Edible Connections

Intercultural educational project for grades 8 - 13

Slow Food®
Deutschland
gemeinnützige UG

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Introduction

In the next few weeks, we will talk about food. The unique thing about this is that you will get in touch with people from a different country, who speak a different language and come from a different cultural background. We will talk about the food we eat, where we buy our groceries and how they are produced. Maybe you want to share with us, how to cook your favourite food?

Why are we doing this? Okay, there are reasons.

You can make a difference!
We are facing huge ecological challenges. Climate change increases as well as the loss of biological diversity. The industrialised production of food has a huge impact. It produces high emissions of greenhouse gases such as methane or carbon dioxide. It also leads to a less diverse landscape, where the diversity of plants and animals is getting lower and lower.

For a lot of production processes, the focus is on maximising profit. Not only does this lead to ecological problems, it also causes social problems: Unfair trade agreements which often penalise small farmers condone child labour and lack employment protection.

These problems do concern you and your future as well. They have an impact on all the people on the planet and they can only be solved globally. This means: They can be solved, if we work together globally. You can decide: How are we going to produce our food in a future-orientated way? How can we improve the conditions for the people producing our food?

A global exchange about the future of our food

To find solutions for our problems, we need to talk, discuss and exchange different experiences and opinions on a global level. In our project, we want to start a dialogue by connecting virtually to other people by video chat. The people on the other side take their time to listen to you and they are looking forward to your stories. This takes appreciation and respect. Therefore we need open and respectful communication during the discussion as well as good preparation. This is what this brochure will be guiding you through.

What will we be talking about?

Our project is called Edible Connections because we believe that we can create connections with food. It is linked to memories, stories and nice gatherings with friends or family. Everyone has something to say about food but we want to dig a little deeper.

During the project we will:

- Talk about our food, from production to trade to consumption
- Develop an understanding for our local food reality and the worldwide connections concerning food
- Discuss the outcome and talk about our visions for the future
- Develop and understand the mindset, realities and perspectives of others
- Think collectively about a future-oriented food production
- And develop the courage to make it happen.

Therefore, we will talk about our food system during the first part of the workshop. There are several exercises and information to look forward to.

The second workshop session will focus on our local food system. We will have a closer look at that going on an excursion.

During the third session we will have a virtual dialogue and exchange our experiences and opinions with other people.

This leaflet will accompany you throughout the whole project. It offers you exercise, games, room for notes and tips for the exchange.

Have fun!

QUIZ What Do You Know About the Global Food System?

Question 1 Where did capsicum (bell pepper) originate from?

A America
B Europe
C Africa

Question 2 Which two countries have the highest meat consumption worldwide?

A Argentina and Brazil
B USA and Australia
C Germany and France

Question 3 Which country is the largest coffee producer?

A India
B Uganda
C Brazil

Question 4 How much food is wasted worldwide per year?

A 13 million ton per year
B 130 million ton per year
C 1.3 billion ton per year

GAME Where Does Our Food Come From?

Game structure: X names a food item from the list below and Y is looks on the map of the region where they believe the food...

A ... originates from.
B ... is being cultivated nowadays.
C ... is mostly cultivated.

You can choose one of these food items:

?

Pineapple
Avocado
Banana
Garlic
Mango
Papaya


Greenland
(DENMARK)
Alaska
U. S.
CANADA
UNITED STATES
ICELAND
NORWAY
SWEDEN
FINLAND
EST.
LAT.
LITH.
RUS.
DENMARK
UNITED
KINGDOM
IRELAND
NETH.
BELG.
GERMANY
POLAND
CZECH
REP.
SLOV.
AUSTRIA
HUNGARY
SWITZ.
FRANCE
SLOV.
CROATIA
ROMANIA
BOS. &
HERZ.
SERBIA
ITALY
MONT.
KOS.
MAC.
ALB.
ANDORRA
PORTUGAL
SPAIN
GREECE
TUNISIA
MOROCCO
ALGERIA
LIBYA
WESTERN
SAHARA
MAURITANIA
MALI
NIGER
CHAD
SENEGAL
GAMBIA
GUINEA-BISSAU
GUINEA
BURKINA
FASO
SIERRA
LEONE
LIBERIA
CÔTE
D'IVOIRE
GHANA
TOGO
BENIN
NIGERIA
CAMEROON
CENTRAL
AFRICAN REPUBLIC
EQUATORIAL
GUINEA
GABON
REP. OF
THE
CONGO
DEMOCRATIC
REPUBLIC
OF THE
CONGO
ANGOLA
NAMIBIA
BOTSWANA
SOUTH
AFRICA
THE
BAHAMAS
MEXICO
CUBA
HAITI
DOMINICAN
REPUBLIC
JAMAICA
BELIZE
GUATE-
MALA
HONDURAS
EL SALVADOR
NICARAGUA
COSTA RICA
PANAMA
TRINIDAD AND
TOBAGO
VENEZUELA
GUYANA
SURI-
NAME
French
Guiana
COLOMBIA
Galapagos Islands
(ECUADOR)
ECUADOR
PERU
BRAZIL
BOLIVIA
PARAGUAY
CHILE
URUGUAY
ARGENTINA
Falkland Islands
(U. K.)


RUSSIA
BELARUS
UKRAINE
MOLD.
KAZAKHSTAN
MONGOLIA
BULGARIA
GEORGIA
ARM.
AZERB.
UZBEKISTAN
KYRGYZSTAN
TURKEY
TURKMENISTAN
TAJIKISTAN
NORTH KOREA
SOUTH KOREA
JAPAN
SYRIA
CYPRUS
LEB.
ISRAEL
IRAQ
IRAN
AFGHANISTAN
CHINA
JORDAN
KUWAIT
PAKISTAN
NEPAL
BHUTAN
EGYPT
BAH.
QATAR
SAUDI ARABIA
UAE
OMAN
BANGLA-DESH
INDIA
TAIWAN
BURMA
LAOS
SUDAN
ERITREA
YEMEN
THAILAND
VIETNAM
CAMBODIA
PHILIPPINES
DJIBOUTI
SOUTH SUDAN
ETHIOPIA
SRI LANKA
SOMALIA
MALDIVES
BRUNEI
MALAYSIA
UGANDA
KENYA
INDONESIA
PAPUA NEW GUINEA
SOLOMON ISLANDS
TANZANIA
SEYCHELLES
COMOROS
ZAMBIA
MAL.
VANUATU
MOZAMBIQUE
ZIMBABWE
New Caledonia (FRANCE)
MADAGASCAR
MAURITIUS
AUSTRALIA
SWAZILAND
LESOTHO
NEW ZEALAND

Global Food – a Few Examples

A big part of our food production is global. This means that a lot of food is being eaten all over the world. Often it is also going on a long journey before it reaches the consumers. Many food items that are common nowadays are globally produced and traded.

Research and Guessing Game

Apple, cocoa and almonds are very well known by people all over the world. But where do these products originally come from? And where are they nowadays primarily cultivated? Note what you guessed in sections 1 and 2.

Food	Your guess: **origin**	Your guess: **cultivation nowadays**	Verification: **origin**	Verification: **cultivation nowadays**	**Import today** (Supermarket)
Almond					
Cocoa					
Apple					

You can find out if you were right by reading the following two texts. Note the right answers in section 3 and 4. The next time you go to a supermarket, check out where the almonds, cocoa and apples you can purchase come from and note the answers in the last section.

Almonds

Almonds for example can be eaten fully or blanched, chopped, roasted, ground or as marzipan or almond milk.

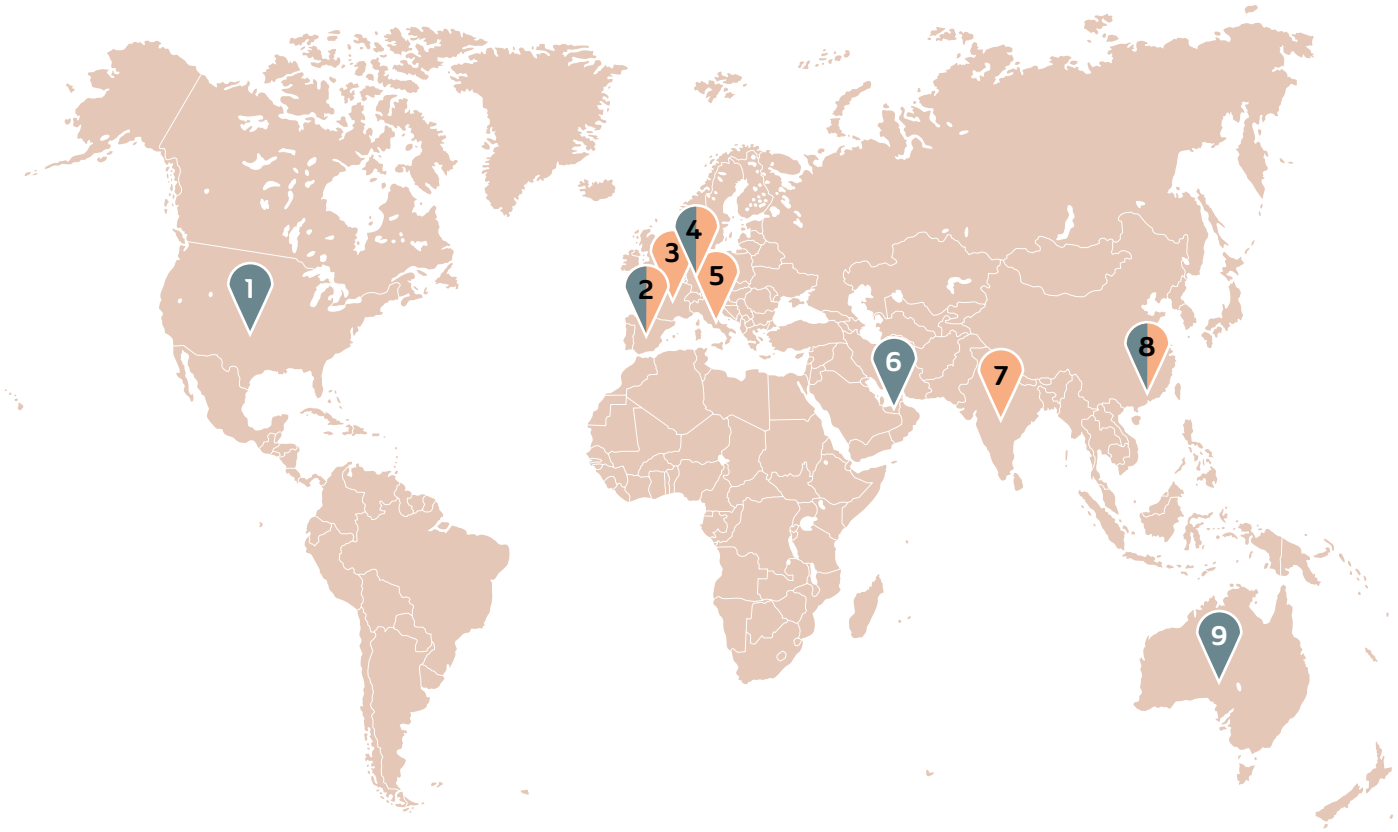
The almond tree is one of the prunus stone fruit plants which means that it is related to peach and plum trees. It originates in western Middle Asia from countries like Afghanistan, Iran, Iraq and Syria.

Due to the good weather conditions in California (USA) nowadays almonds are mostly grown there. The almond plant does not like rain but can cope quite well with heat and dryness. The USA produces about 68 % of the almonds traded worldwide.

They export a big part of their production to other countries, for example to India. Even though almonds are rarely grown in India, the country is the second biggest consumer of almonds after the USA.

Major exporting countries:
1 United States, **2** Spain, **4** Germany, **6** Arab Emirates, **8** Hong Kong, **9** Australia

Major importing countries:
2 Spain, **3** France, **4** Germany, **5** Italy, **7** India, **8** Hong Kong



Cocoa

The cocoa tree needs a tropic climate: heat and humidity. That is why it can only grow in certain regions around the equator. It is mostly grown in Ecuador, Brazil, the Ivory Coast, Ghana, Nigeria, Cameroon, Indonesia and Papua New Guinea. Originally it was used by indigenous tribes in Middle and South America.

They made a bitter drink from the cocoa beans. In the 16th century cocoa beans were brought to Europe where they combined it with sugar to make a sweet drink out of it.

Milk chocolate was invented decades later in the 19th century in Switzerland. The Europeans brought the cocoa plant to their colonies in Africa to be harvested there.

Colonialism

The term „colonialism" in the modern era (approximately since the 15th/16th century) describes the rule of external territories, mostly for financial purposes. Colonialism meant that European forces exploited people and natural resources. Colonialism still has an impact on the former colonies, for example due to the random border demarcation. Also the colonial powers were changed fundamentally by the influences of the colonies.

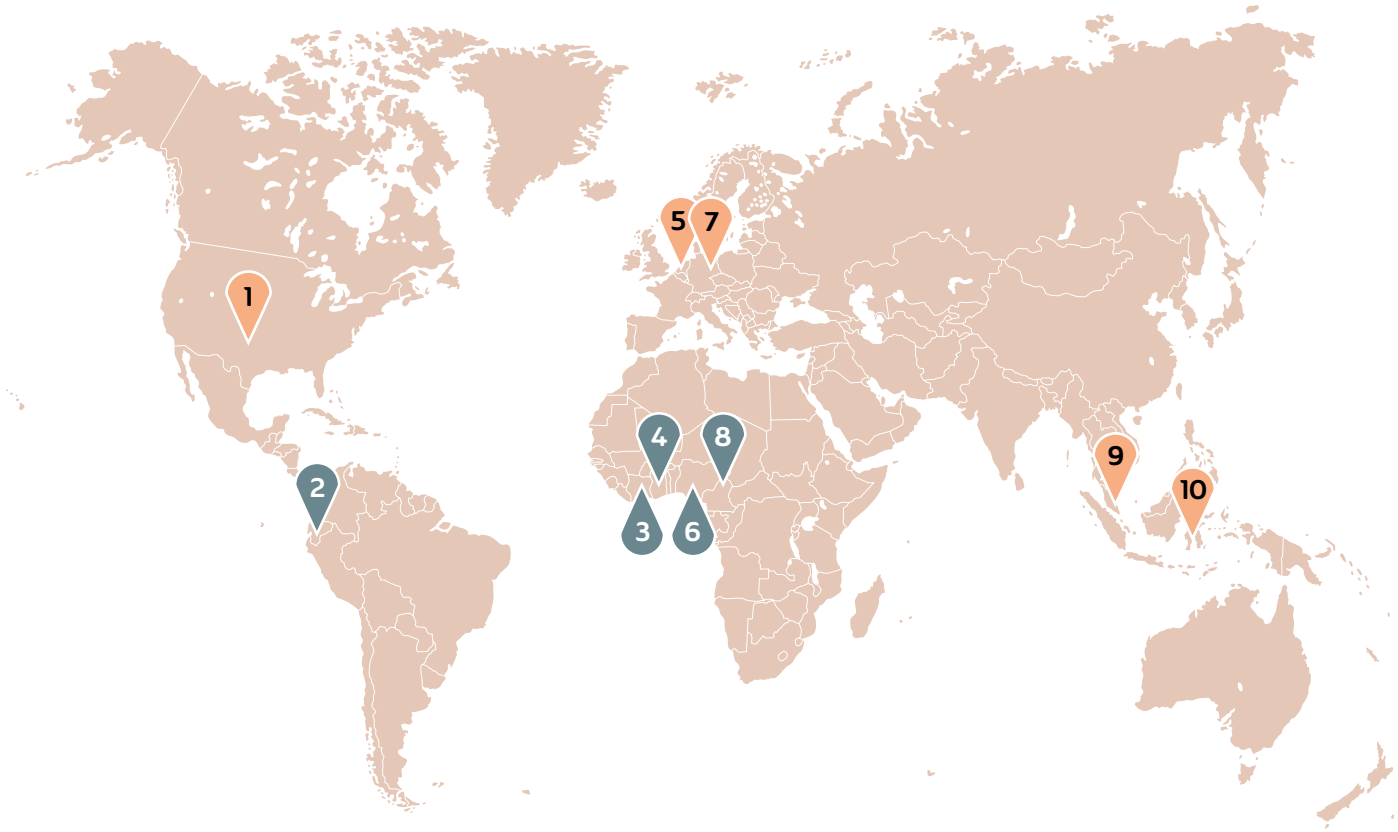
Indigenous People

The term „indigenous people" describes an ethnic group that used to live in an area before it was conquered or colonised.

Today cocoa is mainly grown in West Africa, where 70 % of the world production originates. Most of the beans are transported to the Global North where they are crushed, roasted and ground or manufactured into cocoa butter, cocoa powder or chocolate.

Major exporting countries:
2 Ecuador, **3** Ivory Coast, **4** Ghana, **6** Nigeria, **8** Cameroon

Major importing countries:
1 United States, **5** Netherlands, **7** Germany, **9** Malaysia, **10** Indonesia



Apples

The use of apples for our nutrition is diverse. We eat apples as apple sauce, apple puree, apple pie, drink apple juice or apple wine - or just consume them as they are.

The apple plant originates in Central and West Asia. The Asian crab apples were much smaller, sourer and contained more seeds than the apples we usually eat today. The apple plant came to Greece and Rome in ancient times and was cultivated there.

This is how our current apple plant emerged. There are about 30 000 different types of apples worldwide. The five biggest producers are China, the USA, Poland, Turkey and India.

Major exporting countries:
1 United States, **2** Chile, **4** France, **7** Italy, **8** Poland, **9** South Africa, **12** China, **16** New Zealand

Major importing countries:
1 United States, **3** Great Britain, **5** Netherlands, **6** Germany, **10** Russia, **11** India, **13** Vietnam, **14** Hong Kong, **15** Taiwan

Roast Apple with Chocolate and Almond

Ingredients for 4 people

4 apples
50g chocolate
2 Tbsp. jam (e.g. orange jam)
2 Tbsp. ground almonds
some butter to coat

Method

Cut out the apple cores and put them into a coated ovenproof dish. Bake them for 20 - 30 minutes at 200°C.

Meanwhile grate the chocolate. Mix the jam with the ground almonds and half of the chocolate. Fill the apples with the mix and coat them with butter.

Bake them for another 10 minutes. Afterwards, put the rest of the chocolate over the apples as topping.

Impacts of Global Food Production on ...

Modern food production seems to have a lot of benefits. Fruit and vegetables from all over the world are available all year long. But the food system of the global north contributes to a highly industrialised and profit-orientated production that has spread globally in the last years. Not only does it replace traditional food culture and production, it also causes various ecological and social problems. These problems have a global impact on all of us

We are going to give you an overview about some of the consequences. That way you will learn to be attentive and critical about our food system:

... Humans

- Transparency: Global trade relations are often hard to comprehend for consumers. That way it is nearly impossible to know if the workers producing the goods have fair working conditions and fair payment.
- Land grabbing: Foreign investors and companies buy or lease land areas in the global south. They use it to produce food or other agricultural products or as objects of speculation. Small farmers are often deprived by their livelihood.
- Unfair trade relations: By focus on maximising their profit, many large companies do not maintain social standards for their workers, especially when the trade chains are not transparent. There are also various trade agreements between different countries and continents. Unfortunately there are often huge disparities between rich and poor countries, farmers and industrialised agricultural corporations, local shop owners and globally acting groups.
- Boredom in taste: As only a few crops and livestock are resistant to pests or generate large outputs they make up a high percentage of what is produces. This leads to monotony in the shelves and on our plates. A big part of eatable plants and animal breeds cannot be found in regular shops.
  Did you know for example that there are over 500 types of banana but only one type is traded to western countries? The loss of species also makes us loose various production methods and foods which lead to a loss of variety on our plates.

... Biodiversity and Nature

Biodiversity: Biodiversity describes the diversity of species, ecosystems and genes. This diversity has been decreased worldwide in the last decades.

- **Industrialised agriculture:** One main reason for the reduction of biodiversity is the change of landscapes becoming fields. Big parts of the rain forest are chopped down to make space for soy fields. There is a big need for soy beans because it is used as animal food in meat production.

- **Monocultures:** Monocultures are big fields where only one type of plant is cultivated. Did you know that there are 54 000 hectares in Costa Rica where only pineapple is cultivated? (One hectare has the size of one soccer field.)

  This makes sense financially but leads to a loss of species because many plants cannot grow there instead and many animals cannot live there anymore. The pineapples itself need to be treated with pesticide to grow.

- **Instability of ecosystems:** The reduction of biodiversity causes great problems for natural systems because monocultures are not as adaptive to environmental changes as diverse systems. Furthermore the destroyed natural areas often have important functions within the global ecosystem. Forests for instance are natural carbon sinks because they use it and store it as biomass. With that they help reducing the effects of climate change.

- **Pesticides:** Pesticides or crop protection are chemicals that are meant to keep animals, fungus and other plants away from crops. This has negative consequences for biodiversity, like the decrease of insect variety and soil fertility.

- **Standardised plant variety and animal breed:** There is a huge variety of plants and animal breeds worldwide. Many of them are important for human consumption. Many of these plants and animal breeds are not produced anymore because they are found to be unprofitable or the production seems to be too elaborate.

... the Climate

Climate conditions are changing so quickly that humans and their natural environments can hardly adapt. Hot spells, droughts, water shortages and floods are only few examples of the great variety of consequences of climate change. The industrialised food production also has a huge impact on global warming.

- **Industrial Production:** The industrial production of food causes high emissions of greenhouse gases for example in the intensified meat production.

- **Long Transportation:** Food is imported and exported from various countries. The wide net of transport routs needs a high energy input. Goods are transported via ship and also by plane to distant locations. Some of them need cooling all the way which leads to increasing greenhouse gas emissions.

- **Packaging Waste:** Besides the production and transport of food, packaging also increases global warming. Plastic waste decomposes very slowly while setting free greenhouse gases. Furthermore, plastic materials and it's constitutes like plasticiser and stabiliser are dangerous to health and end up in products that we consume.

- **Food loss and Food Waste:** The industrial food production focuses on cheap but high quantity production. Maximising the profit leads to food waste along the whole chain of production and consumption. We distinguish between food loss and food waste.

  Food loss happens in early stages of the production such as harvest, storage and transportation. Food waste refers to items thrown away by supermarkets and consumers. Globally more than one third of food waste and loss occurs in private households. But there are huge differences between the continents. In developed regions food waste is largely created by the consumer. In less developed regions food waste and loss occurs mostly during production, handling and storing processes.
  While nearly 40% of food waste in North America and Oceania is created in private households, less than 5% occurs in Sub-Saharan Africa. The highest food wastage volume per capita is found in the industrialised countries of Asia, especially in China, Japan and the Republic of Korea.

- **Crop Losses:** Small producers all over the world are already confronted with the consequences of climate change: Droughts, increasing temperatures and changeable rainfalls destroy part of their crops. The most affected regions are Sub-Saharan-Africa and Southeast Asia, the regions with the highest rate of people suffering from hunger.

Alternative Production and Trade

Production conditions and processes are often hard to fully understand for consumers, especially if the production takes place in a different country.

For that purposed certain seals were invented to ensure a certain quality and transparency as well as helping consumers to take conscious choices.

„Fair Trade“

is a global movement standing for decent working conditions and fair payment for workers in the global south. There are different fair trade labels for different products.

Organic labels

indicate that a product has been produced under specific standards. These standards vary depending on the country or region. There are some international certification bodies, most of which are private and from developed countries.

Our consumption habits have a big impact on the food system. It is good to focus on fair and organic products. Ideally you do not only rely on labels but also get information yourself about production conditions. That works especially well with products from your own region with short transport routs.

We have collected criteria that can help to ensure a sustainable and future-orientated food system.

Buying regional food

has many advantages. Consumers can get in touch with producers and get information about production methods.

Especially small producers will be supported by local consumption which is good for environment and climate as well, thanks to short transport routs.

Seasonal consumption

means buying food that is currently being harvested. Especially fresh fruit and vegetables should be bought within their harvest season because they are often stored in big cold storages or grown in greenhouses.

That consumes a lot of energy and is thereby very bad for the climate. Ultimately, fresh products taste best.

Support the traditional craft-based food industry

This means supporting people who are still producing food individually. That leaves room for creativity and regional features.

You as consumers receive a greater diversity of taste and a higher transparency concerning ingredients and production methods.

Preferring fresh food

is good for you, the planet and the people who are producing it. Nowadays people often do not find time to cook which sometimes leads to using ready-made products.

Unfortunately these products often contain a lot of unhealthy ingredients. Aromas and flavour enhancers produce certain tastes so the quality of the ingredients does not matter. Also many of the substances are considered as unhealthy. Even though it might seem time-consuming to cook with fresh food, it is definitely worth it.

QUIZ about Food Production

Question 1 Where can cocoa be grown?

.....

.....

Question 2 How many types of apple are there worldwide?

.....

.....

Question 3 Why do low food costs cause a problem for the producers?

.....

.....

Question 4 Why is the use of pesticides questionable?

.....

.....

Question 5 Name three aspects of global food production that have negative impacts on the climate.

1. .....
2. .....
3. .....

Question 6 What does „regional“ stand for?

.....

.....

Question 7 What does „seasonal consumption“ mean?

.....

.....

Answers

Here you can find the answers to the different quiz games.

Quiz: What Do You Know About the Global Food System?

1. **Answer A:** Originally the capsicum species grows in the tropics and subtropics of Middle and South America. It is known as one of the oldest cultivated plants of indigenous tribes in this region. It was cultivated already 2 000 years ago in Peru. Since the 16th century capsicum is also grown in Europe, Asia and Africa.

2. **Answer B:** In 2013 Australia and the USA had the highest meat consumption per capita. But also Argentina and New Zealand eat a lot of meat: more than 100kg per person per year. In Western Europe, people consume between 80kg and 90kg meat per person per year whereas people in many African countries consume between 7kg and 9kg meat per person per year.

3. **Answer C:** Brazil is the biggest producer of coffee beans worldwide and also the biggest exporter and consumer of coffee. Although the origins of the coffee plant lies in Ethiopia, African production only accounts for 10 - 20% of the worldwide production. The top 5 producing countries are: Brazil, Vietnam, Columbia, Indonesia and Ethiopia.

4. **Answer C:** About 1.3 billion ton of the edible parts or food gets lost or is wasted globally per year. This is about one third of the global production. Food waste and food loss occur in production processes as well as in household consumption. In low-income countries food is mostly lost in the process of production and transportation whereas it is mostly wastes in wealthier countries.

Game: Where Does our Food Come From?

Food	Origin	Cultivation	Main cultivation area
Pineapple	Brazil und Paraguay	Southeast Asia, Central America, Africa	Thailand, Philippines, Brazil, China
Avocado	Central Mexico	Tropics und subtropics	Mexico
Banana	Southeast Asia	Tropical lowlands	India, China
Garlic	**Large area** (from China to India and Egypt to Ukraine)	**Zones with mild climate** (USA, China, Egypt, Korea, Russia and India)	China
Mango	**South Asia** (India, Bangladesh, Pakistan)	Tropics und subtropics	India
Papaya	South Mexico and Central America	Tropics	Brazil

Quiz about Food Production

1. Cocoa can be cultivated in certain regions around the equator. This happens mainly in Ecuador, Brazil, the Ivory Coast, Ghana, Nigeria, Cameroon, Indonesia and Papua New Guinea.

2. There are approximately 30 000 apple varieties worldwide.

3. Low costs for food pose a problem for producers because small producers can often not compete with low prices of big companies. These big companies often do not maintain social standards. Their workers often do not earn enough money while they need to work a lot and under a lot of pressure.

4. The use of pesticides leads to a loss of biodiversity, especially insect diversity. Also soil fertility is reduced.

5. Some of the negative consequences that industrialised food production has on the climate are: long transport routs, package waste, food loss and food waste.

6. „Regional" means that the products come from the area around.

7. „Seasonal consumption" means consuming food that is currently harvested.

WORLD CAFÉ

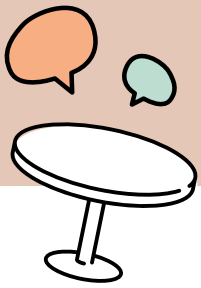


Table 1

Global connection of different countries through trade

- Do you feel like you know a lot about where your food comes from?
- Do you think as a consumer you get enough information about food products?
- Which information would you wish for?

Table 2

Effects of the global food system on the climate

- What do you think about climate change? Do you feel threatened or does it not bother you much?
- How do you think can we protect the climate better?
- What are your wishes for the future concerning climate change?

Table 3

Effects of the global food system on nature/biodiversity

- How many different fruits and vegetables have you tried in your life? What do you eat regularly?
- Do you know which effects your eating habits have on nature?
- What does the loss of biodiversity mean for us as human beings?

Table 4

Effects of the global food system on the people

- Have you ever grown food yourself? Do you feel like you know a lot about crop plants?
- Who in your opinion is especially affected by the negative impacts of our food system?
- Who do you think profits most from global trade?

Table 5

Alternative concepts of production and trade

- Do you sometimes buy groceries and cook yourself?
- When buying products do you pay attention on labels or seals? Why/why not?
- Do you think it is important to consume seasonal and regional products?

Excursion: Market/Supermarket/Organic Store

Observation

Topic	Question	Your observations
1. Selection of products	› How many different types of fruit can you find? Look at the selection of apples. › How many different noodle and milk brands can you find?	
2. Packaging	› How many different types of vegetable can you find? How many of these are packed in plastic? Go to the deep-freeze section: › How are the products packed? Which different types of packages are there? › Which of these packages do you find most useful and why? Walk around the whole store. › How do the different sections (fruit and vegetables, deep-freeze section, service-counter for sausages and cheese, etc.) differ in packaging?	

Topic	Question	Your observations
3. Organic and fair trade	Go to the sweets section. › How is the approximate percentage of fair trade and organic products? › Which seals can you find? (Take photos of them.) › What is your impression: Are there more bio and fair trade products or more conventional products?	

Other observations

Is there anything else you want to note down?

Search for Fruits and Vegetables

Product	**Price**	**Country of origin**	**Seasonal** (yes/no)	**Organic** (yes/no)	**Packaging** (without/plastic/ paper/other)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

Does a long transport route also lead to a higher price?
What else could the price be influenced by?

Pros and Cons of the Supermarket

How do you evaluate the salesroom regarding ...	Advantages of the salesroom	Disadvantages of the salesroom
... price		
... size and product range		
... accessibility		
... supply		
... packaging		
... sustainability		
... other topics		

Interview on the Market

If you are visiting a market, look for an employee who is willing to give you an interview. Explain to him or her, that you are doing a school project and ask him the following questions. If you can think of more questions, note them down and ask him or her.

Your questions	Answers
Which goods (and how many) do you sell?	.....
Do you produce the goods yourself? If not, where do you get them from?	.....
Do you pay attention to sustainable production methods (organic, fair)?	.....
How does a typical day on the market look like?	.....
Who are your typical customers?	.....
How is your business going?	.....
How much do you sell approximately on a day at the market?	.....
What do customers pay attention to? What is important to them?	.....
How does your market stall differ from the supply of a supermarket?	.....
How much packaging waste do you produce?	.....
What happens to the goods that are not sold?	.....
Other questions	
	.....
	.....

Interview in a Supermarket or Organic Store

If you are visiting a store and got an appointment with one of the employees or managers, ask him or her the following questions. If there are further questions on your mind, include them too.

Your questions	Answers
How many products do you offer?	.....
Where do you get your products from?	.....
How high is the percentage of ready-made products?	.....
How does a typical day look like for you?	.....
How much packaging waste do you normally produce in your market?	.....
Who are your typical customers?	.....
What do customers pay attention to?	.....
How much turnover does the supermarket make per day?	.....
Other questions	
	.....
	.....

Customer Interviews

Now you can do a small survey within the customers. When you talk to people, emphasize that you are doing a school project.

How do you like the product range of the supermarket/market/ organic store?

.....

.....

Does sustainability play an important role in your everyday life?

.....

.....

When buying a product, do you pay attention to organic labels or fair trade certification?

.....

.....

Does the packaging of a product influence your purchase decision?

.....

.....

Do you try to buy mostly regional and/or seasonal products?

.....

.....

.....

.....

.....

.....

Preparation

Nutrition Diary

Product	Week 1	Week 2
Have I bought the food item this week?		
Was the item bought by another member of my family this week?		
In which form was the food item bought? Was it fresh or processed? If it was processed, in which way?		
Can you buy the item with organic label or fair trade certification? If yes, have I (or a member of my family) chosen the labelled form?		
How often did I consume the food item this week? Daily, sometimes or once?		
How did I consume the food item? Fresh, directly or was it processed? If it was processed, what have I (or a member of my family) cooked/baked/done with it?		

Class Profile

Criteria	Examples	Notes
Land of origin	We are from ...	
City/Town/Village	Our city/town/village is called ...	
Name of your school	The name of our school is ...	
Main focus/specialties of your school	Our school is specialised in ... Our school mainly focuses on ...	
Class level	We are in ... grade.	
Average age of the students		
Number of students in the class	We are ... students in our class.	

Favorite Food:

The Live Call

General Questions

Topic	Examples	Notes
Weather	How is the weather today/normally/throughout the year? Today/normally/throughout the year the weather in ... is ...	
Free time	What do you do/play in/after school? In school we like to play ... After school we normally ...	
School life	When does school start in ...? How much time do you normally spend at school? Which subjects do you have at school? School in ... starts at ... We normally spend ... hours at school. At school we learn ... *(subjects)*	

Topic	Examples	Notes
Other topics		

Personal Eating Habits and Local Consumption

Topic	Examples	Notes
Food at school	What do you eat during school time? There is a canteen at school where we can have our lunch. Our parents prepare snacks and food for us that we can eat during the breaks.	
Typical food of your country or region	What do people in your region normally eat for breakfast/lunch/dinner? ... is a typical regional dish. In our region we eat a lot of ... For breakfast/lunch/dinner we often have ...	

Topic	Examples	Notes
Favourite food	How did you like our favourite food/recipe? The dish was … Cooking was …	
Cooking in the family	Who normally prepares the food? Which kitchen equipment do you use for cooking? Are your consumption habits changing throughout the seasons? In … parents/parents and children prepare the meal (together). We have got a lot of different kitchen equipment as for example … In spring/summer/autumn/winter we normally eat …	

Topic	Examples	Notes
Storage of food	How and for how long do people store their food? We store our food …	
Food shopping (results of the excursion)	Where do people mostly buy their food? Which options do people have doing their food shopping? Where do you get water, fresh food and packed groceries from? What did you experience during your excursion? What was surprising for you?	
Other topics		

Global Food System

Topic	Examples	Notes
Food cultivation	Do many people have their own gardens where they grow vegetables or fruits? What do you usually grow in your garden? In … we grow … Fruit and vegetables that grow in our country are for example …	
Import and export	Which food is produced in the country and which is being imported from other countries?	

Topic	Examples	Notes
Fresh and packed food	Do you mostly buy fresh or packed food? What do you think of packaging? We often buy …	
Benefits and disadvantages of our food system (results of the world café and the excursion)	What in your opinion are advantages/disadvantages of our global food system? In our opinion, benefits of our global food system are … In our opinion, disadvantages of our global food system are … We feel that there are problems regarding …	

Topic	Examples	Notes
Vision: Ideas for a sustainable food system	What are your wishes for the future? Our vision for a sustainable food system is … We hope for a food system that … A possible strategy could be … The global community should …	
Other topics		

Suggestions for the Future

Now it is your turn!

You have received a lot of information regarding food production and trade and you have examined and discussed the topic. To not lose the knowledge you have gained, it is your turn to set something in motion.

We have gathered some suggestions for you that you can put into practice. Or maybe you can think of other things to do.

1 Reflect Your Own Consumption Habits!

Think of what you can change about your everyday life. Also discuss your ideas with your friends and your family.

2 Share Your Information!

Talk to other people about the experiences and knowledge you gained during the program and be a positive example for others.

Think big: There are several movements that stand up for a sustainable food system, like Slow Food Youth. Find out whether there are local groups in your region and contact them. If there are none, you can establish one yourself.

Here you can find more information about Slow Food Youth:

www.slowfood.com/our-network/slow-food-youth-network/

3 Get Active!

There are various initiatives that dedicate themselves to a greener city or future orientated nutrition. Food cooperatives, community-supported agriculture and urban gardening are only a few examples.

Have a look, find out what is close to you and join in.

4 Think about How You Can Make Your School More Sustainable!

Think about what is already positive regarding sustainability in your school and what would be improvable.

Get active: You could talk to your headmaster about healthier nutrition in the canteen, organise a disco soup or – if you have got a school garden – plant some herbs there.

Here you can find more information about the world disco soup day:

www.slowfood.com/what-we-do/international-events/world-disco-soup-day/

5 Write a Letter to a Parliamentarian!

Many decisions are made in politics and this is where the base for developments in the future is laid. Even though you might not be allowed to vote yet you can still influence politics. For example you can write a letter to a parliamentarian or start a petition.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UNSERE
BAUERN!


Glyphosat

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Luisenstraße 45
10117 Berlin
Tel. (0 30) 2 00 04 75 - 0
info@slowfood-gug.de
www.slowfood.de

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Editorial staff:
Stella Diettrich, Andreas Fischer

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