



CLIMATE CRUMBS

HOW TO TALK ABOUT CLIMATE WHEN COOKING (CCC)

The cells in grey are potential discussion questions that can be raised during each stage of your cooking sessions. We have additional activities included in some sections that can be used to expand on discussions on climate action.

Accompanying this document is the companion sheet: How to talk about climate when growing, a fact sheet with key climate beliefs and an appendix with additional activities

	Before (a)	During (b)	After (c)
Sourcing food (1)	Where does your food come from? Where is it grown or made? Have you ever grown food? What are your family's/friends' favourite foods? Is vegetarian/vegan/meat eating best? Why?	Which produce comes from nearby? Which produce from further away? Why? What does "good" food mean to you? What are the benefits of fresh vs tinned vs frozen vs dried?	What packaging does our food have? How do we store our food? How long is food good for? How does our shopping differ from our parents, their parents?
	Activity: What is a food system? http://www.signpostsglobalcitizenship.org/images/downloads/stride-food.pdf Pages 6-7		Activity: How much does my meal cost the earth? Choose a meal. On a map of the earth, note where each of your ingredients come from. You get +1 point for each 100 miles the food has travelled. If the food is processed/packaged somewhere other than where it was grown/made then count those miles too. How many miles has your meal cost?



	<i>Links to food systems, intensive farming, risk of drought/extreme weather</i>		<i>Links to food miles, seasonal food, local food, over processed food.</i>
Cooking food (2)	How are we going to cook our food? Where does that energy come from? Do we have to cook food? Are we preparing the right amount of food?	How could we reduce the energy we're using to cook?	How can we safely and effectively store cooked food? How long for? What can be reheated? How?
	<p>Activity: How do we cook?</p> <p>Think about what we're cooking with. Gas? Electricity? How is that produced? How does it get to us? Do an audit of everything you can find in the kitchen/your cooking space that uses electricity or gas (or other heat sources).</p> <p><i>Links to energy consumption</i></p>	<p>Activity: To lid or not lid!</p> <p>Put two similar sized pots of water on similar sized rings on a stove. Put a lid on one. How long does it take them both to boil?</p> <p><i>Links to reducing energy savings</i></p>	<p>Activity: Plan a week's food</p> <p>Think about what you would need to feed your family for a week. How much food would you need? How much could you make in bulk and store? Is it going to be nutritious and tasty? How can you make the right sized portions?</p> <p><i>Links to waste reduction</i></p>
Eating food (3)	What nutrition do we need from food? <i>(Wee fact: the average orange today has a quarter of the amount of vitamin C of an orange from our grandparents' time)</i> Is organic/regeneratively farmed food more nutritious or tasty than intensively farmed food?		Does this food bring up memories/thoughts/feelings?
	<p>Activity: Do you Eat Well?</p> <p>Think about your meal and what we need nutritionally. Does your meal cover the basic food groups? Compare with the</p>	<p>Activity: What tastes better?</p> <p>Try a selection of carrots- fresh (supermarket), fresh (locally grown if possible), frozen, tinned. Cook them all the</p>	



	<p>Eatwell guide. What changes could you make to create a better meal for you or for the carbon footprint?</p> <p><i>Links to carbon savings, food miles, nutrition</i></p>	<p>same way. Do a blind taste test. Which tastes better? Does preserving food e.g. in tins/freezing have greater benefits?</p> <p><i>Links to regenerative farming, local supply chains, energy</i></p>	
Disposing of food (4)	<p>How do we dispose of food? Are there ways we can reuse what we would throw away?</p>		<p>Would you make any different choices next time to reduce what you got rid of?</p>
	<p>Activity: Regrow your scraps!</p> <p>https://www.apieceofrainbow.com/vegetables-herbs-regrow-kitchen-scraps/</p> <p><i>Links to food waste, grow your own</i></p>		