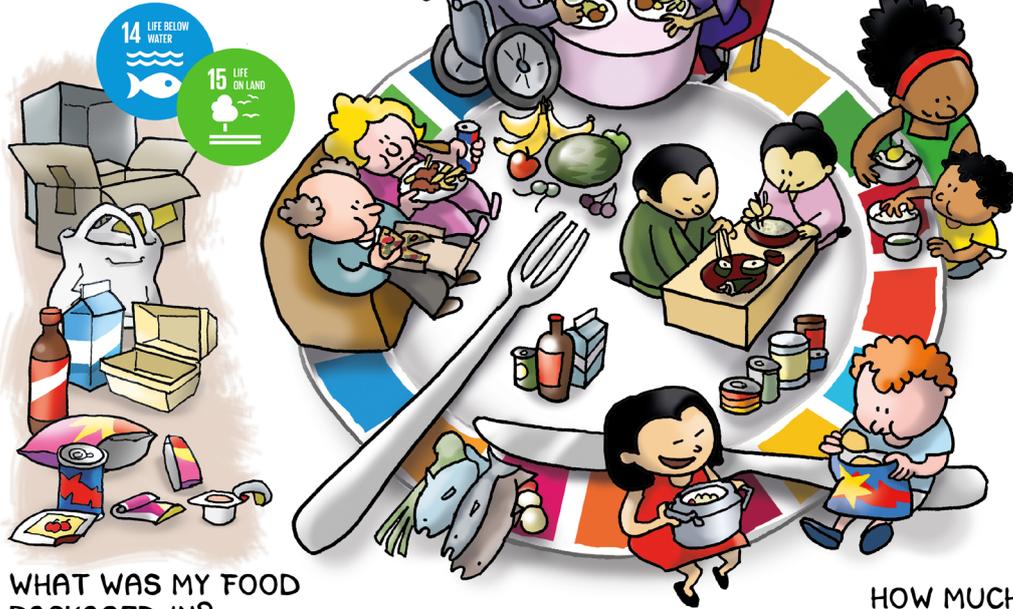


WHAT'S ON MY PLATE?

STOP AND THINK ABOUT THE GLOBAL GOALS



WHO GREW OR HELPED PRODUCE MY FOOD?



WHAT WAS MY FOOD PACKAGED IN?



AM I MAKING HEALTHY CHOICES?



HOW MUCH FOOD AM I WASTING?

WHAT CAN I DO DIFFERENTLY? WHO CAN I TELL?

WORLD'S LARGEST LESSON
In partnership with **unicef**
With thanks to **JITL**
DRAWING: MARGREET DE HEER

EVERY PLATE TELLS A STORY



Name

Class

What Country Are You From?

Draw Your Flag...



Total Plate Score

Mark Here

	<input type="radio"/>

My Global Goals Pledge is....

“

...#WorldsLargestLesson”

To Help Achieve Global Goal Number(s)

INSTRUCTIONS FOR COMPLETING YOUR ACTIVITY SHEET



In partnership with

With thanks to

Choose a meal that you'd like to test. This could be a favourite meal, a meal you will eat today, or one you've recently eaten. Be prepared to draw or photograph it.

When it comes to answering the questions don't worry that you might not have all the information. Make educated guesses if you need to. The point is to think about what you are eating and how it links to the Goals.

1. How many items on your plate contain processed sugar?

Key term: 'processed sugar', also called 'refined' or 'free' sugar – is sugar that is added to a food product, rather than the 'naturally occurring' sugars found in fruit, vegetables, and other foods. High consumption these sugars has been linked to increasing prevalence of certain health problems in children and young people across the world, including diabetes. Sometimes you can choose a food product that looks on the outside to be quite good for you, but if you look closer you may find that it contains a lot of added sugar.

How to:

Find the Goal:

Look at your Global Goals poster and think about which Goal this question connects to. There might be more than one. Follow this approach for all questions.

Score your plate:

Have a look at the ingredients on the back of the packaging or ask the person who made your food. Even if the meal prepared from scratch, some of the base ingredients may contain sugars. Refined sugars come in different forms and are often labelled as corn sweetener, dextrose, honey, corn syrup, sucrose, fructose, glucose, molasses.

If you think your plate does not contain any processed sugar at all then score yourself a green smiley. If you think it contains a little sugar (no more than one teaspoon or four grams) then score yourself a yellow smiley. If you think it contains more than four grams, then score yourself a red smiley.

<p>1. How many items on your plate contain processed sugar?</p> <p> 0 1 2+ </p>		
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2. How many items of plastic packaging were the ingredients of your meal wrapped in?

Were the ingredients wrapped in any kind of plastic? This could be cling film, Saran wrap or Glad wrap, a carton, a sachet, a pot or a bowl. Did you use a plastic straw for a drink? Count up how many individual pieces of plastic were involved.

3. How much food was thrown away from your plate?

Was there too much on your plate for you to eat? Did you store the left overs for later or take them home, or did you throw them away? Estimate the number of spoonfuls that were thrown away.

Appendix D: Every Plate Tells a Story Worksheet Instructions cont.

4. How many items on your plate come from your own country?

Think about the ingredients on your plate and check the packaging if you can. Ask the person who bought it if they know the answer. If the fruit and vegetables you ate are not in season where you live, then most likely they have travelled from another country. If you ate meat or fish that isn't regularly reared where you live, then it too will have travelled. Make an educated guess if you need to.

5. How many items on your plate come from your own country?

Investigate how the people who helped produce your food were treated.

Was your food branded or produced by a large company? Find out if they have human rights, anti-discrimination, or equalities policies by checking their website. Check the website of the supermarket or food market your food was bought from, too. Do you think that means they treat all their workers fairly? What do their policies say about gender, ethnicity, sexuality, disability, and age?

Or, if your food was bought from a market or direct from a farmer think about asking them next time you visit. Make an educated guess in order to score your plate.



Yes, I'm sure that there was no forced labour or discrimination (gender, ethnicity, sexuality, disability, age or other) involved



Yes, but I'm only sure about one stage in the supply chain



No, they were treated unfairly, or I can't be sure

How to calculate your overall score:

1. Count how many circles you have marked in each column; write the total for each column in the bottom row.

Follow the project briefing instructions to work out your overall score...



2. Which of the faces do you have most of?

Follow this key to calculate your overall score and colour in the circle clearly alongside your score.

Mostly		→	
Equally high and		→	
Equal number of and or mostly		or	
Equally high and		→	
Mostly		→	

Total Plate Score

Mark Here

EVERY PLATE TELLS A STORY

Answer the questions below and give each question a score. Please refer to the project briefing for guidance.



In partnership with



With thanks to



This Links To
Goal Number(s)...



<p>1. How many items on your plate contain processed sugar?</p> <p> 0 1 2+</p>		<p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p>
<p>2. How many items of plastic packaging were the ingredients of your meal wrapped in?</p> <p> 0 1 2+</p>		<p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p>
<p>3. How much food was thrown away from your plate?</p> <p> Nothing thrown away 1-2 spoonfuls 3+ spoonfuls</p>		<p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p>
<p>4. How many items on your plate come from your own country?</p> <p> All items Some items No items</p>		<p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p>
<p>5. Were the people who brought my food from farm to plate treated fairly?</p> <p> Yes, I'm sure they were</p> <p> Yes, but I'm only sure about one stage in the food journey</p> <p> I can't be sure</p>		<p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p>

Follow the project briefing instructions to work out your overall score...



Appendix F: Every Plate Tells a Story Animation Script

Hey! Remember those Global Goals whose mission is to end extreme poverty, reduce inequality, and tackle climate change by 2030? If we achieve them we'll improve the everyone's lives - including yours!

If you think about it - the place you live, your school, your clothes, and even what you eat are all connected to the Global Goals.

In fact, the food on your plate has quite a story to tell about the Goals and how you can help achieve them. [weird thought - but your lunch might even be able to teach you more than your teachers can!]

I mean - have you ever thought about who makes the food you eat? No, not you, your dad or mum or your school chef. Before that bit. Who has a hand in actually growing, processing, and packaging it? What do you know about them and their rights?

How about the journey your food goes on to get to you? It seems quite strange, but the distance your plate of food travels is likely to be more than you will travel in a whole year! And, to think – in some countries some of it even ends up in the bin!

And, once your food has made it onto your plate, is there the right amount for you and does it give you the right energy to learn at school? Everyone needs that!

So, you see, if we just think outside the lunch box a little, everything we eat has a Global Goals story to tell. And, that's why I want you to take part in a fun project. It's simple. Become an investigator for The Global Goals and decide on a meal you want to interrogate; do some analysis and give your meal a score.

You can share it with us and look at others from around the world, too.

The best bit though is to think about what you can do to improve your score and help work towards a Global Goal.