



My Sustainable Bowl

OBJECTIVE

Understand how a simple **whole grain and legume-based** dish can have a **lower environmental impact** than a meat-based dish, promoting healthier, **more sustainable and informed choices**.

YOUR MISSION

Create and analyse a **sustainable bowl** by following the steps below.

Step 1 – Build the bowl

Create a dish with:

- **Whole grain:** _____
(e.g., brown rice, barley, oats)
- **Pulse:** _____
(e.g. beans, chickpeas, lentils)

Step 2 - Origin of ingredients

Pesquisa e regista:

Ingredient	Origin	Local / Imported
Whole grain cereal		
Pulse		



Step 3 – Environmental impact

Evaluates the relative impact of each ingredient:

Ingredient	Water	Emissions	Transportation
Whole grain cereal	☐ low ☐ medium ☐ high	☐ low ☐ medium ☐ high	☐ low ☐ medium ☐ high
Pulse	☐ low ☐ medium ☐ high	☐ low ☐ medium ☐ high	☐ low ☐ medium ☐ high

Step 4 – Compare it to a meat-based dish

Choose a common dish with meat and compare:

- Dish with meat: _____
- Which one uses more water? _____
- Which has the highest greenhouse gas emissions?

- Which one has travelled the most kilometres to your plate? _____

Step 5 – Overview

Write a **sentence** that summarizes what you have learned:

(Think about how small, repeated choices can transform the future of food.)



FINAL REFLECTION

Would you think it possible to include more meals like this in your week? Why?

FOODWISELAB TIP

Meals with **more plant-based foods** tend to be more resource-efficient and support more sustainable food systems, without losing taste or nutritional value.