



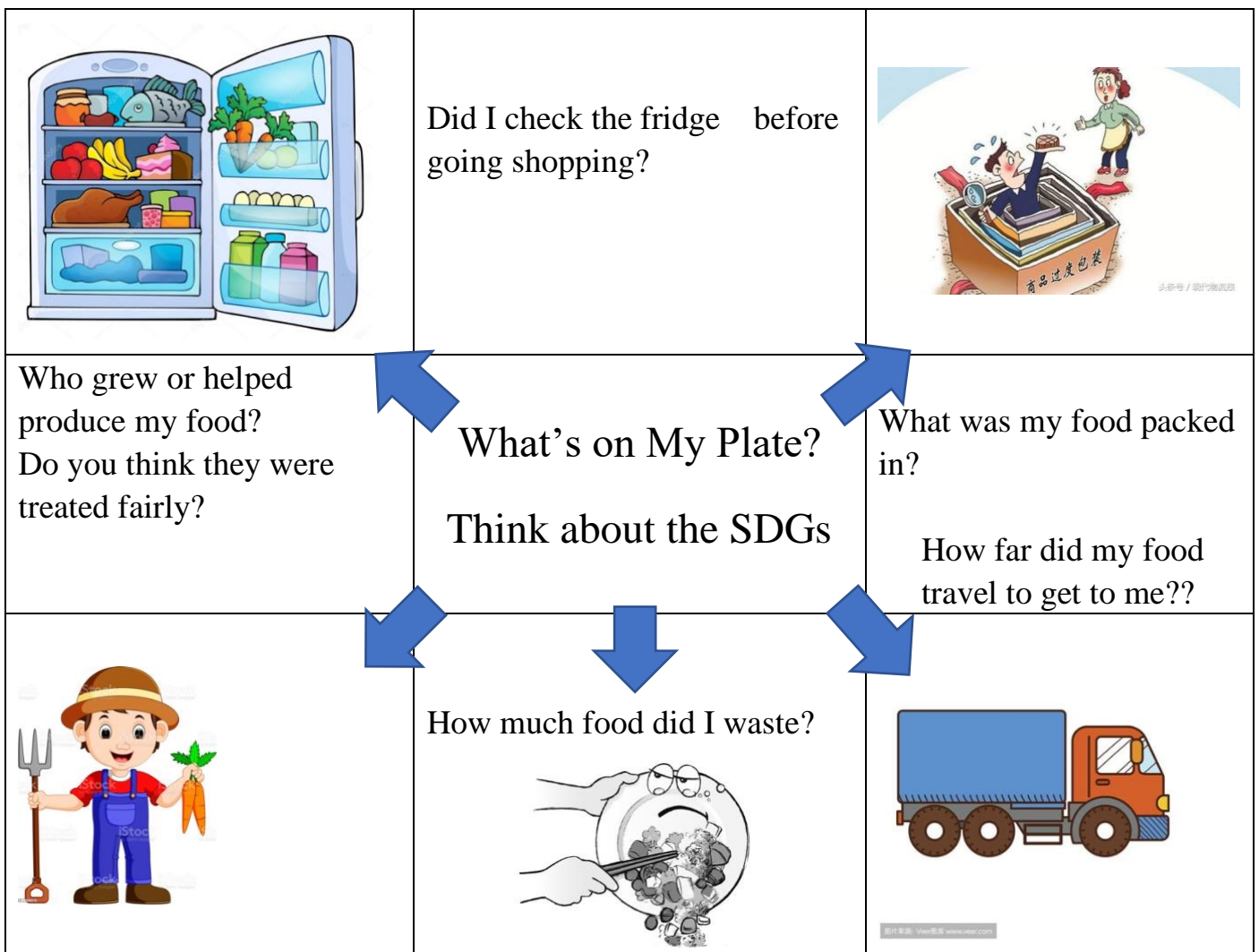
Worksheet for the International Education -Take Action(Planned Shopping)

Grade \_\_\_\_\_ Class: \_\_\_\_\_ Seat Number: \_\_\_\_\_ Name: \_\_\_\_\_



















一、Knowing the SDGs 12




The goal	The targets	
		

二、What should we check before going shopping?





Self-assessment			
1. Did you buy food that you still had at home?   2+  1  0	0	1	2
2. How many items on your plate come from your own country?   No items  Some items.  All items	0	1	2
3. How many items of plastic packaging were the things you bought wrapped in?   2+.  1.  0	0	1	2
4. How much food was thrown away from your plate?   A lot  some  None	0	1	2
5. Do you think the people who produced the things you bought were treated fairly?   ___ Yes, I'm sure they were.   ___ Yes, but I'm only sure about one stage in the food journey.   ___ I can't be sure.	0	1	2

	8-10 points	<b>You are a Food Hero!</b> Congratulations! You're doing a great job! Help out even more by inspiring your friends to do the same.
	5-8 points	<b>You can do better!</b> Not bad, but you can contribute more to the future of our planet. Reflect on your answers and see what can do differently the next time.
	0-5 points	<b>Time to improve!</b> Time to reflect on your eating habits and learn more about the food that you eat. Ask your teacher and parents for advice. Also follow the 10 tips to reduce food waste.



## 10 Tips to Reduce Food Waste

1. Before going to the shop, look at what's in your fridge and make a list of the things you do not already have at home.
2. Don't be afraid to buy "ugly" fruits and vegetables-they taste just as good as the "pretty" ones.
3. Make sure your fridge is at the right temperature. Put a thermometer inside it and check the temperature after one hour-it should be around 4 C.
4. A happy plate is an empty plate-always finish your food.
5. Search your fridge for hidden treasures. Perhaps there is something you forgot about that needs to be eaten before it spoils.
6. Freeze the things you like the most before they go bad. You can even freeze a snowball in the winter and surprise your friends with it in the summer.
7. Not all food should go into the fridge. Bananas, pineapples and tomatoes don't like the cold. Put them in a fruit basket outside the fridge instead.
8. Have you ever tried porridge pancakes or crazy leftover pizza? Make something new from yesterday's leftovers!
9. Pretend that you are in a cooking challenge and you can only use what's in your fridge. What can you whip up?
10. Not even all grownups know about this stuff. Share what you have learned.



**THE GLOBAL GOALS**