

# EVERY PLATE TELLS A STORY



Name

Class

What Country Are You From?

Draw Your Flag...

In partnership with



With thanks to



## Total Plate Score

Mark Here



My Global Goals Pledge is....

“

...#WorldsLargestLesson”

To Help Achieve Global Goal Number(s)

# INSTRUCTIONS FOR COMPLETING YOUR ACTIVITY SHEET



**Choose a meal that you'd like to test. This could be a favourite meal, a meal you will eat today or one you've recently eaten. Be prepared to draw or photograph it.**

When it comes to answering the questions don't worry that you might not have all the information. Make educated guesses if you need to. The point is to think about what you are eating and how it links to the Goals.

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## 1. How many items on your plate contain processed sugar?

**Key term:** 'processed sugar', also called 'refined' or 'free' sugar – is sugar that is added to a food product, rather than the 'naturally occurring' sugars found in fruit, vegetables and other foods. High consumption these sugars has been linked to increasing prevalence of certain health problems in children and young people across the world, including diabetes. Sometimes you can choose a food product that looks on the outside to be quite good for you but if you look closer you may find that it contains a lot of added sugar.

### How to:

#### Find the Goal:

Look at your Global Goals poster and think about which Goal this question connects to. There might be more than one. Follow this approach for all questions.

#### Score your plate:

Have a look at the ingredients on the back of the packaging or ask the person who made your food. Even if was prepared from scratch some of the base ingredients may contain sugars. Refined sugars come in different forms and are often labelled as corn sweetener, dextrose, honey, corn syrup, sucrose, fructose, glucose, molasses.

If you think your plate contains no processed sugar at all then score yourself a green smiley. If you think it contains a little sugar (no more than 1 teaspoon or 4 grammes) then score yourself a yellow smiley. If you think it contains more then score yourself a red smiley.

1. How many items on your plate contain processed sugar?



## 2. How many items of plastic packaging were the ingredients of your meal wrapped in?

Were the ingredients wrapped in any kind of plastic? This could be cling film, Saran wrap or Glad wrap, a carton, a sachet, a pot or a bowl. Did you use a plastic straw for a drink? Count up how many individual pieces of plastic were involved.

## 3. How much food was thrown away from your plate?

Was there too much on your plate for you to eat? Did you store the left overs for later or take them home or did you throw them away? Estimate the number of spoonfuls that were thrown away.

#### 4. How many items on your plate come from your own country?

Think about the ingredients on your plate and check the packaging if you can. Ask the person who bought it if they know. If the fruit and vegetables you ate are not in season where you live then most likely they have travelled from another country. If you ate meat or fish that isn't regularly reared where you live then it too will have travelled. Make an educated guess if you need to.

#### 5. How many items on your plate come from your own country?

Investigate how the people who helped produce your food were treated,

Was your food branded or produced by a large company? Find out if they have human rights, anti-discrimination or equalities policies by checking their website. Check the website of the supermarket or food market your food was bought from too. Do you think that means they treat all their workers fairly. What do their policies say about gender, ethnicity, sexuality, disability and age?

Or if your food was bought from a market or direct from a farmer think about asking them next time you visit. Make an educated guess in order to score your plate.

 Yes, I'm sure that there was no forced labour or discrimination (gender, ethnicity, sexuality, disability, age or other) involved

 Yes, but I'm only sure about one stage in the supply chain

 No they were treated unfairly, or I can't be sure

#### How to calculate your overall score:

1. Count how many circles you have marked in each column, write the total for each column in the bottom row.

Follow the project briefing instructions to work out your overall score...



2. Which of the faces do you have most of?

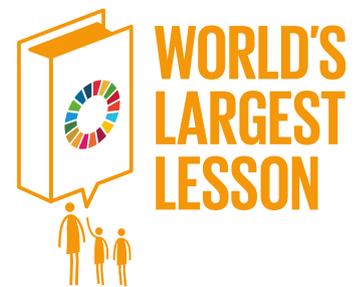
Follow this key to calculate your overall score and colour in the circle clearly alongside your score.

Mostly 
Equally high  and 
Equal number of  and  or mostly 
Equally high  and 
Mostly 

Total Plate Score		
Mark Here		
3		
2		
3		
2		
3		

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Answer the questions below and give each question a score. Please refer to the project briefing for guidance.



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This Links To  
Goal Number(s)...



<p>1. How many items on your plate contain processed sugar?</p> <p> 0  1  2+</p>		<p><input type="radio"/> <input type="radio"/> <input type="radio"/></p>
<p>2. How many items of plastic packaging were the ingredients of your meal wrapped in?</p> <p> 0  1  2+</p>		<p><input type="radio"/> <input type="radio"/> <input type="radio"/></p>
<p>3. How much food was thrown away from your plate?</p> <p> Nothing thrown away  1-2 spoonfuls  3+ spoonfuls</p>		<p><input type="radio"/> <input type="radio"/> <input type="radio"/></p>
<p>4. How many items on your plate come from your own country?</p> <p> All items  Some items  No items</p>		<p><input type="radio"/> <input type="radio"/> <input type="radio"/></p>
<p>5. Were the people who brought my food from farm to plate treated fairly?</p> <p> Yes, I'm sure they were</p> <p> Yes, but I'm only sure about one stage in the food journey</p> <p> I can't be sure</p>		<p><input type="radio"/> <input type="radio"/> <input type="radio"/></p>

Follow the project briefing instructions to work out your overall score...

