

Materials	Paper, pencil, markers, access to the internet (optional)
Learning Outcome	Create an infographic describing an environmentally friendly food choice or food habit.

## Description

Explain to the youth that they will create an infographic on a chosen topic related to healthy foods and the environment. Ask the youth what they know about making environmentally friendly food choices and practicing environmentally friendly food habits. If they need support, you can share the following points with them.

- Plant-based foods use fewer resources (like land and water) to be produced
- Mindful grocery shopping reduces food waste so the food does not end up in landfills causing pollution
- Reusable water bottles create less pollution and produce reduce plastic waste
- Reusable bags and reusable food containers create less pollution and reduce plastic waste
- Foods with minimal packaging are kinder to the environment

Explain to the youth that their infographic should contain the following information:

- The environmental food problem they are presenting
- 2-3 facts about the problem related to the environment
- 2-3 solutions about the problem related to the environment
- Any other information they would like to include

With a ruler, divide a paper into different sections to create an infographic layout or use a program such as [Canva](#) or [Venngage](#) to create a digital infographic. Explain to the youth that infographics contain easy to read facts or information and encourage them to create a section or design for each of their facts. If needed, show the youth examples of infographics.

Encourage the youth to create eye-catching graphics or images to support the design of their infographic.

## Healthy Eating Competencies



### THINK

Develop cognitive skills and strategies that facilitate knowledge about healthy foods, food habits, food preparation, and food safety.



### FEEL

Develop affective skills and strategies that facilitate healthy food relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate healthy eating, food habits, food preparation, and food safety.



## Reflection Questions

Reflection is important to support learning for healthy eating. Consider asking the youth the reflection questions below and discuss the answers together.

- *How has food waste changed over the years (e.g., increased because of more packaging, increased because more is store bought versus homemade, etc.)?*
- *What is one thing that you can personally do to improve to be more environmentally friendly with your food choices or food habits?*