

NAME _____

DATE _____



WORKSHEET TWO

PRODUCING FOOD

SUSTAINABLY

Sustainable foods include local foods grown close to home - which reduces transportation pollution- and seasonal foods that grow naturally, needing fewer resources.

Plant-based foods, like fruits, vegetables, grains, nuts, and legumes (beans, peas and lentils), are more sustainable because they use less land and water compared to raising animals. Additionally, foods with minimal packaging create less waste and pollution. By choosing sustainably produced foods, we can support a healthier planet for everyone!

In Episode 2, MC and Tynan created a system where people could grow their own protein rich meat alternative from water lentils at home.

Now it's your turn!

Can you come up with a creative and exciting way of producing food more sustainably?

For Example:

Community vertical farming - Farms could be set up in urban areas, utilising rooftops and unused spaces to grow fresh produce year-round.

Teaching materials written by Claire Romito

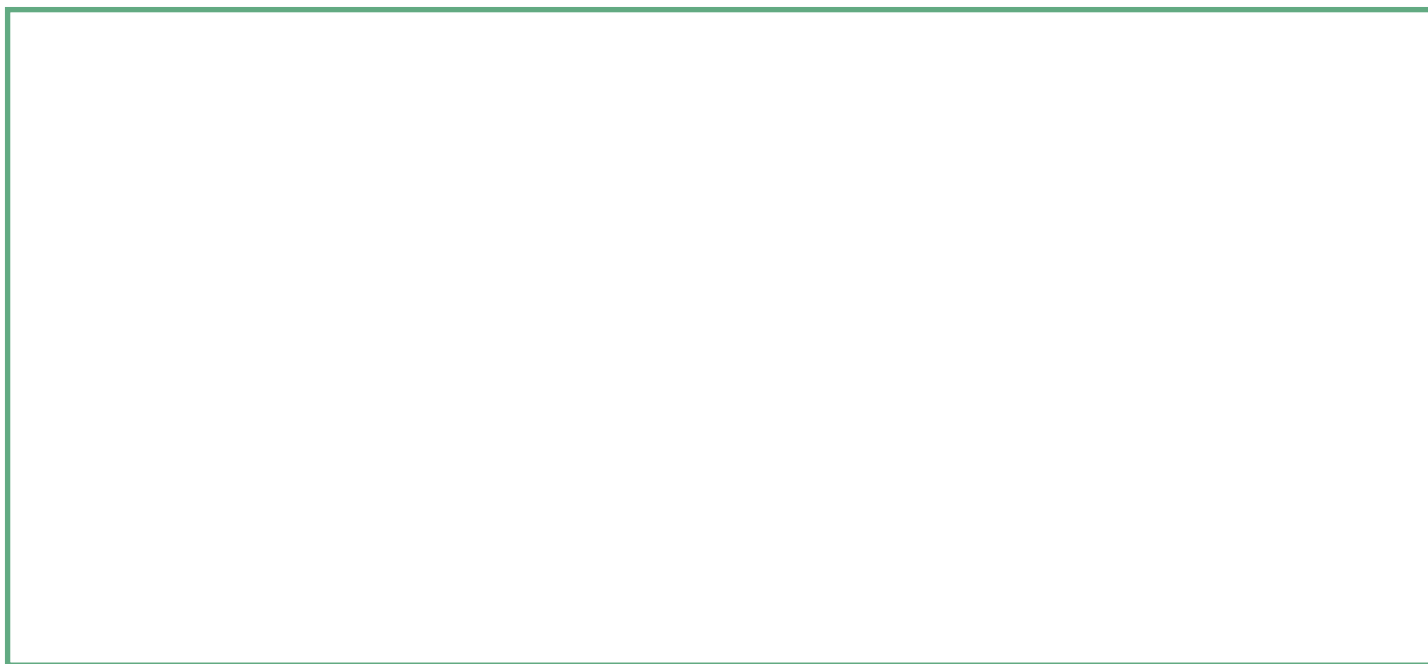


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Your Challenge: Record your own innovative idea for producing food more sustainably below.

Draw your idea here:



Describe your idea here



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

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