



The Soil on My Plate

OBJECTIVE

Understand how **food choices** influence **soil health**, recognizing the importance of **origin**, **seasonality**, and **production systems** for more sustainable food.

YOUR MISSION

For **a week**, observe the fresh food you eat and reflect on the impact it has on the soil.

Step 1 — List of foods

Make a list of the **fresh foods** you've eaten throughout the week:

Step 2 — Choose and investigate

Choose **3 foods** from your list and investigate:

- **Where it comes from** (source/location)
- **If it's from the season**
- **How it is produced**
☐ intensive system ☐ regenerative system ☐ I don't know



Step 3 – Record in the table

Food	Origin	Is it from the season?	Type of production
		☐ yes ☐ no	
		☐ yes ☐ no	
		☐ yes ☐ no	

Step 4 – Analyse your choices

In the end, he answers:

1. Which of your foods help to "protect" the soil? Why?

2. Is there any food you could substitute for a more sustainable option? Which one?

FINAL REFLECTION

What would change in your diet if you thought more often about the **soil** before choosing what you eat?

FOODWISELAB TIP

Local, seasonal foods produced in soil-taking care of systems help maintain the fertility of the land, biodiversity and the future of food.