



Key concept

# Organic food as a way of protecting nature

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Co-funded by the  
Erasmus+ Programme  
of the European Union



*The #livingSTEM project (2019-1-BE01-KA201-050529) was funded with support from the European Commission. This communication is solely the responsibility of the authors and the Commission is not responsible for any use that may be made of the information contained therein.*

# CONCEPT: Organic food as a way of protecting nature

## 1- BRIEF DESCRIPTION OF THE CONCEPT

Healthy ecosystems clean our water, purify our air, maintain our soil, recycle nutrients, provide us with food and regulate the climate. That is why it is so important to educate children in the field of healthy food. It is not only about choosing vegetables in supermarkets, not eating fast foods, but also about the whole process of producing food, starting with not using artificial fertilizers in the soil, not adding fertilizers during the growth of vegetables or fruit, not processing food. It is also important not to consume too much meat and to pay attention to how animals are reared. This is an important topic for a short video which also presents the advantages of permaculture in plant, fruit and vegetable cultivation.

## 2- Activities of the LivingStem project that may be related to this concept

This concept is very well connected to several activities in **the Gamification System** and the video could be made during below activities:

- **'Nutritional Science'**
- **'The Food Journey'**
- **'Children's honey knowledge workshop'**

In all the above activities, students will learn the advantages of healthy eating, composing a healthy menu with natural ingredients. In this way, the pupils will learn that the production of healthy food is of great importance for environmental protection and that this could save the nature.

The concept can also be linked to **‘the Ideal Kitchen Menu Game’** activity - but especially to the Ideal Menu Game activities (topics: Food policies, the eco-footprint; Permaculture and Food for All; Healthy vs. unhealthy eating).

The short video can be shot in the supermarket during the students' trip (it is important that the video does not show the names of the companies that produce the food). Teacher can ask children to read the composition of processed food and then ask them to tell why these ingredients are unhealthy, how they affect our bodies and nature. Children can also discuss the packaging of the products, see if they are eco, and say how plastic and metal (as packaging) affect the food and the environment. If trip to supermarket cannot be done, children can bring food packaging/containers with ethics to classroom.

The film can also be shot during a visit to a permaculture farm, where, unlike a visit to a supermarket, students see good food production in harmony with nature.

It is also possible to make both trips (both to the supermarket and to the permaculture garden) and create a video consisting of two contrasting stories.

### 3- Methodology proposal for the implementation of the activity described above

Students work in groups and are asked to choose some unhealthy (junk food) products that are processed. These should preferably be in plastic or metal packaging. If the filming takes place during the honey workshop, the pupils will be able to talk about the advantages of natural honey and the disadvantages of artificial one.

Pupils brainstorm about the defects of processed food (not only the bad effects on the human body, but the environmental impact in general throughout the food production process). Such a brainstorming can take place directly in the supermarket, where the children have a gentle access to unhealthy food.

If the teacher decides to shoot a video on a permaculture farm, the children in the group must also carry out a brainstorming exercise and observe the good effects of cultivating such garden (self-sufficiency, energy saving, ecology, etc.)

After brainstorming students can write a story idea of the video and then the script, and then create the production schedule.

The film can be interspersed with photos from the Internet presenting also junk food and with photos taken in the permaculture garden.

## 4- Children involvement in the activity:

Pupils will work in a group. Thanks to the brainstorming they will have the opportunity to express themselves and also listen to other students' ideas. An important part of the preparation for the film will be the students' critical thinking.

Additionally, everyone will be able to talk about their opinion.

It will be important for children to be able to implement healthy eating and care for the proper cultivation of food in their own homes in order to help the nature.

## 5- Links between this concept and science (STEAM) and permaculture:

The concept 'Organic food as a way of protecting nature' is lined to STEM education and permaculture especially through Biology, Ecology, Nutrition, Chemistry, Food science and Technology (film-production).

Students may develop their humanistic skills (creativity, evaluation, critical thinking) and scientific skills through observation and research.

They may learn about skills in planning, organization, script writing, interpersonal communication, team building.

By making the short film pupils will be able to work on technological skills in media production and using camera/programme to create videos