

NAME _____

DATE _____

**What's
Next?**

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

Teaching materials written by Claire Romito

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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:



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are available to stream on RTE Player
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