NAME	
DATE	



WORKSHEET THREE SUSTAINABLE FOOD

Part 1: Multiple Choice Questions

Circle the correct answer.

What is sustainable food?

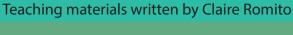
- a) Food that is cheap and that families can afford to buy
- b) Food that is grown and shared in ways that protect the environment
- c) Food that tastes good

Which of the following helps reduce food waste?

- a) Buying food in bulk as it works out cheaper
- b) Planning meals and making a shopping list
- c) Buying food from takeaways and restaurants rather than cooking at home

Why is locally grown food better for the environment?

- a) It travels shorter distances
- b) It is cheaper
- c) It tastes better















Part 2: Fill in the Blanks	
Complete the sentences using the words provided below:	
(waste, packaging, locally, carbon footprint)	
Sustainable food choices often include eating grown produce.	
The amount of greenhouse gases produced by food production is called its	
Using less can help reduce the environmental impact of food.	
Reducing food is essential for a sustainable future.	
Part 3: Design your own sustainable meal	
List the ingredients you would use:	
Explain why you chose these ingredients and how they are sustainable:	
Draw your sustainable meal below:	



All 6 episodes of What's Next? are available to stream on RTE Player https://www.rte.ie/player/kids

Teaching materials written by Claire Romito











