



# SUSTAINABLE NUTRITION

GRADE  
6-7

HEALTHY EATING FOR A  
HEALTHY PLANET

## LEARNING ACTIVITIES

The mere thought of French food can make the mouth start to water, but imagine the mammoth task of serving over 13 million meals to Olympic athletes, coaches, officials, media, spectators, and others. Learn how the hosts of the Paris 2024 Games are applying the principles of sustainable nutrition to deliver great food with a low environmental footprint.

### 1 CONNECTING

#### BUILDING A FOUNDATION FOR NEW LEARNING



#### ENVIRONMENTALLY FRIENDLY

**As a class, brainstorm things that they do as individuals or at home as a family that are environmentally friendly.** This could include activities like recycling, composting, reducing their use of plastic bags, etc.



#### JOURNALING

The environmental movement is driven by the concept of how little actions compound when done by millions of people. **Ask students to journal how their actions can make a difference and how simple actions set an example for other people.**

### 2 PROCESSING

#### USING STRATEGIES TO ACQUIRE AND USE KNOWLEDGE



#### READ THE STORY

Ask the students to **read the article** on their own. Then read the article as a whole class.



#### GARBAGE AUDIT

A lot of food gets thrown out every day during lunch hour. Set out an empty garbage bag for use during lunch. Weigh how much food waste was generated for a single day. Using rubber gloves, separate out food waste from the lunchroom or classroom garbage. Lay this out outdoors and identify the compostable foods, the half-eaten foods, and the single use plastics. Are there items that are thrown out more than others? Remember to get them to wash their hands afterwards.

Based on the weight of a single day food waste, **calculate the amount of food waste that is generated in your class each week.** Multiply this by the number of weeks in the school year and the number of classrooms in your school.

**Have the students work in small groups to prepare a one-minute-long oral presentation to make other students aware of how much waste is generated at lunch and how it could be reduced.** Arrange to have the students present this information to other classes before lunch hour.



SCHOOL PROGRAM



PARIS 2024





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### 3 TRANSFORMING

#### SHOWING UNDERSTANDING IN A NEW WAY

Sustainable nutrition involves eating local foods that are in season. By doing this, we will lower the amount of carbon produced to transport our food.

#### ★ EATING LOCAL AND EATING MEATLESS

**Ask the students to research two locally grown or produced foods. For this activity, consider local to be within 200km of the school. As a class, discuss the foods.** Where did they come from? Are all the ingredients local?

**Place the students in groups of three to five. Using the internet, find a recipe for a meatless meal that uses as many of the group's ingredients.** What additional ingredients would be needed? Can these be found from local farmers or sources? Can they find a meal that is 80% local?

#### ⚡ EXTENSION ACTIVITY

Find the nutritional value of the recipe. Based on the [Canadian Food Guide](#), describe how nutritious the meal is. Does the recipe have the nutritional content listed? How much protein, carbohydrates, and fats does your recipe contain? Use the internet to learn what each of these nutrients does to keep your body healthy.



# ARTICLE

The Paris 2024 Olympic Village dining hall is the biggest restaurant in the world. It's open 24 hours a day and meets the food choices of participants from over 200 countries. Over 13 million meals will be served during the Games.

France is world famous for its excellent cuisine. French chefs take pride in choosing the perfect ingredients to use in creative and tasty recipes. Athletes are coming to Paris with high expectations for delicious and healthy food. But how do you serve great food without damaging the environment?

*"We aim to make each of the 13 million meals served an opportunity to promote healthier food for people and the planet,"* explains Amadea Kostrzewa, the Climate and Environmental Engagement Manager.

The hosts want to reduce the environmental impact of each meal in half compared to Tokyo 2021 Olympics. They want to cut the use of single-use plastic in half. 80% of the foods served will come from France, and most foods will be grown close to where they are served. There will also be much less food waste.

All of this required a massive amount of planning. The hosts gathered almost 120 organizations that produce foods and manage waste. They asked the best nutritionists, food producers, and chefs for ideas. Together, they brainstormed ideas to serve the best of French foods, while making a smaller impact on the environment.

The result was the Paris 2024 Food Vision. It's a plan unlike any other Games. It is designed to change the way people eat, reduce waste, and serve delicious foods. It is called sustainable nutrition.

*"Sustainable nutrition means not thinking of only myself,"* says Benjamin Brossier, a French table tennis Olympian. *"I think about others and also future generations. How can I eat in a responsible and respectful way? How can I reduce my impact on the environment?"*

The hosts will serve less animal-based foods and more plant-based foods. Animals grown for meat produce more greenhouse gases than fruits and vegetables. So, Olympians in Paris will have more vegetarian choices.

By serving more local foods, there will be less carbon used for transportation. Athletes will taste local foods that don't have to travel far to reach the kitchens. The hosts will use more barges to transport food on rivers and canals and fewer trucks.

An enormous amount of food gets wasted at an Olympic Games. At the Tokyo Olympics, about 175 tons of food was thrown away. Almost 300,000 volunteer meals were not eaten.

Canadian Olympic beach volleyball player, Melissa Humana-Paredes, is very aware of food waste and it changes the way that she eats.

*"It bothers me when I see uneaten food being thrown out. We take the abundance of food for granted. I think of eating what I have on my plate, and not over serving myself."*

At the Paris Games, serving sizes at the Olympic Dining Hall will be smaller. Hungry athletes can get seconds if they want more. This will reduce the amount of food that gets thrown away. Unused portions of food will be given to charities or sold at low prices. Food that can't be given away or sold will be composted.

Food often comes served or delivered in single-use plastics. Bottles, plates, cutlery, and wrap create mountains of plastic waste. Paris is the first Olympics to ban single-use plastics. The Games will use more reusable food packaging, plates, cutlery.

Olympians can look forward to the wonders of French cuisine and the fuel they need to compete at their best. The goal is to show that tasty and nutritious foods can also be healthy for the planet. The Olympians competing at the Games will not only be treated to France's finest foods but will feel good about eating them.

**SCHOOL PROGRAM**

PARIS 2024





# ARTICLE

## WHAT CAN YOU DO TO EAT SUSTAINABLY?

Even small acts can make a difference. They set an example for others and help change people’s behaviours. Our Olympians have some tips for how you can eat in a planet friendly way.



**Melissa Humana-Paredes**  
Beach Volleyball, Team Canada

### MELISSA HUMANA-PAREDES ADVISES US TO:

“Shop at local farmers’ markets to get local foods. I eat seasonally. It is way more sustainable to eat the foods that are in season than to eat foods that have been shipped a long distance.”

“Eat what is on your plate. Don’t over serve yourself. Try to avoid throwing out food.”

“Eliminate anything that is single use. At the Olympics, there are a lot of single use plastic. I bring my own cup instead of a single use container.”



**Benjamin Brossier**  
Table Tennis, Team France

### BENJAMIN BROSSIER TELLS US TO:

“Eat in a responsible manner by reducing meat consumption and increasing vegetable intake.”

“Adopt good nutrition habits that provide our bodies with all the energy it needs at the right time. This helps us live long lives in good health.”

“Learn to appreciate healthy foods. Become aware of their history and benefits. Ask where your food comes from. How was it made? How was it cultivated? What is its function? What will it bring to me?”



## DID YOU KNOW

### FRENCH FOOD

For centuries, French food has earned a reputation as being some of the finest in the world. What is their secret? Much of it comes down to tasty ingredients and careful preparation. Chefs use recipes that are often hundreds of years old. Each region has its own unique flavors. There are the buttery sauces of Normandy and the fragrant herbs of Provence.

There are many famous French meals, but some of the most popular ones are quiche Lorraine, ratatouille, duck à l’orange, and soupe à l’oignon. France also has delicious breads and pastries, like baguettes, croissants, and pain au chocolat.

### REDUCING CARBON

To understand the Paris 2024 Food Vision, it helps to know a bit about gases like carbon dioxide (CO<sub>2</sub>). Gases like CO<sub>2</sub> encircle the earth and trap in the sun’s radiation. These gases keep the planet’s temperatures livable compared to the other planets. This is called the greenhouse effect, and the gases are referred to as “greenhouse gases.” But as we use more of these gases, too much heat is trapped close to the earth’s surface. This is a leading cause of climate change. By reducing our production of CO<sub>2</sub>, we can contribute to the global effort to slow climate change. It takes carbon to grow, transport, cook, and serve the meals you eat every day. The typical meal in France takes 2kg of carbon to produce. The Paris 2024 hosts want to lower that to only 1kg.





BRING THE EXCITEMENT OF THE  
OLYMPIC MOVEMENT TO THE CLASSROOM

