



Food we eat | Motivating



Who's who



ONE PLANET
CHALLENGE

35
mins

Brownies
& Guides

Aim

To build girls' knowledge about three endangered species and the threats they face.

Equipment

Three large sheets around the room labelled 'orangutan', 'dolphin' and 'clouded leopard'. Copies of the animal statements on the *Who's who* resource sheet cut into strips. Blu tac, sticky tape or repositional notes. Copies of the animal fact sheets for groups to work with.

What to do

- 1) Place three large sheets around the room, labelled 'orangutan', 'dolphin' and 'clouded leopard'.
- 2) Explain to the girls that you are going to read out a series of random statements - you will find these on the *Who's who* resource sheet. They must run to the animal they think is being described.
- 3) If they have worked out the clue correctly, hand out the statement and ask them to place it on to the relevant sheet. Eventually they will have built up a profile of each animal.
- 4) Invite the unit to split into groups. Each group must choose one of the animals and develop a way of presenting information about it to the rest of the unit in a creative way - this might be through a play, song, poem, masks, shadow puppets, etc. In putting together their presentation, they can have access to the relevant animal fact sheet, which gives more information, plus any other information you can find.

They should consider:

- Where the animal lives
- What it eats
- What else it needs to survive
- What threats it faces



Food we eat



Who's who

Resource
sheet

ONE PLANET
CHALLENGE

Clouded leopard

- Got its name from the distinctive cloud patterning on its coat
- 60-110cm long
- Weighs 11-20kg
- An exceptionally long tail for balancing
- Short legs and broad paws which makes it excellent at climbing trees
- Creeps through forests
- Threatened by commercial logging, expanding agriculture, soya products and human settlements
- Hunted for its beautiful coat and decorative teeth.

Orangutan

- 1.25-1.50m from head to toe
- Adult male weighs 50-90kg
- Extinct in 15 years or less
- Its name means 'Man of the Forest'
- They spend most of their time in the tree tops
- Females and young sleep in nests, males on the forest floor as they would break nests as they are too heavy.
- Eat more than 400 types of food including fruit, leaves, seeds, bark, ants, termites and even dirt for minerals
- Expanding agriculture for palm oil, illegal logging and illegal pet trade are all threats.

Dolphin

- Part of the family of toothed whales
- Range from 1.2-9.5m in length
- Eat fish, squid and crustaceans
- Can live to more than 100 years
- Over 30 different species
- Live in tropical and temperate oceans throughout the world and some rivers
- They are mammals and breathe through a blowhole on the top of their heads
- Threats include: habitat degradation, entanglement in fishing gear, gill nets trawling and pollution including plastic bags which are mistaken for jelly fish



Food we eat



The clouded leopard

Fact sheet



Description

Clouded leopards are named after the special markings on their coat - dark, cloud-like markings partially edged in black, which stand out against the pale yellow to rich brown 'base' coat. The clouded leopard is a medium-sized cat, 60-110cm long and weighing between 11 and 20kg. It has a stocky build and very long canine teeth. The clouded leopard has a thick, very long tail - sometimes as long as the body itself - which it uses for balancing. Its relatively short legs and broad paws make it excellent at climbing trees and creeping through thick forest. It can climb while hanging upside-down under branches, and descends tree trunks head-first.

Where they live

The clouded leopard lives in subtropical and tropical moist forests in East and south East Asia, Bhutan, Brunei, China, India, Indonesia, Lao, Malaysia, Myanmar, Nepal, Taiwan, Thailand and Vietnam.

Threats

The biggest threat is the destruction of its forest home due to commercial logging, expanding agriculture and the production of soya. Soya and soya products are now found in two-thirds of all manufactured food products, as well as in soaps and skin creams, tablet capsules and washing powders. Habitat destruction means that the clouded leopard has fewer places to hunt, find shelter and raise young, and fewer prey species for it to catch.

The growth of human settlements is also an issue because as people move into the places where clouded leopards live, these beautiful cats sometimes prey on livestock which puts them at risk of being killed by the owners.

Another major threat is the hunting of this cat for its beautiful fur, but also for its teeth and its bones which are used in the traditional Asian medicinal trade.

There are estimated to be only 10,000 left.



Food we eat



The orangutan

Fact sheet



Description

Orangutans - *people of the forest* - are the largest tree-climbing mammal. They have a characteristic ape-like shape and shaggy reddish fur. They have grasping hands and feet, with very long arms that may reach 2m in length. Their legs are relatively short and weak, but the hands and arms are powerful. Adult males are distinguished by their large size, throat pouch and cheek pads on either side of the face. Adults measure 1.25-1.50m from head to toe; females weigh between 30-50kg and males 50-90kg.

Orangutans travel about by moving from one tree to another, avoiding climbing down to the ground. The species moves on 'all fours', with the clenched fist placed on the ground. At night they make a nest of vegetation to sleep in, with smaller ones made during the day to rest.

They have been observed making tools to scratch themselves, using leafy branches to shelter under, and using branches for foraging, honey collection, etc.

Where they live

Orangutans are the only great ape found in Asia. They live in tropical and subtropical moist broadleaf forests. Orangutans once lived all the way from southern China to the foothills of the Himalayas, and south to the island of Java, Indonesia. Today, they are confined to the rapidly dwindling forests of just two islands, Sumatra and Borneo.

Threats

Most orangutans are found in lowland areas, preferring forests in rich river valleys or floodplains. Sadly this preference is shared with humans, and the orangutans' tropical forest home is fast disappearing due to logging and agriculture for rice and palm oil. An estimated one in ten products on supermarket shelves contains palm oil. The versatility of this product is the forests' downfall; it is used in toothpaste, crisps, biscuits, pastry, margarine, ice-cream, soap and detergents as well as bio-fuel products. Palm oil production is expected to double by 2020.



Food we eat



The orangutan

Fact sheet cont.



Threats

Widespread forest fires - many set deliberately to clear land for plantations - destroy vast areas and kill thousands of these slow-moving apes.

Another threat is illegal hunting for food, the exotic pet trade or the entertainment industry

Just 100 years ago there were probably over 230,000 orangutans in Bornea and Sumatra: now just over 60,000 survive. If efforts to protect the orangutan fail, Asia's only great ape may be lost from the wild in a few decades.

What can be done to help

The Round Table on Sustainable Palm Oil (RSPO) was set up in 2004 by WWF and several international partners. Its purpose is to ensure that the palm oil industry doesn't use land needed by endangered wildlife or local communities. It aims to set up a certification system so that retailers and customers know whether the palm oil in the products they buy comes from sustainable plantations.

Palm oil is in so many products that a boycott would be impossible. But by writing to retailers we can put pressure on them to make sure that products containing palm oil come from sustainable sources and are clearly labelled.



Food we eat



The dolphin

Fact sheet



Description

Dolphins are mammals and breathe through a blowhole on the top of their head. They are part of the family of toothed whales, which includes orcas and pilot whales. They feed on fish, squid and crustaceans using echolocation to find their prey. Dolphins vary in colour, but generally they are grey with dark backs. They also vary in size, from 1.2m and 40kg up to 9.5m and 10 tonnes.

Where they live

Most species live in tropical and temperate oceans throughout the world. Five species live in rivers.

Threats

Pesticides, heavy metals, plastics, and other industrial and agricultural wastes are polluting the oceans, seas and rivers where dolphins live. These pollutants take a long time to break down, and increase in strength as they move up the food chain. As dolphins are near the top of their food chain this 'bioaccumulation' can cause problems breeding and also affect their immune system. Pollutants can also be passed onto young dolphins through their mothers' milk. Another form of pollution is solid plastic rubbish such as shopping bags which dolphins can choke on if they mistake the floating plastic for prey such as jellyfish or squid.

Some types of fishing, notably the use of drift and gill nets and purse seine fishing for tuna often results in many dolphins being accidentally killed as they get caught up in the nets and drown. Injuries or deaths due to collisions with boats are also common.



Food we eat | Motivating



True or false. What's the problem?



15
mins

Brownies,
Guides &
Senior section

Aim

To introduce one of the key threats facing the orangutan - the growing of palm oil.

Equipment

A copy of the *True or false* resource sheet for each group; pens / pencils.

What to do

- 1) Explain that you are going to look at one of these creatures - the orangutan - and the problems it faces in more detail.
- 2) Hand out copies of the *True or false* resource sheet to small groups, and ask them to decide whether they think the statements are true or false. (You'll find the answers below.) Share responses as a whole unit.

Were there any surprises?

Statements

As of 2006, the cumulative land area of palm oil plantations is approximately five million hectares. **False, it's 11 million**

One in 10 supermarket products contains palm oil. **True**

There are nearly 80 mammal species in Malaysia's primary (or pristine) forests, just over 30 in disturbed forests, and only 20 in oil palm plantations. **False, it's 11 or 12 on palm oil plantations**

In Indonesia, the area of land occupied by palm oil plantations has increased by a third in the last 20 years. **False, it's doubled**

Palm oil production is responsible for between four and eight percent of total global greenhouse gas emissions, due to the large areas of rainforest that are cleared to make way for palm oil plantations. **True**

Some 28 million metric tons of palm oil were produced worldwide in 2004. **True**

Palm oil production is a basic source of income for many of the world's rural poor in South-east Asia, Central and West Africa, and Central America. **True**

The palm oil industry is now considered by scientists as the biggest threat to the orangutan. The industry could drive the orangutan to extinction within 20 years. **False, within 12 years**



Food we eat



True or false. What's the problem?

Resource sheet

ONE PLANET
CHALLENGE

Statements

As of 2006, the cumulative land area of palm oil plantations is approximately five million hectares.

True or false

One in 10 supermarket products contains palm oil.

True or false

There are nearly 80 mammal species in Malaysia's primary (or pristine) forests, just over 30 in disturbed forests, and only 20 in oil palm plantations. (Your answer should relate to oil palm plantations)

True or false

In Indonesia, the area of land occupied by palm oil plantations has increased by a third in the last 20 years.

True or false

Palm oil production is responsible for between four and eight percent of total global greenhouse gas emissions, due to the large areas of rainforest that are cleared to make way for palm oil plantations.

True or false

Some 28 million metric tons of palm oil were produced worldwide in 2004.

True or false

Palm oil production is a basic source of income for many of the world's rural poor in South East Asia, Central and West Africa, and Central America.

True or false

The palm oil industry is now considered by scientists as the biggest threat to the orangutan. The industry could drive the orangutan to extinction within 20 years.

True or false



Food we eat | Making the links



What's in your food?



ONE PLANET CHALLENGE

15 mins

www.girlguiding.org.uk

Brownies, Guides & Senior section

Aim

To raise awareness of a 'hidden' ingredient in processed foods that is damaging rainforest environments - palm oil.

Equipment

10-12 products or the packaging from products containing palm oil; paper and pens.

What to do

- 1) Make a collection of food items and spread them on tables around the room. Your collection could include: bread, biscuits, cereals, chocolate, cooking oil, crackers, crisps, margarine, ice cream, diet drinks, pasta and frozen foods, pizzas, noodles. On a separate table, you could also have a selection of other products such as soap, biological detergents, plastics, skin cream, and gelatin capsules.
- 2) Ask the girls to go round the tables in groups and see on how many items the words 'palm oil' or 'vegetable oil' appear in the label. They should each make two lists, Things we have / Things we don't have in my house.
- 3) Consider with the girls the links between many of the foods we have at home and the plight of the orangutan - the *Orangutan* fact sheet should help.
- 4) **Discuss what they might do about the situation but be realistic:**
With palm oil in so many products, it's difficult to avoid! It's also important that they realise it's not a simple situation - for example, many poorer people rely on work in plantations to make a living. This is where certification and labelling systems could help, by ensuring that the palm oil comes from well managed forests - forests where wildlife, habitat and the livelihoods of local people are protected. Consumers can make informed choices about the food they buy.
- 5) Look at the One Planet Challenges and try campaigning to your local supermarket.



Food we eat | Making the links 

Mix and match



10
mins

**Brownies
& Guides**

Aim

To explore the use of certification and labelling on foods.

Equipment

One individual label or description per person for the game, and a whole sheet of food labels to take home.

What to do

- 1) Create sets of paired labels using the *Mix and match* resource sheet.
- 2) Stick one label on the back of each girl and explain that each label is part of a pair.
- 3) The girls have to walk around reading the labels and must 'twin' with their correct partner.
- 4) Once complete, discuss the pairs of labels.
 - Who's seen them before?
 - How do they help to protect the environment?

At the end of the session, girls could be given copies of the logo sheet to take home.



Food we eat



Mix and match

Resource sheet

ONE PLANET CHALLENGE

✂ Cut along the dotted lines.



Product comes from well managed forests which are good for people, wildlife and the environment



Protects fish stocks for the future



Cuts the use of chemicals in farming



Protects dolphins from fishing nets



Food we eat



Mix and match cont.

Resource sheet

ONE PLANET
CHALLENGE

✂ Cut along the dotted lines.



Gives farmers a fairer deal and helps protect the environment



Protects living conditions of farm animals by providing a minimum standard



Allows animals more freedom to move about and behave more naturally



Food we eat | Going deeper



What is most important when choosing food?



10
mins

Brownies,
Guides &
Senior section

Aim

To consider what's behind our food choices.

Equipment

One copy of the *What is most important when choosing food?* resource sheet per group.

What to do

- 1) Give groups a copy of the *What is most important when choosing food?* resource sheet.
- 2) Ask the groups to 'rank' the statements in order, making a diamond shape with the ones they think are most important at the top and the ones they think are least important at the bottom.
- 3) Bring the groups together to discuss their decisions:
 - Did they find it easy to come to an agreement in their groups?
 - Did they rank the statements by what they do, or by what they think they should do?
 - Is there a difference? If so, why?
 - How do you know where a product comes from or what it is made from?
 - How do you know if it is a sustainable product, supports local communities or good for the environment. (Answer - effective labelling gives the consumer greater knowledge and therefore greater choices)



Food we eat



What is most important when choosing food?

Resource sheet

ONE PLANET CHALLENGE

✂ Cut along the dotted lines.

It looks good

It's cheap

The ads make it look fun

My parents and/or friends always choose this

It's produced locally

It tastes nice

The people producing it were treated fairly

Producing it didn't hurt wildlife or the environment

It's healthy



Food we eat | Going deeper



Adbusting



20
mins

10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31-32-33-34-35-36-37-38-39-40-41-42-43-44-45-46-47-48-49-50-51-52-53-54-55-56-57-58-59-60-61-62-63-64-65-66-67-68-69-70-71-72-73-74-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96-97-98-99-100

Brownies,
Guides &
Senior section

Aim

To consider how advertising may influence food shopping choices.

Equipment

A selection of food advertisements.

What to do

- 1) Split the girls into pairs or threes, and give each group an advert to analyse, using the questions on the *Adbusting* resource sheet to help them.
- 2) Bring the girls together to share their thoughts. **Think about:**
 - What makes a good advertisement?
 - Why companies advertise?
 - Whether advertisements can persuade us to buy things we wouldn't otherwise want?
 - Whether the foods advertised to children have anything in common?



Food we eat 
Adbusting

**Resource
sheet**

**ONE PLANET
CHALLENGE**

Details

Look at the advertisement you have been given.

In your small group, discuss:

- Who is the advertisement targeted at?
- Do they need this product?
- What techniques are being used to make it appeal to that audience?
- What assumptions are being made about the audience?
- Would the advertisement make more people buy the product?
- Are the producers telling the whole story about their product?
- What might they be leaving out? (Think about things such as where it comes from, who grew it, how growing it and producing it may have affected wildlife, people and habitats)
- Does the price reflect the full 'cost'?

Record your discussion in words and pictures.



Food we eat | Taking action



One Planet Challenges



ONE PLANET CHALLENGE

30+ mins

Rainbows, Brownies, Guides & Seniors

In this part of the session, girls chose a number of practical activities they can do, either to share what they have learned with others, or to take practical action to address the issue of environmentally damaging ingredients in everyday food items.

Design challenge

Design an orangutan friendly logo that can be used to label groceries that contain palm oil from sustainably managed sources.

OR

Design an 'adbusting' advertisement that tells the real story about a food product of your choice containing palm oil.

Get active!

Campaign to have palm oil clearly identified in products and push for certification. Write to retailers or producers asking them to make the labelling clear.

Inspire others

Find out about other species that share the habitats of orangutans, clouded leopards and dolphins. Draw pictures and create a habitat frieze for your meeting place. You could also make a 'habitat box' in a shoe box to create a three dimensional display of your chosen animals' natural environment and the other creatures it shares this with.

Party time

Hold 'habitat parties' for parents and friends, displaying your creative efforts. Girls could also perform their plays or other presentations from the *Who's who* activity. Plan party food and drink that uses less processed foods/foods that are less likely to include ingredients such as palm oil. Also plan for food which leaves as little waste as possible - e.g. make rather than buy, bring in re-usable containers, choose finger-food or use plastic or china plates rather than throw-away ones, make spicy potato wedges instead of crisps. Take photos or make short films and share them on the One Planet Challenge website.

Donations could be collected at the end of the evening to donate to a conservation charity such as WWF.



Food we eat | Taking action



One Planet Challenges cont.



30+ mins

Rainbows, Brownies, Guides & Seniors

Support conservation work to save orangutans

Adopt an orangutan through WWF. Visit www.wwf.org.uk/adoption/index.asp

Celebrate success!

Don't forget to celebrate success! There are downloadable certificates from the *One Planet Challenge* website to help you recognise effort and achievement. But why not design an orangutan, jaguar or dolphin sticker that can be given to girls who do something to raise awareness of palm oil, soya and bycatch issues.