

## Workshop 5: Healthy Food and Your Impact

Ages  
12-15

### LEAF Theme(s)



### BioBeo Theme(s)



### Teacher Instructions

This session focuses on sustainability principles and the bioeconomy concept. Participants will explore the interdependence between personal choices and broader environmental sustainability, emphasizing the positive impacts of adopting bio-based practices. The session distinguishes between personal health choices and their ecological consequences, fostering awareness of interconnectedness between individual well-being and planetary health. The benefits of vegetarian and vegan food are explained. Participants are encouraged to adopt healthy eating habits for overall well-being and environmental sustainability, introducing unconventional yet sustainable protein sources like crickets and worms.

### Learning Objectives

- At the end of the workshop, students know about the bio-based economy and its role in food production.
- At the end of the workshop, students are aware about food waste and its environmental and societal consequences.
- At the end of the workshop, students know creative solutions for reusing food waste.
- At the end of the workshop, students can establish connections between food choices, health, and environmental sustainability.
- At the end of the workshop, students know conscious eating habits and sustainable food choices.

### Activity 1: Facts and myths

Give each student a green and red card, where the green card represents a fact, and the red card represents a myth. For each statement, students hold up one of the cards to indicate whether they believe the statement is a fact or a myth. You can choose to discuss some statements collectively.

Activities 1 and 2 are great examples of Step 2: Explore of the LEAF Pedagogy!



### Activity 2: Demonstration with other types of protein (OPTIONAL)

There is an option to let students taste products made from insects. This is, of course, entirely voluntary, but it provides students with an interesting insight into what is possible. It helps them develop a broader perspective on food consumption and production.

This activity is a great example of Step 3: Analyse of the LEAF Pedagogy!



### Activity 3: Food footprint

Via the 'Voedingscentrum' students can fill out a questionnaire to determine their food footprint. The outcome is formulated into a set of challenges that students can apply to reduce their food footprint. With these results, they form groups (which similar challenges) to create a poster. On the poster, students creatively demonstrate how they can meet the challenge. At the end of the day, students can showcase what they have created and provide explanations.

Dutch <https://www.voedingscentrum.nl/nl/duurzaam-eten/voedselafdruk.aspx>

English <https://foodprint.org/> or <https://www.greeneatz.com/foods-carbon-footprint.html>

#### Supplies Needed

- 1 green and 1 red card per student
- Smartphone or laptop
- Voedingscentrum/Foodprint website
- A3 paper
- Magazine
- Pens and pencils

## Attachment 1: Facts and myths about healthy food.

# Facts and myths about healthy food

### 1. Frozen vegetables are healthy – FACT

Frozen vegetables are vegetables that have been frozen. Nothing has happened to the nutritional value of the product when it is frozen. Be cautious! It is important to look at the ingredient list: if only the type of vegetable is listed, then you're good.

### 2. Sweeteners are worse than sugar – MYTH

This is a common misconception. Sweeteners are additives (E-numbers) that make a product sweet without providing sugars/calories. E-numbers are substances approved by the European Union and are not bad for your health. For many products, it is actually a better alternative than the 'regular' version.

### 3. Bread is unhealthy – MYTH

Bread contains a lot of fiber, vitamins, and minerals, so it is anything but unhealthy! Be aware! Always choose a whole grain variety.

### 4. You are only allowed to eat eggs three times a week – MYTH

Most people can eat an egg every day. If, for example, you have elevated cholesterol, it's good to be cautious.

### 5. Fats are unhealthy – MYTH

Fats are considered unhealthy when we talk about saturated fats, the so-called bad fats. Fats in fatty fish, unsalted nuts, olive oil, and margarine are examples of products rich in unsaturated fats. These fats are very healthy!

### 6. Fruit juice contains as much sugar as soda – FACT

This is absolutely true. Fruit juices contain a lot of fruit, and fruit provides sugars. The sugar content quickly rises to the amount you find in, for example, cola.

### 7. Brand-name products are healthier than store brands – MYTH

Nonsense! A brand name says nothing about the health of a product. To determine the health of a product, always look at the ingredients and nutritional value.

### 8. The darker your bread, the healthier it is – MYTH

The color of your bread says nothing about its health. Manufacturers can intentionally give their bread a dark color to make it seem healthier. Always look at the back of the product for the ingredient list: if the first ingredient is 'whole .. flour', you're good!