

Teacher guide for learning activity 3

Submodule: Sustainable Diets 2,5 ECTS

Title	Sustainable food environments						
Relevant SustainComp modules	Submodule: Sustainable diets Submodule: Sustainable consumers behavior						
Pre-requisites	Learning activity 1 Environmental impact of food groups Learning activity 2: Food waste English B2						
Introduction	In this learning activity, the students will be introduced to the importance of food environment, on people's food choices.						
Learning goals	After this learning activity the student will be able to evaluate the sustainability of the food offered in the campus canteen (or other local food suppliers) and be able to argue for different solutions for a more sustainable food offer.						
Pedagogical principle for the activity	Problem-solving Discussion in groups Critical thinking Communication skills						
Digital facilitation	COIL						
Subject specific terms	<p>Sustainable diets= <i>“Diets with low environmental impacts which contribute to food and nutrition security and to healthy life for present and future generations. Sustainable diets are protective and respectful of biodiversity and ecosystems, culturally acceptable, accessible, economically fair and affordable, nutritionally adequate, safe and healthy while optimizing natural and human resources”</i>. (FAO. Dietary guidelines and sustainability. Available from: https://www.fao.org/nutrition/education/food-dietary-guidelines/background/sustainable-dietary-guidelines/en/)</p> <p>Food environment = Food environments are defined as the collective physical, economic, policy and sociocultural surroundings, opportunities and conditions that influence people's food and beverage choices and nutritional status (Swinburn et al. 2013)</p> <p>Argue = justify a claim World café= a group work method. https://theworldcafe.com/</p>						
Time use (total)	180 minutes (3 hours approximately).						
Preparation and equipment	Phone or camera for taking pictures of the canteen. Nondigital: Different colored pens and large paper Digital: Create a digital page (i.e., Padlet or digital mind map).						
Implementation	<table border="1"> <thead> <tr> <th>Schedule</th> <th>Time</th> <th>How</th> </tr> </thead> <tbody> <tr> <td> </td> <td> </td> <td> </td> </tr> </tbody> </table>	Schedule	Time	How			
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	Part 1 Introduction	15 min	The teacher introduces the term food environment, emphasizing conditions such as availability, the nutritional value of the food quality, price, labeling and marketing.
	Part 2 Group work (COIL)	40 min	The students work in <i>World café</i> (https://theworldcafe.com/ The method is described here: https://theworldcafe.com/key-concepts-resources/world-cafe-method/) on current status of the students' knowledge of sustainable diet, food waste, food environment and food choices (digital or in class). This is a peer tutoring activity that prepares the students for field work. 8-10 minutes work on each question, 4-6 students in each group. *See suggestions for questions below.
	Part 3 Field Work	50 min	The students visit the campus canteen (or other places food is offered) and observe what is offered and how it is presented. Each group takes up to five pictures to share with the rest of the group. If possible, ask the employees about the food offered and its placement.
	Part 4 Digital meeting, group work (COIL)	45 min	Based on the observations and pictures taken, the students collaboratively discuss the food environment in the canteen and how it can become more sustainable. How can students influence the food offered in a canteen?
	Part 5 Discussions and wrap up	30 min	Presentation of findings.
Evaluation of the activity	Formative		Ongoing discussions with students. Observe the results of the world café.
	Summative		Presentation of the work in groups.
References/readings	Semantic: <ol style="list-style-type: none"> 1) Swinburn B, Vandevijvere S, Kraak V, Sacks G, Snowdon W, Hawkes C, et al. Monitoring and benchmarking government policies and actions to improve the healthiness of food environments: a proposed Government Healthy Food Environment Policy Index. <i>Obesity Reviews</i> 2013;14 Suppl 1:24-37. 2) FAO. Dietary guidelines and sustainability: Available from: https://www.fao.org/nutrition/education/food-dietary-guidelines/background/sustainable-dietary-guidelines/en/ 3) FAO & WHO. 2019. Sustainable healthy diets: Guiding principles: https://www.who.int/publications/i/item/9789241516648 		

*Potential questions to use for World Café:

1. How can we create a sustainable food environment?
2. How can we reduce food waste?

3. How can our diet become more sustainable?
4. What impacts our food choices?



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