Take a look at these extra resources:

- The Eatwell Guide  
  [https://tinyurl.com/y8aj5o6j](https://tinyurl.com/y8aj5o6j)
- Carbon Footprint Calculator  
  [https://tinyurl.com/st7z8xs](https://tinyurl.com/st7z8xs)
- Food wastage footprint  
  [https://tinyurl.com/mwmj9cr](https://tinyurl.com/mwmj9cr)

Find all these links and more on our web page  
[https://www.takeabitecc.org/athome](https://www.takeabitecc.org/athome)

Who we are

Hi all, I'm Carla Martins. I am a nutritionist and I also trained in gastronomy. My main theme of research is "cooking as a tool to promote healthy and sustainable eating", at the University of Manchester.

Hands on activity

Our mission... is to calculate the greenhouse gas emissions of your lunch.
You will need... a pencil and a piece of paper
Optional: download the full set of Climate Food Flashcards here  
[https://www.takeabitecc.org/flashcards.html](https://www.takeabitecc.org/flashcards.html)
What to do...
1. First, choose the ingredients to build your own lunch from the options in the “Setting up your lunch” box on the supporting page.
   Choose one bread option, one protein option, one salad option and one fruit option.
2. Now, use the information on each food “card” to calculate the total climate impact of your lunch: add up the “Emissions” gCO$_2$e numbers (in black) for each food you chose.
   Bonus Challenge... Could you have chosen different options to make a more climate-friendly (lower gCO2e) healthy meal?

Don't forget to take a picture of your meal choice and share with us using  
#TakeABiteAtHome!
Setting up your lunch

1. Choose one carbohydrate option:
   - Toast: Two slices (64g)
   - Bread: Two slices (80g)
   - Emissions: 90 gCO₂
   - Water: 30 litres
   - Fibre: 5 g
   - Calories: 190 KCal
   - Protein: 6 g

2. Choose one protein option:
   - Baked beans: From a can (200g)
   - Cheese: Three slices (110g)
   - Steak: Portion, fried (100g)
   - Emissions: 430 gCO₂
   - Water: 115 litres
   - Fibre: 25 g
   - Calories: 162 KCal
   - Protein: 10 g

3. Choose one vegetable option:
   - Tomato: Seasonal, medium (80g)
   - Lettuce: Seasonal (30g)
   - Strawberries: By air, handful (60g)
   - Banana: Small (80g)
   - Emissions: 1002 gCO₂
   - Water: 100 litres
   - Fibre: 3 g
   - Calories: 11 KCal
   - Protein: 0 g

4. Choose one fruit option:
   - Emissions: 4723 gCO₂
   - Water: 668 litres
   - Fibre: 0 g
   - Calories: 242 KCal
   - Protein: 30 g

Calculating the emissions of your lunch!

If you are using a different portion size then you will need to change the greenhouse gas emissions value to take this into account.

Remember to drink plenty of water
Hi all, we’ve developed this activity thinking about how food and climate change is connected with our daily lives. Choosing a recipe that you like makes it easier to understand your diet’s carbon emissions.

**Our mission**… is to calculate the greenhouse gas emissions of your *favourite dish*.

**You will need**… ingredients list and quantities of your favourite recipe*, a pencil, a piece of paper, a calculator (optional) and the Climate Food Flashcards.

* It can be your parent’s signature recipe, or a traditional family recipe, or it can be a sandwich, or a dessert! What recipe brings you the best memories?

**Who can participate?** You can play it on your own or with your family.

**What to do…**

1. First, using the Climate Food Flashcards find the cards of all the recipe ingredients.
2. Find the greenhouse gas emissions (gCO$_2$e) value on each of your chosen ingredients cards, and add up all these numbers to calculate the total greenhouse gas emissions from your favorite dish. You can also play with the food calculators in the "I want more". Remember to check the portion size when you are calculating the carbon emissions: sometimes you will need to change the greenhouse gas emissions value of the ingredient to match the portion size you are using. Ask an adult to help you or drop us an email at queries@takeabitecc.org

**Take a look at these extra resources:**

- What’s your diet’s carbon footprint? [https://tinyurl.com/yyhrwjk5](https://tinyurl.com/yyhrwjk5)
- The kids cook Monday [https://tinyurl.com/yb64bsfl](https://tinyurl.com/yb64bsfl)
- Food carbon emissions calculator [https://tinyurl.com/ycfvpvlp](https://tinyurl.com/ycfvpvlp)

Find all these links and more on: [https://www.takeabitecc.org/athome](https://www.takeabitecc.org/athome)

**What did you learn?** Is your favorite dish a good option for helping to lower greenhouse gas emissions? Can you swap ingredients from your favorite dish to decrease the greenhouse gas emissions?

**Don’t forget to take a picture of this adventure and share with us!**

#TakeABiteAtHome

Online supporting video available 12pm Tuesday 23rd June.