

Exploring carbon-related concepts in food activities can be both fun and educational for children. Here are multiple ways to incorporate these concepts into food exploration:

**1. Carbon-Friendly Cooking Class:**

- Host a cooking class where children learn to prepare meals using locally sourced, seasonal ingredients.
- Discuss the carbon footprint reduction associated with local food compared to imported goods.
- Explore recipes that emphasise plant-based ingredients, which typically have a lower carbon footprint.

**2. Farm-to-Table Field Trip:**

- Take a field trip to a local farm or farmers' market.
- Discuss the carbon footprint of different foods and the benefits of purchasing locally grown produce.
- Allow children to taste and sample various fruits, vegetables, and other farm-fresh products.

**3. Carbon Footprint Food Sorting Game:**

- Create a game where children sort food items based on their carbon footprint.
- Provide categories such as "low," "medium," and "high" carbon footprint.
- Discuss factors that contribute to each item's carbon footprint, such as production methods and transportation.

**4. Carbon Labelling Challenge:**

- Challenge children to label foods with their estimated carbon footprint.
- Provide information about production methods, transportation distances, and packaging materials to help them make informed decisions.
- Discuss the importance of making sustainable food choices.

#### **5. Meal Planning for the Planet:**

- Task children with planning a sustainable meal for their family or group.
- Encourage them to consider factors such as seasonality, sourcing, and food waste reduction.
- Discuss how their meal choices can impact carbon emissions and the environment.

#### **6. Carbon Footprint Recipe Makeover:**

- Choose a favourite recipe and challenge children to "makeover" it to reduce its carbon footprint.
- Encourage substitutions for ingredients with higher carbon footprints, such as swapping meat for plant-based proteins.
- Discuss the impact of their recipe modifications on carbon emissions.

#### **7. Local Food Taste Test:**

- Conduct a taste test with locally sourced foods, including fruits, vegetables, cheeses, and bread.
- Discuss the flavours and textures of each item while emphasising the benefits of supporting local farmers.
- Encourage children to compare the taste of local foods to those that have travelled long distances.

#### **8. Food Waste Reduction Challenge:**

- Discuss the issue of food waste and its contribution to carbon emissions.
- Task children with coming up with creative ways to reduce food waste at home or in their community.
- Brainstorm ideas for composting, meal planning, and using leftovers.

#### **9. Carbon-Conscious Grocery Shopping Game:**

- Set up a mock grocery store with different food items and price tags.
- Provide children with a budget and challenge them to purchase a week's worth of groceries while minimising their carbon footprint.
- Discuss strategies for choosing sustainable products, such as buying in bulk and avoiding single-use packaging.

#### 10. **Food Carbon Calculator Challenge:**

- Use online carbon calculators to estimate the carbon footprint of different meals.
- Challenge children to create meals with the lowest possible carbon footprint.
- Discuss the results and identify areas for further improvement.

By incorporating these activities into food exploration, children can develop a better understanding of the carbon footprint of food choices and learn how to make more sustainable decisions.

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