



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

Cubs:

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.

As a pack, use the food CO₂ calculator on the BBC website to explore emissions from different ingredients (<https://www.bbc.co.uk/news/science-environment-46459714>). Can you plan a fancy 3 course dinner for camp with ingredients which have low CO₂ emissions? It has to be tasty!

You will need

Laptop & internet connection

Paper/ paper plates

Pens/pencils

Topics for discussion:

- Were there any ingredients that surprised you how much CO₂ was emitted?
- Why do you think some ingredients have higher emissions than others?
- Other than CO₂ emissions, the BBC shows water usage, do you think this is important?

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