

# EXPLORERS

## Cooking for the climate

Lots of things contribute to CO<sub>2</sub> 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**

## Explorers:

There are currently over 7 billion people on planet Earth who need to be fed. Producing certain types of food emits more CO<sub>2</sub> and other greenhouse gasses than others and this varies worldwide. The emissions can be created during the growing/rearing, transport, packaging, selling, and cooking processes of a meal. Certain popular diets are known to emit less CO<sub>2</sub> than others.

As a lot of food products rely on weather to grow, changing weather patterns and changes in climate could have a dire effect on food supplies for farmers who need to grow food in order to eat it or sell it and gain profit.

Use the food CO<sub>2</sub> calculator on the BBC website to explore emissions from different ingredients (<https://www.bbc.co.uk/news/science-environment-46459714>). Split into groups with high/low/medium emission budgets and plan/cook a meal accordingly.

You will need:

Ingredients of choice

Cooking method of choice

Laptop/ipad/smartphone & internet

Topics for discussion:

- What are the potential risks of food scarcity?
- Who has the highest polluting diet and where do they live? Who has the lowest and where do they live?
- In a developed country such as the UK, what are the barriers to someone choosing a low emission diet?