

## **A Green Future in the Digital World – *FitDIGIT***

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### **Project Result 2**

#### **THE GREEN ADVENTURE: FROM FARM TO FORK**

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## *"THE GREEN ADVENTURE: FROM FARM TO FORK"*

### **Introduction: Emphasizing the Importance of Sustainable Choices in Educational Settings**

#### **Fostering an Understanding of the Food-Environment Nexus**

The journey of food from its origin in the soil to its destination on our dining tables is a complex process that directly impacts the ecological health of our Earth. The methodologies adopted in agriculture, the logistics entailed in food transportation, and our consumption patterns are all intertwined with the sustainability of natural resources. The use of chemical fertilizers and pesticides, extensive water consumption in drought-prone areas, and greenhouse gas emissions from transporting food across great distances are illustrative of the broader environmental consequences of these practices.

#### **The Role of Individual Choices in Promoting Sustainability**

In the context of environmental education, it is imperative to highlight the significance of individual choices in the broader narrative of global sustainability. Encouraging students to opt for locally sourced produce, to understand the benefits of a plant-based diet, and to recognize the value of supporting sustainable farming practices can cultivate a

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sense of responsibility and empowerment. These choices are not merely personal preferences but are reflective of a deeper commitment to preserving our environment for future generations, supporting biodiversity, and endorsing ethical food production methodologies.

### **Empowering Students to Become Advocates for the Environment**

As educators, we are uniquely positioned to guide our students towards becoming informed citizens and proactive stewards of the environment. By integrating the principles of sustainable food production into our curricula, we can provide students with the knowledge and tools they need to make responsible choices that contribute to environmental preservation. This educational journey should underscore the impact of individual actions on the global ecosystem and highlight the collective power of informed choices in mitigating environmental degradation.

## 2. Chapter 1: The Journey of Food

Chapter 1, "The Journey of Food," is like a storybook adventure that shows how our food starts as tiny seeds and travels all the way to our plates. First, we learn how a seed sprouts into a plant, using cool farming tricks that are good for the Earth, like changing the types of crops grown in a field (crop rotation) and growing plants without using harsh chemicals (organic farming). These methods make sure our food is healthy and the planet stays happy.

Next, we meet the local farmers, the heroes who grow our food close to where we live. By farming nearby, they help keep the air clean because the food doesn't have to travel a long way to get to us.

Lastly, we see how farmers pick fruits and veggies when they're just right, making sure nothing goes to waste and that the land is taken care of so it can keep growing more food. This chapter helps us understand and appreciate all the steps and care it takes to bring food from the ground to our tables, teaching us to be thankful for our meals and to think about how we can help the Earth too.

### From Seed to Plant

Start by explaining how every piece of food begins its life. A simple way to do this is by using the example of a seed. Talk about how a seed

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needs soil, water, and sunlight to grow. This can be a great opportunity to introduce the idea of sustainable farming practices, like:

- **Crop Rotation:** Explain this as farmers growing different types of crops in the same area during different seasons or years. You can compare this to taking turns in class activities to make sure everyone gets a chance without overburdening anyone.
- **Organic Farming:** Describe it as farming without using chemicals. You can liken this to choosing natural remedies like drinking honey lemon tea for a sore throat instead of taking medicine right away.

### **The Farmer's Role**

Farmers are like the superheroes of our food's journey. Highlight how local farmers, or those who farm close to where we live, help the environment. A simple way to explain this is by comparing it to taking a short walk to a friend's house instead of a long drive. Local farmers don't have to send their food far away, which means they use less fuel and make the air cleaner because there are fewer cars and trucks on the road.

### **Harvesting the Bounty**

Discuss how fruits and vegetables are picked from farms when they are ripe and ready. Emphasize the importance of doing this carefully to

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avoid wasting food and to keep the land healthy for future crops. You can compare this to picking apples from a tree; we want to make sure we don't hurt the tree or let any apples go to waste by picking too many and not eating them.

### **Activities to Engage Students:**

- **Seed Planting:** Let students plant their own seeds in class. This hands-on activity can help them understand the growth process and the care needed for a plant to grow.
- **Local Farmer Visit:** If possible, organize a visit to a local farm or invite a farmer to speak in class. This real-world connection can make the concepts more tangible for students.
- **Food Waste Diary:** Encourage students to keep a diary for a week to note down any food they waste. Discuss as a class how they might reduce this waste.

By breaking down these concepts into relatable and simple ideas, you can help your students understand the importance of sustainable food practices and their role in the environment. Remember, the goal is to inspire curiosity and respect for nature's processes and the hard work of farmers.



### 3. Chapter 2: The Power of Plants

Chapter 2, "The Power of Plants," is all about why eating plants is super cool for both us and the planet. First, it talks about how munching on fruits, veggies, grains, and nuts is not only great for staying healthy and strong but also helps the Earth. When we eat more plants, we use less water and make the air cleaner because growing plants doesn't need as much stuff from the Earth as raising animals does.

Then, the chapter turns into a fun DIY guide showing how we can grow our own food, even if we don't have a big yard. It teaches us how to start a mini-garden with easy plants like tomatoes, lettuce, or herbs right in our own homes, using just small pots and some sunlight. This part is like a mini-adventure, showing that anyone can be a gardener and grow their own snacks, making our meals extra special because we grew them ourselves. Through this chapter, we learn how powerful and awesome plants can be for our health and for keeping our planet happy.

#### Why Plants?

Plants are not just good for us to eat; they're also good for our planet.

Here's how you can explain it:

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- **Good for Health:** Just like superheroes have powers to save the world, plants have powers to keep us healthy. They give us vitamins and energy to play and learn.
- **Saves Water:** Growing plants usually needs less water than raising animals for food. It's like choosing to fill up a small water bottle instead of a huge bucket—saving water for other needs.
- **Helps the Air:** Eating more plants means we help reduce the amount of gases that can make the Earth too warm. Imagine if everyone in class decided to turn off lights when they're not needed; how much energy we'd save!

### Grow Your Own

Growing your own food can be a fun project and it's easier than you might think! Here are some simple steps to get started, even if you don't have a big garden:

- **Choose Easy Plants:** Start with plants that are simple to grow like tomatoes, lettuce, or herbs like basil and mint. These are like the beginner level in a video game, easy to start with and rewarding!
- **Find a Spot:** You don't need a lot of space. A small pot on a windowsill where there is sunlight can be perfect. It's like finding the perfect spot in the classroom where you feel most comfortable to read or draw.

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- **Water and Watch:** Teach students the importance of watering their plants regularly but not too much. Watching their plants grow can be like a slow-motion race, where patience is key to reaching the finish line.

### **Activities to Engage Students:**

- **Planting Workshop:** Organize a class activity where each student gets to plant a seed in a pot they can decorate and take home. This makes the learning personal and hands-on.
- **Recipe Challenge:** Encourage students to come up with simple recipes using the plants they are growing. This can be a fun homework task and a way to involve their families in their learning.
- **Growth Diary:** Have students keep a diary of their plant's growth, noting down when they water it and how it changes over time. This can be a great way to integrate observations, writing skills, and responsibility.

By demystifying the process of growing food and highlighting the environmental benefits of a plant-based diet, you can empower your students with knowledge and skills that contribute to a healthier planet. Engaging them in these activities not only enriches their learning experience but also fosters a deeper connection with the food they eat and the world they live in.

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## 4. Chapter 3: The Sustainable Kitchen

Chapter 3, "The Sustainable Kitchen," shows us how to make our kitchens and eating habits better for the planet. This chapter is all about easy steps we can take every day to make a big difference in keeping our Earth happy, starting right in our kitchens.

First up, it gives tips on smart shopping. This means choosing foods that are grown close to where we live (local) and buying fruits and veggies when they're in season. It also helps us understand what those stickers and labels on food, like "organic" or "fair trade," really mean. This helps us pick food that's good for us and the planet.

Next, the chapter gets into how we can cut down on throwing food away. It shares fun ways to use almost every bit of our food, like making compost from peels and scraps, which is a super way to recycle. Plus, it gives ideas for using leftovers to cook up new yummy dishes, so nothing goes to waste.

Lastly, it talks about easy swaps we can make to be more eco-friendly, like using containers that we can wash and use again instead of plastic bags or wraps that get thrown out after one use. These simple changes can help keep our planet cleaner and healthier.

## Smart Shopping

Teaching kids about smart shopping is like guiding them on a treasure hunt where the goal is to find the most environmentally friendly food choices.

- **Local and Seasonal Foods:** Explain that buying foods grown close to home and in season is like cheering for the home team; it supports local farmers and cuts down on the long trips food usually takes to get to us, which is better for the air we breathe.
- **Understanding Labels:** Labels like "organic" or "fair trade" can be puzzling. Simplify it by comparing them to badges of honor that foods earn by being grown without harmful chemicals (organic) or making sure the people who grow them are treated fairly (fair trade).

## Waste Not, Want Not

Reducing food waste is like being a superhero who saves meals from being thrown away. Here are some ways to convey this message:

- **Composting Basics:** Introduce composting as a magical process where leftover food scraps are transformed into food for plants. It's like recycling, but instead of turning plastic bottles into new ones, we're turning food waste into a treasure for the earth.
- **Creative Recipes for Leftovers:** Encourage thinking of leftovers as ingredients for new meals. This can be a fun classroom challenge, like

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a puzzle where students come up with ideas to give leftovers a delicious second life.

### **Eco-friendly Eating Habits**

Small changes in how we eat can help protect our planet. Here's how to break down these habits:

- **Using Reusable Containers:** Encourage students to see reusable containers as their personal toolkit for saving the planet. Every time they use them instead of single-use plastics, they're like environmental ninjas fighting pollution.
- **Avoiding Single-use Plastics:** Explain that plastic forks and straws are like villains for our oceans and animals. Choosing not to use them is a heroic act for the environment.

### **Activities to Engage Students:**

- **Smart Shopping Game:** Create a game where students match foods with their seasons or identify which labels mean the food is good for the environment. This can be a fun quiz or a card matching game.
- **Compost Bin Project:** If possible, start a small compost bin in the classroom or school garden. This hands-on project can demystify composting and show students the cycle of food.
- **Eco-Friendly Lunch Challenge:** Challenge students to pack the most eco-friendly lunch. This can include using reusable containers,

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including local and seasonal foods, and minimizing waste. Share and celebrate these lunches as a class.

Teaching children about the sustainable kitchen empowers them to make choices that benefit their health and the health of the planet.

Through these activities and discussions, students can begin to see the impact of their daily decisions and learn to take action in their own lives for a more sustainable world.

## 5. Chapter 4: From Farm to Fork - Making a Difference

Chapter 4, "From Farm to Fork – Making a Difference," is like a guide on how we can be superheroes for our planet by doing things together with our community. This chapter shows that when we work together and share what we know, we can make a big difference in keeping our planet healthy. It's all about taking small steps at home and in our communities to help our Earth.

First, it talks about joining in on community gardens or visiting local farmers' markets. Community gardens are special places where people can come together to grow their own fruits and veggies. It's like a big outdoor classroom where everyone learns to take care of plants and share what they grow. Going to farmers' markets means we can buy food directly from the people who grow it, which is super because it doesn't have to travel far to get to us, keeping the air cleaner.

Then, the chapter encourages us to talk about everything we've learned with our friends and family. It's like passing on a secret message about how to take care of the Earth. By sharing tips on how to eat more plants, save food from being wasted, and why it's cool to eat food that's grown nearby, we can help others make better choices too.

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## Community Action

Getting involved in local food initiatives is like joining a team where everyone is working together to make their community and the planet healthier.

- **Community Gardens:** Explain that a community garden is a place where people come together to grow food. It's like a classroom, but instead of learning math or science, everyone learns how to grow vegetables and fruits. This not only helps the environment but also brings fresh produce to their tables.
- **Local Farmers' Markets:** Visiting a local farmers' market is like going on a field trip where students can meet the heroes who grow their food. Encourage them to ask questions and learn about the journey of food from farm to fork. It's a way to support these heroes by buying their produce, which is fresher and traveled less distance to get to them, helping to keep the air cleaner.

## Speak Up for the Planet

Encouraging kids to share their knowledge and passion for the environment can create ripples of change throughout their communities.

- **Sharing with Friends and Family:** Encourage students to talk about what they've learned with their friends and family, just like they

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would share a favorite book or movie. They can be the guides on a tour of everything from why bees are important to how composting works. This can inspire others to make more sustainable choices too.

- **Making Sustainable Choices Together:** Suggest ways students can work with their families to make changes at home, like starting a small herb garden, using reusable bags for shopping, or making a meal together using local ingredients. It's like a team sport where every player's actions contribute to the team's success.

### **Activities to Engage Students:**

- **Create a Green Club:** Help students start a "Green Club" at school where they can work on projects like a school garden or a recycling program. This club can be a place for students to put their ideas into action and inspire others.
- **Farmers' Market Field Trip:** Organize a visit to a local farmers' market. Prepare a scavenger hunt for students to find certain types of produce or ask specific questions to the farmers. This makes the trip interactive and educational.
- **Eco-Challenge Month:** Launch a month-long eco-challenge where students and their families commit to making one sustainable change each week. It could be meatless Mondays, waste-free Wednesdays, or thrift-shop Thursdays. Celebrate their efforts with a showcase at the end of the month.

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By engaging in community action and speaking up for the planet, students not only apply what they've learned about sustainable living but also become advocates for positive change. These activities encourage them to take pride in their contributions and see firsthand the impact of their actions on their community and the environment.

## 6. Activities and DIY Projects

In the "Activities and DIY Projects" section, we dive into fun and hands-on ways for kids to become eco-friendly heroes right at home. These activities are not just fun projects; they're steps towards making our world a better place, starting with what we do at home. They teach us how to care for our planet through growing our own food, reducing waste, and making smart food choices that are good for both our health and the environment.

First up, we have the "Green Thumb Challenge." This is all about getting your hands a little dirty and growing your own plant from a seed. You'll plant a seed in a pot with some soil, give it water and sunlight, and then watch it grow day by day. Keeping a diary of your plant's growth is a big part of the fun, noting every new leaf or height it reaches. It's a great way to see how plants live and grow, almost like having a pet! Next is the "Waste Warriors" project. Every week, you'll keep a special log where you write down any food that gets thrown away at home. This helps us all see how much food we might be wasting without even realizing it. The goal is to find ways to reduce this waste, like coming up with creative ways to use leftovers or learning how to store food so it lasts longer. It's like being a detective, but for saving food!

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Lastly, we've got the "Eco-Chef Cook-off." This is a challenge to cook up delicious meals using ingredients that are good for the planet—think local veggies, fruits, and grains. You'll pick a recipe, help cook it with your family, and then enjoy eating it together. It's a fun way to learn about how what we eat affects the environment and to discover new favorite dishes that are tasty and earth-friendly.

### Green Thumb Challenge

The Green Thumb Challenge is a wonderful way to introduce students to the joys and challenges of growing their own plants. It connects them directly to the cycle of life and the importance of caring for our environment.

- Instructions:
  1. Choose a Seed: Start with something simple and quick to germinate, like beans or peas. These seeds are large enough for young hands to handle easily and sprout fast, providing quick satisfaction for eager young gardeners.
  2. Planting: Provide each student with a small pot filled with soil. Have them plant the seed about an inch deep into the soil and water it gently. Place the pots in a sunny spot, either in a classroom window or at home.
  3. Growth Diary: Encourage students to keep a daily diary of their plant's growth. They can make observations about changes in size,

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leaf development, and any other interesting facts they notice. This can include drawings or photos for a visual track of the plant's development.

- **Learning Outcomes:** Through the Green Thumb Challenge, students learn about plant biology, the importance of sunlight, water, and soil in plant growth, and the responsibility of caring for a living thing.

### **Waste Warriors**

The Waste Warriors project aims to make students more aware of their food consumption and waste habits. By tracking their food waste, they can see firsthand the impact of their eating habits on the environment.

- **Weekly Log Instructions:**
  1. **Create a Log:** Provide students with a template for a weekly log where they can record all the food that gets thrown away at home.
  2. **Observation and Recording:** Encourage them to note why the food was wasted (e.g., too much cooked, not liked, expired) and think about what could be done differently next time.
  3. **Reflection:** At the end of the week, students should look over their log and reflect on how they might reduce their food waste. This could involve planning meals better, storing food properly, or using leftovers creatively.

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- **Learning Outcomes:** This activity teaches students about the importance of minimizing waste, planning, and making conscious decisions about food consumption.

### **Eco-Chef Cook-off**

The Eco-Chef Cook-off is a fun way for students to apply their knowledge of sustainable eating by preparing simple, plant-based recipes with their families.

- **Instructions:**
  1. **Recipe Selection:** Share a collection of simple, sustainable recipes with your students. These should primarily use local, seasonal ingredients and aim to be low waste.
  2. **Cooking at Home:** Students choose one recipe to prepare with their family members. Encourage them to take part in the entire process, from selecting the ingredients (ideally from a local market) to preparing the meal.
  3. **Presentation:** Ask students to present their dish to the class, either through photos or a short presentation. They should explain why the recipe is sustainable and what they learned from the experience.
- **Learning Outcomes:** Through this activity, students learn about sustainable cooking, the importance of local and seasonal foods, and the joy of sharing a meal they've helped prepare. It also encourages family involvement in their learning process.

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## Integrating These Activities into Your Curriculum

These projects can be adapted to fit various aspects of your curriculum, from science and health education to art and social studies. They offer practical ways for students to connect with the material on a personal level, fostering a deeper understanding and commitment to sustainable living. Encouraging students to share their experiences with these activities can also inspire others to take action, creating a ripple effect of sustainability awareness in your school community.



## 7. Glossary

To support your efforts in teaching about sustainability, we have compiled a glossary of key terms mentioned throughout the handbook. This glossary is designed to help you explain complex concepts in simple, relatable language to your students. By familiarizing your students with these terms in a fun and accessible way, you encourage them to think more deeply about their interactions with the world around them. These definitions can be used as a starting point for discussions, projects, and further exploration into the importance of living sustainably.

**Sustainability:** Think of the Earth like a giant battery that powers everything we do, from growing food to powering our homes.

Sustainability means using the Earth's resources (like water, soil, and trees) in a way that doesn't run the battery out, ensuring that future generations can use them too.

**Crop Rotation:** This is like giving the soil a little vacation. Instead of growing the same plant in the same spot all the time, which can tire out the soil, farmers grow different plants in different seasons. This keeps the soil happy and healthy, ready to grow more food.

**Organic Farming:** Farming without using synthetic chemicals to kill bugs or weeds. It's like choosing to clean your room with just water and soap instead of strong chemicals that can be harmful.

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**Local Farmers:** These are the farmers who live and grow food near where you live. Buying food from them is like buying a toy from a friend in your neighborhood instead of someone far away. It means less travel for the food, which is better for the air and the planet.

**Composting:** Imagine if your leftover apple cores and banana peels could be turned into a magic potion for the garden. Composting does just that! It recycles kitchen scraps into rich soil that helps new plants grow.

**Plant-Based Diet:** Eating foods that come from plants (like fruits, vegetables, grains, nuts, and seeds) instead of animals. It's like choosing to snack on an apple instead of a piece of cheese. This helps save water, land, and keeps our air cleaner.

**Seasonal Foods:** These are foods that are eaten at the time of year they are naturally ready to be harvested. It's like enjoying snowball fights in winter and swimming in summer—there's a right time for everything!

**Fair Trade:** This is a way of buying and selling products that makes sure the people who make them are treated well and paid fairly. It's like making sure everyone in a game gets a fair turn.

**Single-use Plastics:** Items made of plastic that are used once and then thrown away, like plastic straws or grocery bags. It's like using a brand-

new notebook for each drawing and then throwing it away instead of using all the pages.

**Greenhouse Gases:** These are gases that trap heat in the Earth's atmosphere, making the planet warmer. Imagine wrapping yourself in too many blankets—even if it's not hot outside, you'll start to feel warm. That's what these gases do to our planet.

**Biodiversity:** The variety of all living things on Earth, from tiny bugs to giant whales, and everything in between. It's like having a box of crayons with lots of colors; each one adds something special to the picture.

**Renewable Resources:** Natural resources that can be replaced or grow back over time, like sunlight, wind, and trees. It's the opposite of using something once and it's gone forever, like using a piece of paper to make a paper airplane.

## 8. Conclusion: The Journey Continues

### Encourage Ongoing Learning

Let your students know that learning about the environment and how to protect it is a lifelong journey. Just like any other subject, there's always something new to discover! Encourage them to stay curious, ask questions, and seek out new information. Whether it's reading books, watching documentaries, or exploring nature, every learning opportunity helps them understand the world a little better.

### Highlight Their Impact

Remind your students that every small action they take can have a big impact on the environment. Whether it's choosing a reusable water bottle, planting a seed, or saving leftovers for another meal, these actions add up to make a significant difference. Celebrate their achievements and encourage them to share their successes with others. This not only boosts their confidence but also inspires those around them to make sustainable choices.

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## **Foster a Sense of Pride**

Help your students feel proud of the contributions they're making to protect the environment. Emphasize that by making sustainable food choices, they're acting as leaders in their community and setting a positive example for others to follow. This sense of pride and accomplishment is a powerful motivator that can drive them to continue their efforts and strive for even greater impact.

## **Encourage Community Involvement**

Suggest ways for students to get involved in their local community, whether through participating in community gardens, joining environmental clubs, or attending local farmers' markets. Being part of a community effort can reinforce the importance of their individual actions and show them that they're not alone in their mission to protect the planet.

## **The Path Ahead**

As we conclude our journey through sustainable food choices, let's remind our students that every step they take towards sustainability is a step towards a healthier planet. Their actions, no matter how small, are part of a larger global effort to create a better future for everyone. Encourage them to keep learning, keep acting, and keep inspiring

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those around them. The path to sustainability is a long one, but together, we can make a world of difference.

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## 9. Additional Resources.

### Books

1. "The Magic School Bus and the Climate Challenge" by Joanna Cole and Bruce Degen: This book takes young readers on an adventurous journey to learn about climate change and how we can fight it, in the signature Magic School Bus style.
2. "Greta and the Giants" by Zoë Tucker and Zoe Persico: Inspired by Greta Thunberg's stand against climate change, this book tells the story of a young girl taking on the giants to save her forest home.
3. "Compost Stew: An A to Z Recipe for the Earth" by Mary McKenna Siddals and Ashley Wolff: An engaging alphabet book that teaches children how to make compost and why it's beneficial for the Earth.

### Websites

1. NASA Climate Kids ([climatekids.nasa.gov](https://climatekids.nasa.gov)): Offers fun and interactive ways to learn about climate change, renewable energy, and how kids can help the planet.
2. The Environmental Kids Club ([epa.gov/students](https://epa.gov/students)): The U.S. Environmental Protection Agency's site for kids, featuring games,

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information on different environmental issues, and tips on how to make a difference.

3. WWF Footprint Calculator ([footprint.wwf.org.uk](https://footprint.wwf.org.uk)): A tool designed to help kids (and adults) understand the impact of their lifestyle on the planet and how to reduce it.

## **Apps**

1. Seek by iNaturalist: An app that encourages outdoor exploration by allowing users to identify plants and animals in their environment. It's a fun way for kids to connect with nature and learn about biodiversity.

2. Recycle City by the U.S. Environmental Protection Agency: A game that teaches children about the importance of recycling and how they can make their city more sustainable.

3. Oliver's Vegetables by MiniLab Studios: An interactive game that teaches young children about the importance of eating vegetables and how food is grown.

By integrating these resources into your teaching, you can provide your students with a richer understanding of sustainable living and inspire them to become active participants in protecting our planet. Whether through reading stories that highlight environmental heroes, exploring interactive websites that teach about climate change, or using apps that connect them with nature, there's a wealth of

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information available to engage young minds in the quest for sustainability.

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## 10. Multiple Choice Questionnaires

### Chapter 1

Question 1: What do seeds need to grow into plants?

- A) Candy and soda
- B) Soil, water, and sunlight
- C) Ice cream
- D) Just sunlight

Answer: B) Seeds need soil, water, and sunlight to grow into plants.

Question 2: What is crop rotation?

- A) Rotating a crop in circles before planting it
- B) Growing the same crop over and over again
- C) Farmers growing different types of crops in the same area during different seasons
- D) Watching crops spin around

Answer: C) Crop rotation is when farmers grow different types of crops in the same area during different seasons.

Question 3: What is organic farming?

- A) Farming while wearing organic clothes
- B) Using lots of chemicals to make plants grow faster

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- C) Farming without using chemicals, like natural remedies
- D) Only growing oranges

Answer: C) Organic farming is farming without using synthetic chemicals.

Question 4: How do local farmers help the environment?

- A) By sending their food on long trips
- B) By using more fuel
- C) By growing food close to where we live, reducing the need for transportation
- D) By watching TV all day

Answer: C) Local farmers help the environment by growing food close to where we live, reducing the need for long-distance transportation.

Question 5: Why is it important to harvest fruits and vegetables carefully?

- A) To make the fruits and vegetables feel scared
- B) To avoid wasting food and to keep the land healthy
- C) Because it's more fun to throw them around
- D) None of the above

Answer: B) It is important to harvest fruits and vegetables carefully to avoid wasting food and to keep the land healthy.

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Question 6: What can planting your own seeds in class help you understand?

- A) How to become a professional soccer player
- B) The growth process and care needed for a plant to grow
- C) How to fly
- D) The best video games

Answer: B) Planting your own seeds in class can help you understand the growth process and the care needed for a plant to grow.

Question 7: What might you learn from visiting a local farm or meeting a farmer?

- A) How to do magic tricks
- B) Nothing at all
- C) How farmers grow our food and why it's important for the environment
- D) How to become invisible

Answer: C) By visiting a local farm or meeting a farmer, you might learn how farmers grow our food and why it's important for the environment.

Question 8: What is the purpose of keeping a food waste diary?

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- A) To have something to read at night
- B) To track and try to reduce how much food we waste
- C) To write down every meal we wish we had
- D) To make a list of our favorite snacks

Answer: B) The purpose of keeping a food waste diary is to track and try to reduce how much food we waste.

## Chapter 2

### "Why Plants?" Multiple Choice Questionnaire

Question 1: Why are plants good for our health?

- A) They let us stay up late
- B) They give us vitamins and energy
- C) They can drive us to school
- D) They are good for playing video games

Answer: B) They give us vitamins and energy

Question 2: How do plants help save water compared to raising animals for food?

- A) By drinking all the water
- B) They need less water to grow
- C) They use water to make toys
- D) Plants don't need water at all

Answer: B) They need less water to grow

Question 3: How does eating more plants help the air?

- A) By creating more candy
- B) They reduce gases that warm the Earth
- C) They paint the sky blue
- D) They make the air smell like flowers

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Answer: B) They reduce gases that warm the Earth

Question 4: What's a good first plant to grow if you're a beginner?

- A) A giant oak tree
- B) Tomatoes or lettuce
- C) A chocolate tree
- D) A gold plant

Answer: B) Tomatoes or lettuce

Question 5: Where can you plant your seeds if you don't have a big garden?

- A) In the refrigerator
- B) On a windowsill where there's sunlight
- C) In your shoe
- D) Under your bed

Answer: B) On a windowsill where there's sunlight

Question 6: Why is it important to water your plants regularly?

- A) Plants need water to swim
- B) To help them grow strong and healthy
- C) Because plants get thirsty for soda
- D) Watering plants is not important

Answer: B) To help them grow strong and healthy

Question 7: What can you do with the plants you grow?

- A) Leave them alone forever

B) Use them to create simple recipes

C) Talk to them about your day

D) Send them to school in your place

Answer: B) Use them to create simple recipes

Question 8: What is one way to keep track of your plant's growth?

A) By giving them names

B) Keeping a growth diary

C) Forgetting about them

D) By measuring them with spaghetti

Answer: B) Keeping a growth diary



## Chapter 3

### "Smart Shopping and Saving Our Planet" Multiple Choice Questionnaire

Question 1: Why is it good to buy local and seasonal foods?

- A) They taste like candy.
- B) They support local farmers and reduce pollution.
- C) They come in cool colors.
- D) They can be used as decorations.

Answer: B) They support local farmers and reduce pollution.

Question 2: What does "organic" on a food label mean?

- A) The food can fly.
- B) The food is grown without harmful chemicals.
- C) The food is only for adults.
- D) The food is waterproof.

Answer: B) The food is grown without harmful chemicals.

Question 3: What does "fair trade" mean?

- A) The food is exchanged for toys.
- B) The food is grown by robots.
- C) People who grow the food are treated and paid fairly.
- D) The food is only sold at fairs.

Answer: C) People who grow the food are treated and paid fairly.

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Question 4: What is composting?

- A) Turning food waste into a treasure for the earth.
- B) A new video game.
- C) Making sculptures from food scraps.
- D) A way to make food taste better.

Answer: A) Turning food waste into a treasure for the earth.

Question 5: How can leftovers be used creatively?

- A) By throwing them away.
- B) By making new meals with them.
- C) By using them as paint.
- D) By hiding them under the bed.

Answer: B) By making new meals with them.

Question 6: Why should we use reusable containers?

- A) They have magical powers.
- B) To save the planet by reducing pollution.
- C) Because they look nice.
- D) They make food taste better.

Answer: B) To save the planet by reducing pollution.

Question 7: What's wrong with using single-use plastics like plastic forks and straws?

- A) They make food too cold.
- B) They are villains to our oceans and animals.

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C) They change the color of food.

D) They make us invisible.

Answer: B) They are villains to our oceans and animals.

## Chapter 4

### "Making a Difference Together" Multiple Choice Questionnaire

Question 1: What is a community garden?

- A) A video game about gardening.
- B) A place where people work together to grow fruits and vegetables.
- C) A shop where you can buy garden tools.
- D) A movie about plants.

Answer: B) A place where people work together to grow fruits and vegetables.

Question 2: Why are local farmers' markets special?

- A) They sell only candy.
- B) You can meet the people who grow your food.
- C) They are open 24/7.
- D) You can buy toys there.

Answer: B) You can meet the people who grow your food.

Question 3: How can sharing what you've learned about the environment help?

- A) It can make you famous.
- B) It can inspire others to make sustainable choices.

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C) It can help you forget.

D) It's only for making people laugh.

Answer: B) It can inspire others to make sustainable choices.

Question 4: What is one way families can make sustainable choices together?

A) By watching TV all day.

B) Starting a small herb garden at home.

C) Using more plastic bags.

D) Eating only ice cream.

Answer: B) Starting a small herb garden at home.

Question 5: What is the purpose of starting a "Green Club" at school?

A) To have more homework.

B) To work on environmental projects and inspire others.

C) To start a band.

D) To learn about aliens.

Answer: B) To work on environmental projects and inspire others.

Question 6: What might you do on a farmers' market field trip?

A) Sleep

B) Go on a scavenger hunt to learn more about the food.

C) Play video games

D) Swim

Answer: B) Go on a scavenger hunt to learn more about the food.

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Question 7: What is an Eco-Challenge Month?

- A) A challenge to eat more candy.
- B) A month-long challenge to make one sustainable change each week.
- C) A competition to watch the most TV.
- D) A race to see who can run the fastest.

Answer: B) A month-long challenge to make one sustainable change each week.

## Overall Multiple Choice

"Our Planet, Our Future" Multiple Choice Questionnaire

Question 1: What does sustainability mean?

- A) Using all of Earth's resources as fast as we can.
- B) Using Earth's resources in a way that keeps our planet healthy for future generations.
- C) Ignoring the Earth's resources.
- D) Only using water and soil.

Answer: B) Using Earth's resources in a way that keeps our planet healthy for future generations.

Question 2: What is crop rotation?

- A) Planting the same crop over and over again.
- B) Spinning crops around in circles.
- C) Growing different plants in the same area at different times to keep the soil healthy.
- D) Watching crops grow on TV.

Answer: C) Growing different plants in the same area at different times to keep the soil healthy.

Question 3: What is organic farming?

- A) Farming with the most chemicals possible.

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- B) Farming without using synthetic chemicals.
- C) Farming only oranges.
- D) Farming in outer space.

Answer: B) Farming without using synthetic chemicals.

Question 4: Why is buying food from local farmers good?

- A) It makes the food taste like candy.
- B) It requires less travel, which is better for the air and the planet.
- C) Local farmers use magic to grow their crops.
- D) It allows you to buy food with monopoly money.

Answer: B) It requires less travel, which is better for the air and the planet.

Question 5: What does composting do?

- A) Turns food waste into a potion that makes you invisible.
- B) Recycles kitchen scraps into rich soil for the garden.
- C) Creates new types of food.
- D) Makes food taste better.

Answer: B) Recycles kitchen scraps into rich soil for the garden.

Question 6: How does a plant-based diet benefit the planet?

- A) It uses more water and land.
- B) It helps save water, land, and keeps our air cleaner.
- C) It makes plants grow candies.
- D) It creates more food waste.



Answer: B) It helps save water, land, and keeps our air cleaner.

Question 7: What are seasonal foods?

- A) Foods that are only eaten during snowstorms.
- B) Foods that taste better with seasoning.
- C) Foods that are naturally ready to be harvested and eaten at certain times of the year.
- D) Foods that can only be eaten by season ticket holders.

Answer: C) Foods that are naturally ready to be harvested and eaten at certain times of the year.

Question 8: What does "fair trade" ensure?

- A) That only the fairest people in the land can trade.
- B) That people who make the products are treated well and paid fairly.
- C) That trades are only made at fairs.
- D) That trading is not allowed.

Answer: B) That people who make the products are treated well and paid fairly.

Question 9: Why are single-use plastics bad for the environment?

- A) They can be used many times.
- B) They are used once and then thrown away, creating waste.
- C) They help plants grow faster.
- D) They turn into trees when discarded.

Answer: B) They are used once and then thrown away, creating waste.

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Question 10: What do greenhouse gases do to our planet?

- A) Cool it down.
- B) Trap heat in the Earth's atmosphere, making it warmer.
- C) Turn it green.
- D) Make it rain candy.

Answer: B) Trap heat in the Earth's atmosphere, making it warmer.

Question 11: What is biodiversity?

- A) A new kind of dance.
- B) The variety of life on Earth, from tiny bugs to giant whales.
- C) A type of biofuel.
- D) A boring science class.

Answer: B) The variety of life on Earth, from tiny bugs to giant whales.

Question 12: What are renewable resources?

- A) Resources that run out quickly.
- B) Natural resources that can be replaced or grow back over time.
- C) Only sunlight.
- D) Toys that can be recycled.

Answer: B) Natural resources that can be replaced or grow back over time.



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