



## Student Exploration Guide

**Title:** Raising Awareness About Sustainable Food

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### Introductory Note

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Education for Sustainable Development is aimed to encourage students to become participants in a better world, by promoting changes in our behaviour, values and knowledge. In order to meet our future needs, it is important to take environmentally friendlier decisions. The goal of this task is to introduce an approach to the topic “Sustainable Food” by becoming familiar with the vocabulary associated to sustainability, more specifically, food related. The project implies different activities, with a final challenge where you are invited to produce a more sustainable school menu.

### Goals

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- Learn about Sustainable Food and its impact in our world
- Use English to explore the topic

Based on:

[https://www.youtube.com/watch?v=zYecU\\_gJdxA](https://www.youtube.com/watch?v=zYecU_gJdxA)

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Tool used:

<https://www.pixton.com>





## Activities

<b>1. Introduction to the topic</b>	
a. Read the cartoon carefully. Check the meaning of the words you don't recognize.	<b>10 (minutes)</b>
b. Watch the video as suggested. It is available here: <a href="https://www.youtube.com/watch?v=zYecU_gJdxA">https://www.youtube.com/watch?v=zYecU_gJdxA</a>	<b>15 (minutes)</b>

**RAISING AWARENESS ABOUT SUSTAINABLE FOOD**

Today's lesson is about sustainable food. I hope you enjoy it! The first task is to watch a video and to get familiar with the topic.

Let's watch this video attentively.

available on:  
[https://www.youtube.com/watch?v=zYecU\\_gJdxA](https://www.youtube.com/watch?v=zYecU_gJdxA)

So, after watching a short explanation about sustainability, I am going to invite you to go to... the school canteen!!!

Follow me! This is going to be fun!

School Canteen

Special occasions require special outfits! Now we are ready for a hands-on learning experience.

I am looking forward to learning more about eating well and helping the planet!

So, it is important to select our ingredients and choose environmentally friendly foods that minimize greenhouse gas emissions and use resources as sustainably as possible!

Make sure your portions are right and eat what's in season! Your plate should be colourful! Remember: don't waste any food!

Let's create a sustainable menu for our school! Have you got any ideas? What can you do to help?

What a great challenge! I might already have an idea!

Later on the same day.

Let's work together and start by doing a collaborative research.

This is actually a project about our future!

We can most definitely suggest better solutions for our school menu! We can be the change, right here and right now!



2. Process to produce your own Cartoon	
<p>a. Explore the information available on the following website: <a href="https://www.wwf.org.uk/what-can-i-do/10-tips-help-you-eat-more-sustainably">https://www.wwf.org.uk/what-can-i-do/10-tips-help-you-eat-more-sustainably</a> and take notes about what we can do to transform the food system into a better solution</p>	25 (minutes)
<p>b. Form groups of four</p>	5 (minutes)
<p>c. Select ingredients (from meals) that you consider would fit in a school menu, in terms of sustainability and that would please students</p>	10 (minutes)
<p>d. Go to Pixton and create a cartoon exploring your suggestions: share your conclusions about sustainable choices in a funny way</p>	90 (minutes)
<p>e. Show and explain your Pixton products to the class</p>	45 (minutes)
<p>f. OPTIONAL: produce a Menu (as a poster) with your meal suggestions</p>	(60 min.)

## Suggestion for other tools

- Storyboard That: <https://www.storyboardthat.com/pt>
- Make Beliefs Comix: <https://makebeliefscomix.com/>
- Canva: [https://www.canva.com/pt\\_pt](https://www.canva.com/pt_pt) (if you want to produce an original menu)

## Tutorials

- How to make a comic in Pixton: <https://www.youtube.com/watch?v=IGhQaHmgh8o>
- Getting started with Storyboard That: [https://www.youtube.com/watch?v=xkgNAMDL\\_sM](https://www.youtube.com/watch?v=xkgNAMDL_sM)
- How to use Make Beliefs Comix: <https://www.youtube.com/watch?v=luFs6xE212U>
- How to use Canva to create a menu: <https://www.youtube.com/watch?v=2tMCw2MIZb8>