



DISCOVERING A SUSTAINABLE MINDSET

**Content/Topic**
**Organic Food Production – soil and water**
**Group composition – different backgrounds**

The group is heterogeneous: fast food - religiously influenced diet (e.g.: Ramadhan, Kosher) – vegetarian – vegan

**Possible conflicts**

vegan/vegetarian versus meat consumption  
slaughtering practices (halal versus organic)

**How to proceed/exercises**

- Start with recipes - have them explain what they appreciate about the food they consume, why they consume it.
- Analyze the energetic input, CO<sub>2</sub> footprint, etc. of different meals they eat.
- Develop an energetic input analysis, CO<sub>2</sub> footprint, etc., of a meal prepared with regional, organic food.
- Discuss the consequences for the soil and water usage of the different cultivation and breeding systems
- Discuss economic consequences, labor aspects, etc. of the different production systems.
- Discuss if there are aspects that they could exchange, share or copy from one another.
- Discuss, what changes within the food habits/diet of each one of them would be possible to get to a more organic and sustainable food production.

**Competences:**

Become aware of

- Consequences of consuming certain products

**Understand**

- The different effects that the production of certain products has
- Be able to quantify the effects

**Know**

- To choose more sustainable options