

Written Activities

5 Questions!

1. What is the role of a food citizen and how does it differ from being a passive food consumer?

Passive food consumers mindlessly purchase and consume food without much thought, while food citizens proactively work towards positively influencing every aspect of the food system, from production to distribution and consumption. They make responsible choices themselves and strive to inspire and encourage others to do the same.

2. How can being a good food citizen contribute to both personal health and the health of the planet?

Good food citizens choose foods that are minimally processed, which tends to reduce the impact of global warming on the planet. Less water and energy are used when we choose minimally processed foods. By choosing foods that align with the ADGs and AGtHE people support a food system that promotes health and helps to reduce the risk of obesity, cardiovascular disease (CVD), and type 2 diabetes, while also safeguarding the health of the planet.

3. What challenges exist in achieving an optimal diet in our current food system?

There are so many processed foods available at the moment that are convenient which means it is easy to buy them and use them as they are easy to prepare and often taste delicious. This is one challenge that we face when trying to consume an optimal diet.

There is also a lot of misleading information about food products. Marketers use terms like 'natural' or 'eco-friendly' even when a product is not. They might also make claims about a diet that cannot be supported by scientific research. This makes it hard to consume an optimal diet.

4. How do our food choices affect the environment, and how can being a food citizen help reduce these environmental impacts?

You might opt to focus on packaging, transport or biodiversity when answering this question.

Here are a few examples of answers to this question:

When we choose foods that are packaged, we contribute to energy and water usage. If not disposed of properly, the packaging can pollute waterways. When we are good food citizens, we might choose packaging that will degrade naturally in the environment. Or we might seek alternatives to packaging like supplying our own coffee cups.

When we choose to eat a restricted diet without a variety of foods, we are decreasing the biodiversity of crops. This makes ecosystems less resilient to global warming. By choosing a more diverse diet we are supporting biodiversity.

5. In what ways can individuals actively participate in shaping the food system and become agents of change as food citizens?

Individuals can actively participate in shaping the food system and become agents of change as food citizens by making conscious decisions in their food choices. This includes supporting local and sustainable food producers, advocating for policies that promote a healthier and more sustainable food system, and educating others about the benefits of food citizenship. By actively engaging in these actions, individuals can contribute to creating a food system that mitigates negative impacts such as pollution and promotes a healthier and more sustainable future.

Summary Activities

Are you a Good Food Citizen?

What is the main idea about this key knowledge & key skill? (Two or three sentences in your own words)

The main idea is the concept of "food citizenship," which promotes both personal health and the planet's well-being. This involves understanding sociocultural, sustainable, and ethical food choices and applying practical skills. By considering the broader implications of food choices and practices, individuals can make informed decisions that benefit themselves and the environment.

Define the term 'food citizen.'

A food citizen is an individual who actively engages in making informed and responsible choices regarding their food consumption and practices. They consider the broader implications of their food choices, including sociocultural, sustainable, and ethical factors, aiming to promote personal health and the well-being of the planet.

List some ways that people can be good food citizens.

- Educate themselves.
- Make informed food choices.
- Support local and sustainable food systems.
- Reduce food waste.
- Choose sustainable seafood.
- Minimise plastic and packaging.
- Practice mindful eating.
- Support fair trade and ethical practices.
- Advocate for change.
- Share knowledge and inspire others.

Describe what an optimal diet is like.

An optimal diet is a balanced and nutrient-rich eating pattern that includes a variety of food groups. It emphasises moderation, portion control, and a diverse nutrient profile. It limits added sugars, processed foods, and unhealthy fats while promoting whole foods and adequate water. The optimal diet is personalised based on individual needs, preferences, and health conditions.

Describe what a healthy planet is like.

A healthy planet is characterised by diverse ecosystems, clean air and water, a stable climate, responsible resource management, ecological balance, reduced pollution, sustainable human activities, and environmental justice. Achieving a healthy planet requires collective efforts to promote conservation, sustainability, and equitable practices for the well-being of all.

Explain the relationship between an optimal diet and the health of the planet.

The relationship between an optimal diet and the health of the planet is intertwined. Optimal diets promote sustainable food choices, reduce food waste, support responsible seafood consumption, encourage sustainable farming practices, and conserve water resources. By making conscious food choices, individuals can improve their health while also contributing to the well-being of the planet.

Exam Preparation

Multiple-Choice Questions (5 marks)

Choose the response that is correct or that **best answers** the question.

1. Which of the following food-related decisions does NOT represent food citizenship?
 - a. Choosing locally sourced and organic fruits and vegetables.
 - b. Supporting fair trade practices by purchasing coffee from certified fair-trade producers.
 - c. Selecting whole wheat bread instead of highly processed white bread.
 - d. Throwing away leftover food in the rubbish bin.

The correct answer is D.

Food citizenship involves being mindful of the environmental and social impact of our food choices. Options A, B, and C reflect responsible choices that align with food citizenship principles, such as supporting local farmers, fair trade practices, and healthier food options. Option D, however, represents a wasteful decision that disregards the importance of reducing food waste, which is not in line with the principles of food citizenship.

2. What challenges impact the achievement of an optimal diet in the current food system?
 - a. Decreasing prevalence of obesity, cardiovascular disease (CVD), and type 2 diabetes
 - b. Prevalence of highly processed and unhealthy foods linked to health issues
 - c. Limited availability of highly processed and unhealthy foods
 - d. Lack of evidence-based recommendations

The correct answer is B.

The prevalence of highly processed and unhealthy foods, often high in added sugars, unhealthy fats, and artificial ingredients, has been linked to various health issues, including obesity, cardiovascular disease (CVD), and type 2 diabetes. These processed foods are often easily accessible, affordable, and heavily marketed, making them a significant challenge to overcome when trying to maintain an optimal diet.

3. What is the connection between the health of the planet and the health of people?
 - a. A healthy planet negatively impacts human well-being
 - b. Sustainable practices benefit only the environment, not human health
 - c. The well-being of individuals is closely linked to the condition of the environment
 - d. Neglecting the planet's health has no consequences for human well-being

The correct answer is C.

The condition of the environment can significantly impact human well-being. For example, poor soil health results in crops with low yields and poor nutritional value. This can impact human health.

4. What are some vital aspects of food citizenship related to the health of the planet?
 - a. Minimising energy consumption and reducing food miles
 - b. Encouraging food waste and excessive packaging
 - c. Ignoring the impact of agriculture on biodiversity
 - d. Promoting deforestation for agriculture purposes

The correct answer is A.

Minimising energy consumption involves making choices that require less energy in food production, processing, and transportation. Reducing food miles refers to the concept of consuming locally sourced food to minimise the distance travelled from farm to plate, thus reducing greenhouse gas emissions associated with long-distance transportation.

5. "With an estimated 10 billion people living on Earth by 2050, eating habits need to change to ensure a healthy planet and healthy people."

What is the primary reason behind the need to change eating habits as the global population increases?

- a. To prioritise personal taste preferences and satisfaction.
- b. To reduce the demand for food production and alleviate environmental strain.
- c. To encourage the consumption of highly processed and unhealthy foods.
- d. To support economic growth and profitability in the food industry.

The correct answer is B.

With an estimated population of 10 billion people by 2050, there will be increased pressure on agricultural resources, land, water, and energy required for food production. Changing eating habits, such as shifting towards more plant-based diets and reducing food waste, can help decrease the overall demand for food and reduce the environmental impact associated with agriculture, deforestation, greenhouse gas emissions, and resource depletion.

Extended Response Questions

Question 1 (10 marks)

How can individuals promote both personal health and environmental well-being through their food choices?

Discuss the role of food citizenship in shaping optimal diets and sustainable practices, providing examples to support your viewpoints.

In your response, please address the following:

- Explain the concept of food citizenship and its relevance in fostering sustainable food systems.
- Explain how individuals can actively contribute to an optimal diet by making conscious food choices, emphasising factors such as nutrition and reduced reliance on processed foods.
- Explain the ways in which individuals can positively impact the environment through their food choices and actions
- Provide relevant examples to support your viewpoints, highlighting specific practices or initiatives that demonstrate the potential of food citizenship.

Food citizenship is the active participation of individuals in making conscious choices that promote both personal health and environmental well-being through their food decisions. By understanding the concept of food citizenship and following it, individuals can contribute to optimal diets and sustainable practices, benefiting themselves and the planet.

To promote an optimal diet, individuals can make conscious food choices focused on nutrition and reduced reliance on processed foods. This involves mainly eating unprocessed foods such as fruits, vegetables, whole grains, lean proteins, and healthy fats. By avoiding heavily processed foods high in added sugars, unhealthy fats, and sugars, individuals can reduce the risk of chronic diseases and maintain a healthy weight.

In addition to personal health, individuals can positively impact the environment through their food choices. One way is by reducing food waste. Planning meals, storing food properly, and repurposing leftovers can minimize the amount of food that goes to waste, reducing greenhouse gas emissions and conserving resources.

Supporting local and sustainable agriculture is another important action. By choosing locally grown and seasonal produce, individuals can reduce the carbon emissions associated with long-distance transportation. Another way is by choosing to buy crops and animals that can be grown without excessive use of fertilizers and pesticides. This promotes biodiversity, soil health, and minimises the use of synthetic chemicals.

Considering the carbon footprint of food choices is crucial as well. Animal agriculture, particularly large-scale meat production, contributes significantly to greenhouse gas emissions. By incorporating more plant-based meals into their diets or exploring alternative protein sources like tofu, lentils, or chickpeas, individuals can reduce their carbon footprint and contribute to reducing climate change.

Numerous initiatives and practices demonstrate the potential of food citizenship. Community-supported programs connect individuals directly with local farmers, supporting sustainable farming practices while providing fresh, seasonal produce. Farmers' markets create opportunities for consumers to engage with local food systems, promoting sustainable food choices and fostering community connections.

Marking Scheme

9 to 10 marks	Demonstrates a comprehensive understanding of food citizenship and its role in promoting health and sustainability through food choices.
	Provides a thorough explanation of how individuals can contribute to personal health and environmental well-being.
	Offers clear and relevant examples to support viewpoints.
	Presents ideas coherently with well-structured arguments and appropriate language usage.

	Shows a strong ability to think critically and provides insightful conclusions.
7 to 8 marks	<p>Demonstrates a good understanding of food citizenship and its role in promoting health and sustainability through food choices.</p> <p>Provides a solid explanation of how individuals can contribute to personal health and environmental well-being.</p> <p>Provides relevant examples to support viewpoints.</p> <p>Presents ideas logically with mostly well-structured arguments and appropriate language usage.</p> <p>Shows a good ability to think critically and provides reasonable conclusions.</p>
5 to 6 marks	<p>Demonstrates a basic understanding of food citizenship and its role in promoting health and sustainability through food choices.</p> <p>Provides a basic explanation of how individuals can contribute to personal health and environmental well-being.</p> <p>Provides some examples to support viewpoints, but they may lack depth or relevance.</p> <p>Presents ideas with some organisation but may have minor inconsistencies or unclear arguments.</p> <p>Shows a basic ability to think critically but may lack depth in analysis or conclusions.</p>
3 to 4 marks	<p>Demonstrates a limited understanding of food citizenship and its role in promoting health and sustainability through food choices.</p> <p>Provides a limited explanation of how individuals can contribute to personal health and environmental well-being.</p> <p>Provides few or weak examples to support viewpoints.</p> <p>Presents ideas with limited organization and coherence, with significant inconsistencies or unclear arguments.</p> <p>Shows a limited ability to think critically, with shallow analysis or weak conclusions.</p>
1 to 2 marks	<p>Demonstrates little to no understanding of food citizenship and its role in promoting health and sustainability through food choices.</p> <p>Provides minimal or no explanation of how individuals can contribute to personal health and environmental well-being.</p> <p>Provides no relevant examples to support viewpoints.</p> <p>Presents ideas with significant disorganisation and incoherence, lacking clear arguments.</p> <p>Shows a lack of critical thinking, with no analysis or weak and unsupported conclusions.</p>