

# PLANET-FRIENDLY BURGERS

When we grow food it uses resources from the planet such as water, land and energy. If we use more resources than the planet can replace, then we are living unsustainably. In this activity you will design your own healthy, planet-friendly burger and discover how making sustainable food choices can help save our planet.

🕒 30 minutes

**Skill set:** Collaborative, creative, open-minded

## 📦 Kit list

Map of the world, atlas or globe (can be digital)

Planet-friendly burger resource sheets

[wwf.org.uk/get-involved/schools/resources/food-resources](http://wwf.org.uk/get-involved/schools/resources/food-resources) 🌟

WWF YouTube videos:

'10 Myths About Deforestation' [youtube.com/watch?v=P\\_bJjPR4Xog](https://www.youtube.com/watch?v=P_bJjPR4Xog) 🌟

'Just Imagine: How to Eat Better'

[youtube.com/watch?v=KrxweOF9UHY](https://www.youtube.com/watch?v=KrxweOF9UHY) 🌟

## 📖 Instructions

- 1 Discuss with your partner what ingredients are usually used to make a burger. What would be in your dream burger?
- 2 Using the downloadable healthy plate diagram from the resource sheets, classify the burger ingredients into their different food groups. Why is it important for us to eat a mixture of different food groups?
- 3 Using a map of the world, atlas or globe, locate where the burger ingredients come from.
- 4 Food miles are the distances that foods have travelled before they reach our plates. Add up the food miles for the ingredients used in the two burgers. Which burger has the most food miles? How do food miles impact the environment?
- 5 It's not just the distance our food travels that matters. Food has an environmental footprint made up of all the things that can impact the planet including:
  - the amount of water and land it needs
  - whether forests or grasslands are cleared to farm it
  - whether the way it's grown or caught damages ocean life
  - the amount of greenhouse gases produced before the food is transported.

- 6 Watch the two videos. Which of the burger ingredients do you think will have the highest environmental footprint and why?
- 7 Design your own tasty, planet-friendly burger – one that is healthy for us and healthy for the planet! Can you find ways of reducing the meat? Can you add more vegetables or pulses? How can you keep your burger's environmental footprint as small as possible?

## ➤ Next steps

A great thing to do to reduce the environmental impact of our food choices is to plant and grow our own food! Why not plant herbs, fruits or vegetables food at school using our school garden calendar: [wwf.org.uk/sites/default/files/2016-12/Calendar%20A3%20FINAL.pdf](http://wwf.org.uk/sites/default/files/2016-12/Calendar%20A3%20FINAL.pdf) 🌟

Find further education resources on climate change, food and sustainability at: [wwf.org.uk/schools](http://wwf.org.uk/schools) 🌟

## 🏠 At home

Some logos can help you identify which foods are better for people and the planet. See if you can find any of the following logos on your food at home or in the supermarket: Rainforest Alliance (tea, coffee, chocolate), Fairtrade (tea, coffee, chocolate, bananas), Roundtable on Sustainable Palm Oil (peanut butter, spreads), Marine Stewardship Council (fish).

## ➤ Career options

There are lots of different careers and jobs that relate to food, climate change and sustainability including being a climate scientist, environmental scientist, food scientist, product designer, policy advisor, ecologist, wildlife conservation officer, sustainability officer, responsible investor, farmer, land use officer and environmental educator.

