

National Geographic Kids Cookbook: Sustainability

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## Copy of Food - Sustainability

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Background Layout Theme Transition

### Journey of Food from Farm to Table

farm → transport → factory → market → shopping → eating → cooking → market

1  
2  
3  
4  
5  
6

Kristin Ciccone  
yasmin  
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**Toss less. Save more.**

Food waste wastes everything. Water, energy, and Earth's resources. Let's learn about food production, then discover circular economy strategies to keep your food fresh, and out of the trash.

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Long Branch Classwork for Ciccone - Math 8 Quiz: Sustainability: How Our Actions Affect the Environment Food - Sustainability - Google Docs Food - Sustainability Lesson Plan Copy of Food - Sustainability - Google Docs Google Docs

sciencebuddies.org/lesson-plans/gcquiz-lessonplan-sustainability?class=AQWv2TZPqG5YVaBuwu5S9GRJMXz7fjh\_ejOR8T7GQw4YLUUuk3wOu8QzEEvtpsaIF18pW-EDaN7X1t1GLK2

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4. Which of the actions below can each *individual* take to reduce his or her ecological footprint? (Select all that apply) (20 points)

- ☐ a. Use a dishwasher instead of washing dishes by hand
- ☐ b. Freeze food leftovers instead of throwing them out
- ☐ c. Unplug electronic devices not in use
- ☐ d. Donate unused stuff such as clothing or toys

5. Write down three things that your *school* or *community* could do to reduce its ecological footprint and help the environment. (20 points)

1)  
2)  
3)

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Long Branch

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### Grow Your Own

One of the best things that we can teach our children is how to create their own food. Growing our own gardens and supplying some of our own food with our own land teaches not only a responsibility but also an appreciation for where our food comes from. Here you can see [13 Reasons Why Every Family Should Plant At Least One Seed](#). There are so many conversations that you can have with your children from talking about the different parts of plants to more in depth talks about composting and why it is important to recycle our waste. Not to mention the fact that kids are more likely to eat what they grow. 😊

### Pick Your Own

Find a farm, an orchard near your town. Take your kids, enjoy all that

Lisa <3 >

Kristin Ciccone

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Emma Salazar-Tellez

Izo

Santiago

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