

GREEN AMBASSADORS 4 Youth

FOOD

let's get started

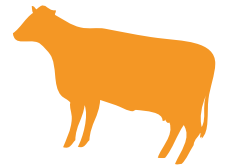
Hello, I'm Smith and I like food that is healthy for you and healthy for the planet.



Youthful and enthusiastic, **Smith** is a real team player. Smith loves eating and is a bit of an expert on healthy food and drink.

Why what we eat matters

We've known about healthy eating for decades, but we need to eat sustainably too if we want our planet to thrive.



Let's face it, most of us have become a bit disconnected from the way our food is grown and produced. What we eat has a huge impact on biodiversity loss and is a major contributor to climate change. In countries like the UK we eat meat and dairy heavy diets.

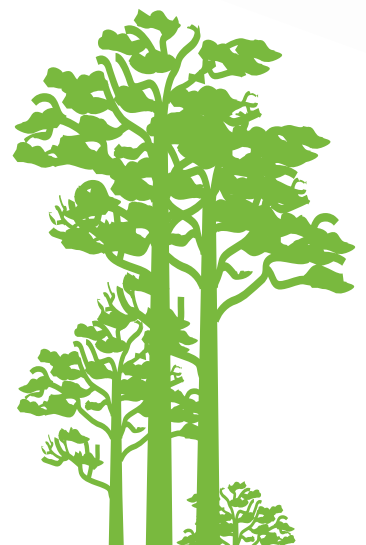
Farmers need huge amounts of land and water to rear animals for meat and dairy foods, and for growing their feed.

In countries such as Brazil, huge tracts of forests are being lost to grow ingredients such as soya and palm oil or for cattle ranching. Such deforestation is a huge factor in biodiversity loss and climate change. Add the global transport network which means we can eat seasonal foods all year round in this country for an extra contribution to the problem.

Your group can make a difference

Growing basic food with your group and then cooking with it are really important life skills and is a practical way to explore seasonality and availability, and – best of all – everything can be eaten!

You don't need much space – even a window-box or soil filled stack of tyres is enough to get started with –and there are heaps of schemes freely available for ideas and resources.



Get ready... Go!



Sign up for our **Green Ambassadors badge scheme**, which encourages young people to connect with environmental issues and gives youth leaders some great activities and resources, such as 'make your own strawberry planter.' Simply complete five activities from any one theme, including at least one activity from each stage and your group members will each earn a badge.

Register your group here -

<https://wwfyouthscheme.education.co.uk/>

Find out more



www.countrysideclassroom.org.uk

Find free resources, places to visit and support when teaching about food, farming and the natural environment.

www.foodforlife.org.uk

Find out about instilling good food principles in your group, from getting started with growing to making sustainable and healthy catering decisions.

www.quickcrop.co.uk/getting-started

Useful advice for absolute vegetable-growing beginners.

www.foodgrowingschools.org/resources

Free resources for advice and projects.

www.wwf.org.uk/what-we-do/area-of-work/making-food-sustainable

Get the lowdown on why sustainable food matters.



Now get their attention

Did you know...?

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Over 40% of the world's grain harvest is fed to livestock, which are bred either for breeding, milking or eating.

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Palm oil, one of the major drivers of deforestation and habitat destruction in some key parts of the world, is everywhere. It's in bread, soap, shampoo, biodiesel and even pizza. We have a responsibility to make sure it's grown sustainably.

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According to the Food Foundation, a staggering 10% of primary school aged children and 25% of secondary school aged children eat less than one portion of vegetables a day!

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It takes 600 cocoa beans to make just five bars of chocolate. Just imagine how many trees you need to fill a supermarket shelf!



For a future where people and nature thrive | wwf.org.uk

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