EXCALIBUR Evening B

05022025

Sustainability:
Examples to themes Food, Health, Well-being & Spare time
1. Food/Nutrition

Co-funded by the
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For: German teachers

Beate & Laura

EXCALIBUR Sustainability in nutrition

How can we eat and drink sustainably?

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Group work (GW): Your favourite food

Research in the group:

- What do you like to eat? What don‘t you like eating?

⇒ Make a list. Write in your native language/school language.

Name	1.Favourite food	2. Favourite food	3. Favourite food

GW: Your favourite food

- Translate the name of the food/dish to German and English and another language.

Name in native language/school language	Name in German	Name in English	Name in other language(s)

Your favourite food: What is inside?

- Choose 1-2 favourite foods.
- Think together what you need to make/cook these foods.
- Make i.e. a shopping list:

My language	German	English

Shopping lists

- Which foods are included?

Vegetable/ Fruit	Meat	Fish	Grain	Other

Shopping lists: Find out...

- Where can you buy these foods?
- How are these foods made?
- Do they come from your region? Perhaps not in every time of the year?

Sustainable foods

- What do we mean by this?

Try to define:

- What is sustainable, what is not? Write lists.

Sustainable foods

Non-sustainable foods

What can you make/cook with the sustainable foods (see the list)?

- Research in cook books and in the internet: what can I cook with these?

Individually: What do you like to drink?

- Make a list about everything you drink in a day.

GW: Compare in the group

- What do all / many drink?
- What does only one person drink?
- What can you say about the drinks? (expensive, reasonably priced, must be bought, packaging etc.)
- How healthy is the drink? How can I find out?

Drinking water as a vital drink

- Where can you find drinking water? Where not?

- Search for information about **drinking water** (search term: drinking water)

Project examples:

EXCALIBUR

Erasmus+

Freshly baked
Cookies
With 90%
Chocolate and
10% Milk. Natural
Sustainable cooki
FRESHLY
COLLECTED
COCOA BEANS
COCOA
NATURAL
EXCALIBUR
Erasmus+

EXCALIBUR
Erasmus+

Sustainability fair in Minecraft