



# Top tips to reduce your carbon footprint at home- Cooking

A set of educational resources  
for parents





## Introduction

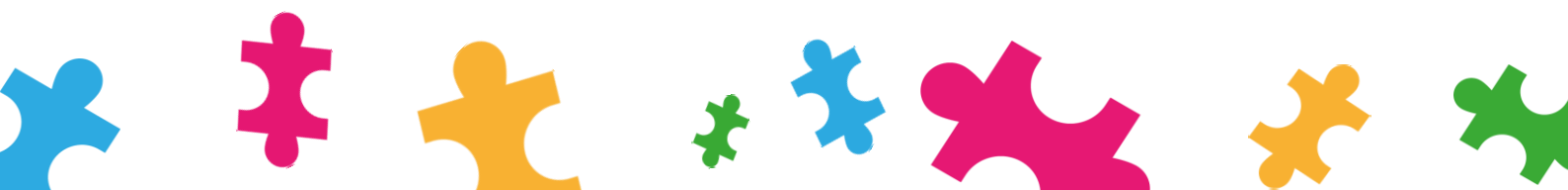
Dear Parents,

You take care of your children, and you also teach them important skills for life. You are role models for them, and you shape their personality. Your role in their lives is irreplaceable and crucial.

The ecology and future of our planet Earth is a more important topic for young people than it has been in your lives, during your childhood and adolescence. As parents, you should keep up with your children. Planet Earth is the only planet we have for life and is common to all people. We bring you educational tools for parents that include short educational videos, household exercises, and tips for parents in the field of ecology.

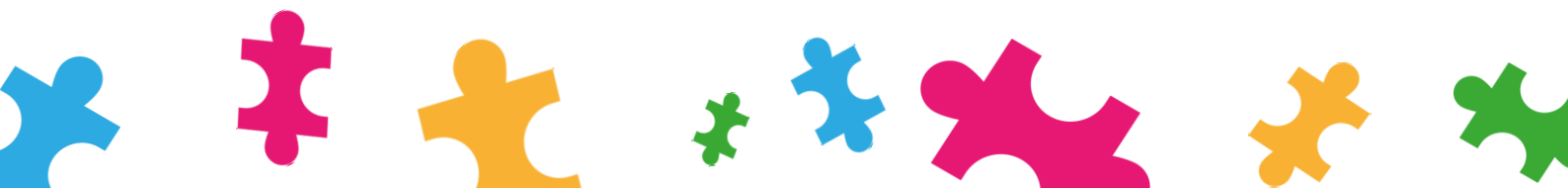
The topic of this set of educational resources is “How to reduce your carbon footprint at home- cooking”. You can learn about this topic. You have a chance to find out what ecological and educational activities you can do with your children and how your family can further reduce the negative impact on our planet Earth.

## Educational Video



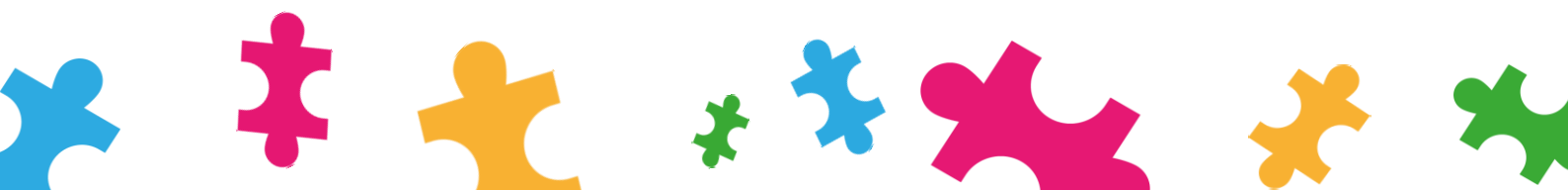
**Topic Addressed (6 of the 12): 6. Top tips to reduce your carbon footprint at home- cooking**

Exercise Title	Where does my food come from?		
Duration of Exercise (in minutes)	30 minutes	Materials Needed	A pen
Introduction	As you learned in the video, consuming local products is better for the environment, because it doesn't have to be transported from another part of the world. This exercise will teach you and your children more about where their food comes from, and will hopefully encourage you to be more mindful in the future when buying goods.		
Step-by-step instructions	<ul style="list-style-type: none"> <li>• Look through your kitchen for 20 different food products.</li> <li>• Check the label of each label and find out what the origin of the food product is.</li> <li>• Fill out the table provided with the food product and the origin of it.</li> <li>• Go through each product, and find out on the internet if the imported products noted in the exercise can be produced locally, and next time you go grocery shopping, try to buy more local products!</li> </ul>		

[illegible]

## Tips for Parents

<p><b>Tip 1- Cut down on meat consumption</b></p> <p>As we have already learned, the production of meat is very damaging to the environment. Eating a plant-based diet can greatly reduce your carbon footprint. Unfortunately, in many areas, there are little alternatives to meat, so reducing your intake may be a better alternative than cutting out meat consumption entirely.</p> <p>Instead of putting meat on the dinner table every night, try once or twice a week to look for alternatives.</p> <p>Here are some protein-filled alternatives to meat that you could consider:</p> <ul style="list-style-type: none"> <li>• Beans</li> <li>• Lentils</li> <li>• Soy products</li> </ul>	<p><b>Tip 2- Practice composting food scraps</b></p> <p>All rubbish that is not recycled ends up in the landfill, and many greenhouse gases are released as a result. As humans who consume goods regularly, it is normal that we produce waste, however, not all waste has to end up in the landfill. Food scraps can be composted to conserve the energy that would be used to grow crops.</p> <ul style="list-style-type: none"> <li>• Buy a compost bin and store it in your yard</li> <li>• Add food scraps such as fruits and veggies to your compost bin</li> <li>• Wait, and when the compost is ready, you can put it in your plants or in your garden!</li> </ul>	<p><b>Tip 3- Cut out single-use packaging</b></p> <p>Single-use plastics are only used for a very short period of time, before they have to be thrown away. Unfortunately, in every supermarket, many products are packaged in single-use plastics, so it can be difficult to avoid them. Single-use plastics are a main factor contributing to plastic pollution and the release of greenhouse gases.</p> <p>Try to shop in local markets rather than supermarkets, and bring a reusable bag to carry your goods.</p>
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# GRETA

**Challenge-based Learning in Primary Schools for Climate Change Awareness**



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