



# SUSTAINABLE NUTRITION

GRADE  
4-5

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.

#### WASTE LOG

A key part of sustainable nutrition is reducing waste. This could mean reducing the amount of unused food, composting, recycling, or avoiding single use plastics. Ask the students to keep a log of all the things they throw out over the next 24 hours. Identify what items are composted, recycled, or put in the garbage. Based on their waste logs, each student identifies one item of waste that could have been either avoided or treated in a more sustainable way. These could include food they didn't eat, paper they didn't need to use, plastic bottles they threw away, etc.

**Design an awareness poster that profiles that item,** and how waste could have been avoided. Suggest that some items of waste could be used in other ways. For example, a worn-out shirt could be used as a cleaning rag.





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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.

#### ★ A DAY OF EATING LOCALLY

Sometimes students are not included in playground games. They are excluded by their peers from participating **Challenge the students to plan their meals for a day with 80% of the food coming no more than 100km from the school.** They need to choose foods that are healthy, local, and in season. Of course, finding local produce during the winter is a challenge. Discuss as a class what they have chosen. Many will find this to be a difficult task, and it will highlight how finding locally grown and produced foods is difficult.

#### ⚡ EXTENSION ACTIVITY

Create lists of local, seasonal produce for spring, summer, and fall. Brainstorm how they could eat local produce in the winter. Examples could include canning, freezing, or choosing food from local greenhouses.





# ARTICLE

The Paris 2024 Olympic Village dining hall is the biggest restaurant in the world. It's open all day and all night. Over 13 million meals will be served to athletes and officials from over 200 countries.

France is world famous for its amazing cuisine. French chefs take pride in choosing the perfect ingredients to use in tasty recipes. Athletes are coming to Paris expecting healthy and delicious food. But how do you serve that many great meals without doing a lot of harm to the environment?

*"We want each of the 13 million meals served to promote healthier food for people and the planet,"* explains Amadea Kostrzewa.

The hosts want to lower the impact of each meal on the planet. They want to cut the use of single-use plastic. 80% of the foods served will come from France. Most of these foods will be grown close to where they are served. There will also be much less food waste.

All of this needed a lot of planning. The hosts gathered almost 120 groups that produce foods and manage waste. They brainstormed ideas to serve the best of French foods without much impact on the environment.

The Paris 2024 Food Vision is a plan like no other. It aims to change the way people eat. It reduces waste. But it doesn't compromise on taste or nutrition. It is part of a movement called sustainable nutrition.

*"Sustainable nutrition means not thinking of only myself,"* says Benjamin Brossier, a French table tennis Olympian. *"I think about others. I think about 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 meat and fish. Instead, the athletes will be offered 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 eat 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.

A large 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.

Melissa Humana-Paredes plays on the Canadian Olympic beach volleyball team. She 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 is often served 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 tasty and nutritious food when they compete in Paris. But hopefully they will get more than that. Hopefully they will change the way they eat to be gentler on the environment. If the hosts have their way, sustainable nutrition will be a meal served and a lesson learned.





# 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 responsibly. Reduce the meat and increasing the fruits and vegetables in your diet.”

“Adopt good nutrition habits that give your body 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 been known as the finest in the world. What is their secret? The chefs use the best ingredients. They carefully prepare recipes that are hundreds of years old. Each region has its own different flavors. There are the buttery sauces of Normandy and the fragrant herbs of Provence.

There are many famous French meals. 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 (CO2). Gases like CO2 surround the earth and trap in the heat from the sun. These gases keep the planet’s temperatures livable compared to the other planets. This is called the greenhouse effect, and the gases are called “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 producing less CO2, we can help 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**

