



Biodiversity Explorer

OBJECTIVE

Understand the importance of **food biodiversity** for **nutrition**, **climate change adaptation**, and the **sustainability of food systems** by exploring real-world varieties available in your context.

YOUR MISSION

Choose a **food category** and research the diversity you find in your local market.

Step 1 – Choose the category

Select **one**

- ☐ Fruit
- ☐ Vegetable
- ☐ Cereal
- ☐ Pulses

Category chosen: _____

Step 2 – Available varieties

Identify **three varieties** of that category available in your local market:

1. _____
2. _____
3. _____



Step 3 – Research

For each variety, it investigates:

Variety	Origin	Nutritional characteristics	Climate adaptations

(e.g., drought resistance, local cultivation, seasonality, water requirement)

Step 4 – Try something new

Choose a variety you've never tried.

- What was it? _____
- What did you think of the taste, texture or way of preparation?

Step 5 – Overview

Write a **sentence** that sums up what you have discovered about **biodiversity and food**:



FINAL REFLECTION

Why do you think protecting **food biodiversity** is important for the future of our food?

FOODWISELAB TIP

More diversity on the plate means **more nutrients, greater agricultural resilience and more options to respond to climate change.**