



## GREENER PLATES FOR THE FUTURE!

### INTRODUCTION

Nowadays there is a growing tendency to have plant-based options in supermarkets and restaurants. But why should we increase our daily consumption of plants?

In this Open Learning Scenario, the students are going to learn about the importance of including plants in their diet by searching information in the local library and they are going to interview a local chef to learn about the plants he or she usually uses in the recipes. In the co-creation process, they will discuss with nutritionists ways of reaching a balanced diet with a higher amount of plants. In the end, students will organise a soup contest where their families and the local community can participate.

### THE ISSUE

1. Watch the video “More knowledge, better food choices” with your students.
2. Explore with the students the interactive aspects of the video.
3. Ask your students which are the issues being addressed in the video.
4. Discuss with the students if they are aware of the impact to the health and environment of the food they eat.

### INTO THE COMMUNITY

5. Take your students to the local library and ask the students to search for information about the importance of including plants in their diet.
6. Take your students to a local restaurant.
7. Ask the students to interview the local chef about the plants he or she usually incorporates in the dishes. The chef can also make some cooking demonstrations with plants.
8. Back to the classroom, ask students to discuss the findings based on what they analysed.

### AIMS

- To discuss the positive impacts of consuming plant-based dishes
- To discover new and original plant-based recipes
- To reflect about the importance of incorporating plants in our diet

### SOCIETAL ACTORS

- Families
- Local chef
- Nutritionist
- School community

### KEYWORDS

- Plants, healthy diet, environmental benefits, food diversity

### AGE RANGE

- 10-12 years old

### SUBJECTS

- Citizenship / Civic participation
- Natural sciences

### TOPICS

- **Citizenship / Civic participation:** Sustainable development
- **Natural Sciences:** Environmental sustainability and human health

## THE CO-CREATION PROCESS

9. Discuss with students which societal actors can help them to discuss further this issue. A possible suggestion would be a nutritionist.
10. Organize with them the approach to the societal actors for a co-creation event – they can send an online invitation, for example.
11. Organize with the students the co-creation event – it can be at school or at the societal actor workplace.
12. During the co-creation event, discuss about the importance of a balanced diet. The societal actors can share practical tips for adding more plants and discuss the impacts on health and the environment of a greener diet.

## THE (SUGGESTED) SOLUTION

13. One solution for the problem is to develop a soup contest where members of the school and the local community are invited to prepare and bring their favourite soup to share with the community. Encourage them to explain the nutritional benefits of their creations to others.
14. To prepare the soup contest, the students can make a simulation of the contest in a smaller scale, where the students can present some of their favourite soups.

## SUSTAINABILITY COMPETENCES

- Collaborating and connecting
- Critical thinking
- Developing creative solutions
- Valuing the environment and healthy habits

## SET-UP

- The first part of the activity is developed outside school, on the local library and on a local chefs' restaurant.
- The rest of the activity can be developed in school context.

## MATERIALS

- Questionnaire