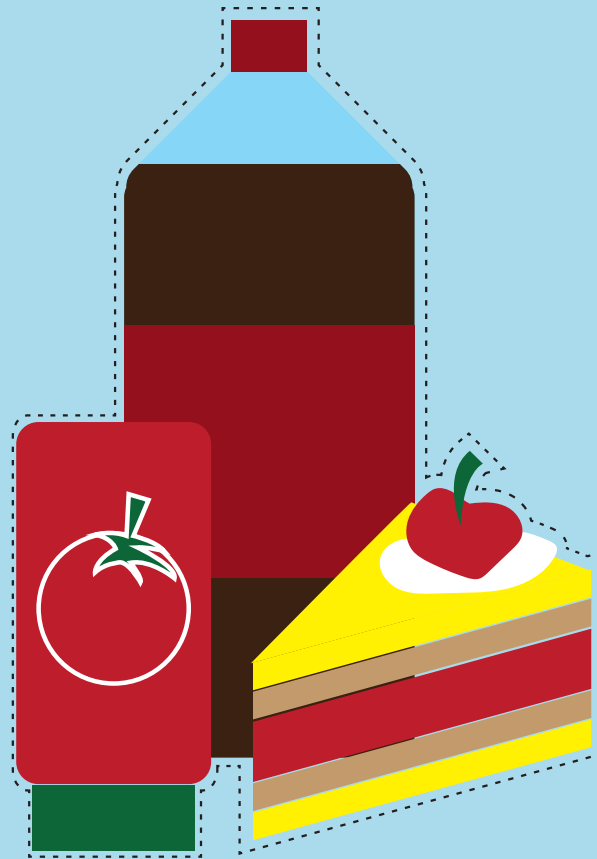
# What is sugar?



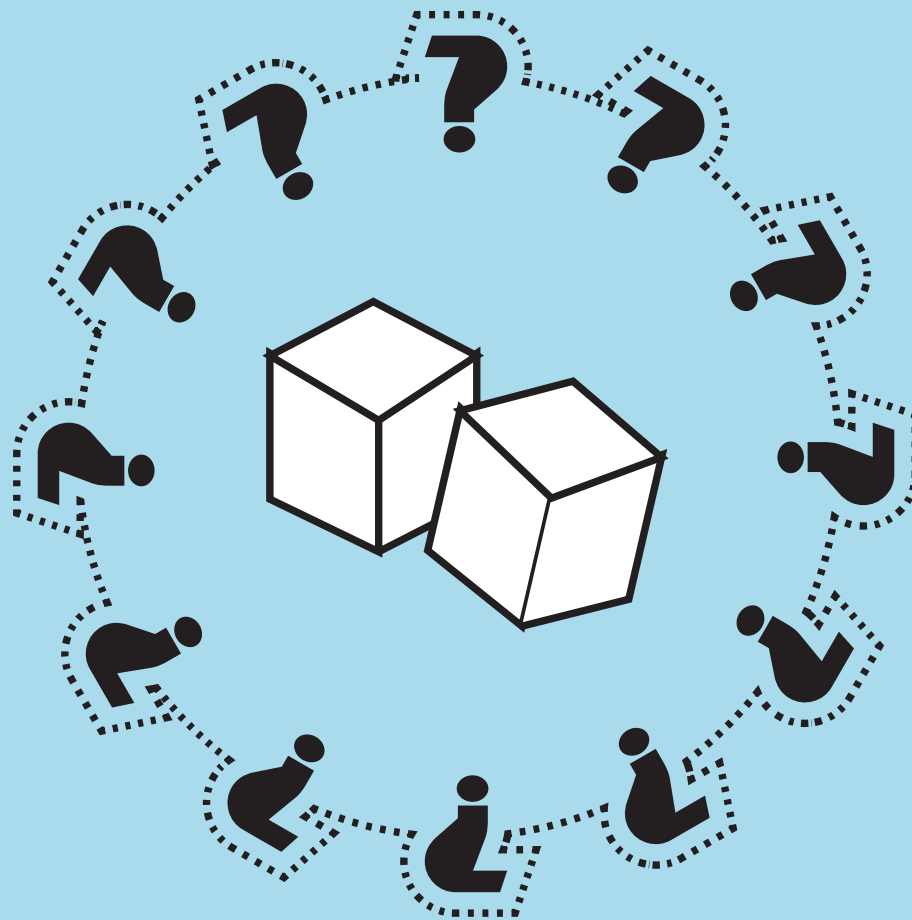
Sugar is a sweet substance which is naturally present in fruit, vegetables, grains and honey.



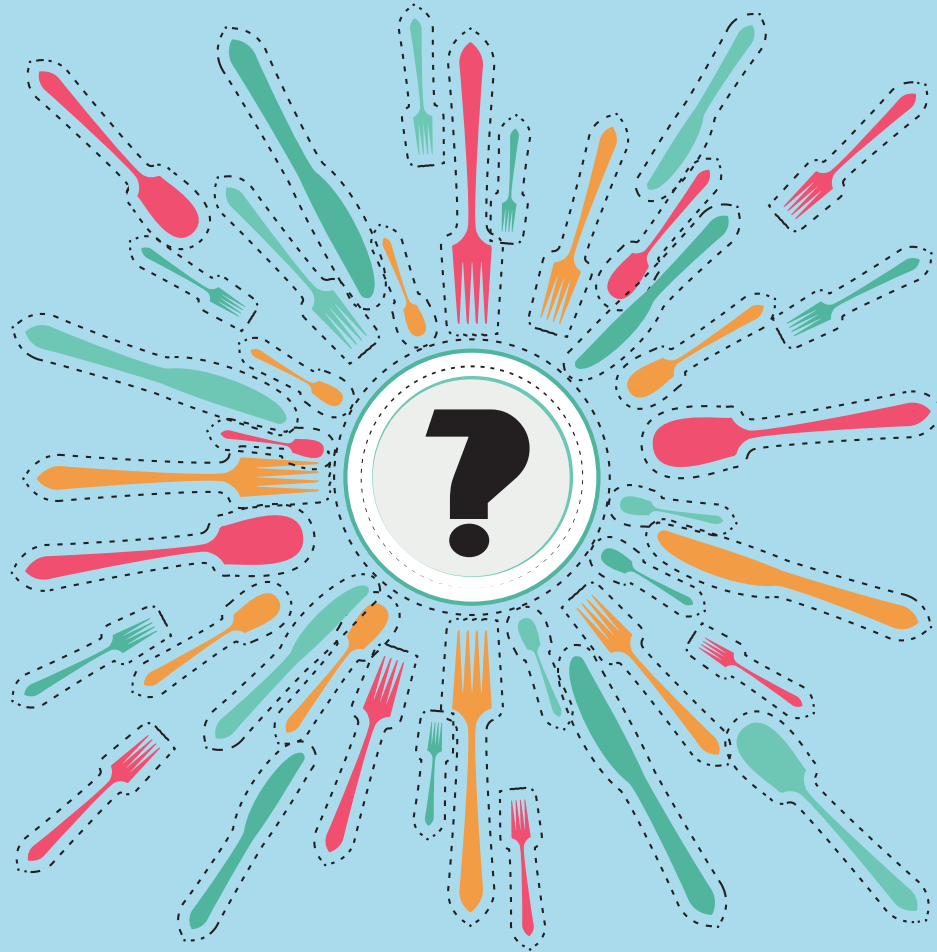
# Why is sugar added to food products?



# Sugar Quiz!



# Tast-Test!



How did you like KidsProef?

