



# Palate for the Planet: a How-to-guide

Palate for the Planet is an education and engagement activity designed to engage the public with the carbon footprint of their meals in an accessible way.

This document will guide you through how to use the various resources created.

## The Schools Programme

You will need:

- A lesson powerpoint – designed as a personal introduction and lesson introduction
- Pizza topping carbon footprint print out - recommended 1 per 2 or 3 children
- Pizza topping print out (3 pages) – 1 per child

Part of the activity led to the development of an outreach session to be delivered in school lessons. The session is aimed at KS2 and KS3 pupils (age 8-12).

The lesson begins with an introduction, to yourself, your institution and food security.

You would then introduce carbon dioxide and carbon footprints as a subject.

Now it is time to introduce the main activity, the pizza exercise. This is used as an example of how small changes can lower our carbon footprint as an individual, and collectively make a larger difference.

**Pizza 1** – Give students the first sheet of the pizza topping print out and ask them to make a pizza of their choice with the toppings provided. (Note: they will have no knowledge of the carbon footprints of their choices at the moment).

Next, give students the pizza topping carbon footprint print out and the second sheet of the pizza topping print out (large footprint) and ask them to calculate the carbon footprint of their chosen pizza.

**Pizza 2** – Now give the students the final print out from the pizza topping print out (smaller footprint) and ask them to design a second pizza that has a lower carbon footprint, but that they still enjoy.

For example, they could change their cheese to vegan cheese but keep the meat if they choose. Most students tended to swap meat items for vegetarian swaps.

Bring the class back together at the end for a discussion on their choices and, if you have time, add up their totals to show the class reduction. A finisher activity can be discussing how seasonality of food affects the carbon footprint.



## **The Botanic Garden activities**

### **The Challenge**

You will need:

- An iPad (to run the survey for those who don't have/ don't want to use their own device)
- A QR code to link participants to the pre-activity survey
- Wooden foods (for engaging young children with parents)
- Pull up banner (for visibility)
- Table Cloth
- Trestle table
- Chairs
- Gazebo (for outdoor cover, if needed)

This activity was designed to collect the bulk of the data for research purposes.

Participants were engaged verbally and asked if they wished to participate.

If interested, the challenge was explained and a verbal assessment on data collection for GDPR purposes would be completed. Participants were then informed their data was being collected for analysis on how education or engagement activities could help influence behavioural changes on environmental issues. They were advised how to get in touch if they wished their data to be deleted.

Then the pre-activity questionnaire would be completed.

Once complete, the challenge would be explained more thoroughly.

Over a two week period, participants would use 'The Wheel' poster (designed to go on fridges) to locate food items they had consumed that day. The wheel has 50 of the UK's most commonly consumed items on it (and some lower carbon footprint alternatives), split into nine different sections, from A to I. On the 'Booklet' participants would record how many items they had consumed in each section and record their data on the tally chart. A tally chart was chosen as it is accessible to all ages.

For the first week, they eat normally. For the second week, they aim to make small changes and see how low they can get their footprint to go.

They then submit their data via the QR code provided on the 'Booklet' to us for analysis.

For increased interest and engagement, the 'Booklet' also contained lots of other interesting information and fun activities, including a 'Grow Your Own Herbs' activity and guide on how to 'Regrow your veg scraps'.

### **Self-guided trail**

As an additional activity, once people had engaged with us, we provided them with a site map directing them to eight plants with temporary interpretation installed. The interpretation introduced the plant and its associated carbon footprint and environmental impacts.