



Cooking for the climate

Lots of things contribute to CO₂ emissions and one of them is what we eat. Different ingredients have different impacts on the planet and knowing about these is one of the ways individuals can change their own impact on the climate. Food can be a very sensitive topic so these activities are designed to allow young people to think about different foods openly rather than specific opinions/habits.

Some of these activities include using a laptop/ipad/smartphone with an internet connection to access a website. If your hut/meeting place does not facilitate this, then these activities can be easily adapted by building on the existing knowledge of the young people purely by discussion.

If you would like more information about this activity please email:

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Scouts

Hereford & Worcester

Beavers:

There are currently over 7 billion people on planet Earth. That's a lot of people and they all need yummy meals. Some meals use ingredients that release a lot of carbon dioxide and other greenhouse gases which are warming up the planet. This can happen during the growing/rearing, transport, packaging, selling, and cooking processes.

Draw your favourite camp meal onto a paper plate to show someone from around the world and tell them where each ingredient comes from.

You will need:

Paper plates

Colouring pencils

Topics for discussion:

- What snacks are best to have in Winter and what snacks are best in summer?
- Apart from creating carbon dioxide and greenhouse gases, what other environmental impacts do each of your ingredients have?
 - o E.g. packaging & litter
- Which ingredient from all the meals in your colony has travelled the furthest and shortest to get to your plate?

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