

## Other Activities

Type of activity	Description	Skills developed
Macro and micro-nutrients	<p>Play this video to let young peoples learn about macro and micronutrients., <a href="#">Macro and micronutrients</a> (Video 4mins)</p> <p>Divide the class into groups and let each group list two examples of foods containing each nutrient and two functions (e.g.fat: transport vitamin, cell function, energy storage. Examples: salmon, olive oil).</p>	Communication Teamwork
Diets and the brain.	<p>Divide the class into groups and let them reflect on what is needed for sustained brainpower? Let them think about how they feel after eating a large meal full of refined carbs (white bread, pastries, white flour made items) and what they eat to focus efficiently?</p> <p><a href="#">How does food affect your brain.?</a></p>	Communication Critical thinking Reflection
Malnutrition	<p>Divide the class into groups and let groups identify the causes and effects of malnutrition and possible strategies to tackle it (workshops, funds, arable land to grow vegetables, fruit, etc.). Please encourage them to use their creativity.</p> <p><a href="#">Malnutrition during childhood:</a> <a href="#">The homegrown solution to malnutrition</a></p>	
Foodbanks	<p>What are food banks? Do they improve nutrition? Yes, no, and why? What is the solution?</p> <p>What is in a food bank package? (Youtube video 4:33mins)</p>	

<p>Scientific progress on food crops</p>	<p>This short film could be used to launch classroom discussions on <u>selective breeding and genetic modification</u>:</p> <p>Students could discuss other ways in which scientific activity impacts the environment.</p> <p>Encourage young peoples to consider other controversies in science and debate the pros and cons of scientific progress.</p>	<p>Communication</p>
<p>Explore the diversity of diets: vegetarian and vegan diets</p>	<p>Before watching some of these videos, ask young peoples why people consume vegetarian or vegan diets. Explore reasons like love for animals, health, saving the environment through water saving, reducing soy farming, etc What other diets do they know? Which one is the healthiest one for them and why?</p> <p>Students must list all plant-based foods that can replace meat and provide the same nutrients.</p> <p><u>Understand veganism</u></p> <p><u>Vegeterian and Vs Non Vegeterian</u></p> <p>Activity: Students have to pick a healthy, nutritious vegan or vegetarian recipe and cook it at home.</p>	<p>Teamwork Communication</p>
<p>Explore diversity of recipes</p>	<p>Compare different recipes from different countries</p> <p><u>Students explore some options to fight inequalities in food security.</u></p> <p><u>What does every country have for breakfast?</u></p> <p>Students have to pick a healthy recipe they don't know (possibly from a different country) and try to cook it at home.</p>	<p>Teamwork Listening</p>

<p>How do we improve our food systems?</p>	<p>Divide the class into groups and ask them to pretend to be Head of the UN Environment Programme and that they have to advise the population on what to buy to improve our food systems? What recommendations would they give?</p> <p>Year 9: Create a PowerPoint presentation to explore all problems of our food systems and their impact on health and the environment.</p>	<p>Communication</p>
	<p>Watch the video on food waste and debate on who is responsible for food wastage. Governments, supermarkets, or those throwing it away? How can we use the food we waste to reduce malnutrition and improve our diets? Food Wastage (Youtube video 22mins please select parts relevant to your group)</p>	