



# FOOD SUSTAINABILITY AND SECURITY

**Pupil activity sheets**

[practicalaction.org/schools/food-sustainability-security](https://practicalaction.org/schools/food-sustainability-security)

**Practical  
ACTION**

# Food security

Name:

.....

Class:

.....

**Food security means having access to enough affordable and nutritious food to remain healthy.**

- 1.** How is climate change affecting food security for people living in developing countries?
- 2.** What are the risks and benefits of importing half of the food consumed in the UK from other countries?
- 3.** People hold different views on the best way to achieve food security. Write down some of the arguments people put forward to persuade others that the following ideas are effective.

a) Organic farming

b) Genetically modified crops

c) Fair trade food

# Food and Sustainability

Name: .....

Class: .....

Sustainable food systems mean that everyone in the world has access to food security now and in the future.

Many people who are committed to sustainable food systems believe that food should be produced and managed throughout its life cycle in a way that is good for people and protects the environment now for future generations.

Select a food product that you want to explore from a sustainability point of view. Make a note of any information from the food label that could help you analyse the food in more detail e.g. place of origin.

## Your notes

# Food and Sustainability

Name: .....

Class: .....

There are many issues to consider when exploring how sustainable a food system is.

Select one or two questions from the sustainability question sheet to help with your research.

**Name of food and producer**

**Sustainability issues**

# Environmental issues

**Use the questions below as starting points for your research.**

1. What is the food's country of origin?
2. Has the food been transported far? What is the environmental impact of the food miles it travelled?
3. How has the food been produced (organically, using genetically modified seeds?)
4. What is the impact on the land where the food is grown now and for future generations?
5. How much energy and water is used to produce, use and dispose of the food and packaging?
6. Have the food manufacturers considered ways to reduce food waste?
7. Have the food manufacturers actively thought about the environmental impact of the food's packaging?
8. Can the packaging be recycled?
9. How do the food manufacturers advertise and sell their food. Is there an environmental impact?

# People issues

1. Does the food make life better for the people who produce the food?
2. Do they get treated fairly in wages and work conditions?
3. Does the food have positive or negative results for people living elsewhere in the world, especially people living in poverty?
4. Does the food help preserve food preparation skills and knowledge that are important to people now and in the future?
5. Is the food 'nutritious'? Does it help people stay healthy?
6. Is the food affordable to people who most need or want it?

# Life cycle analysis

Carry out a life cycle analysis on a food of your choice. Annotate the main points of the story of the food from its origin to final disposal.



# Life cycle analysis - making improvements

1. How you could reduce the environmental impact of the food and its packaging?
2. How you could improve the lives of people involved at any stage of the life cycle?

