




Climate box

UNBOX IT

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IO2 Learning Activities

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Guiding questions – M3-U1-A1

1. Did you prepare your meals yourself?
2. If you did not prepare your meal yourself, but bought it ready-made: do you know where the individual ingredients came from? What about the working conditions of the people who prepared your meal?
3. To what extent were your meals "processed"?
4. How much meat and fish did you eat?
5. How many dairy products (milk, eggs, yoghurt etc.) did you eat?
6. How many vegetables and fruits did you eat?
7. Were the vegetables and fruits seasonal-local?
8. What and how much did you drink?
9. Approximately, how many calories did you eat?
10. How high was the share of so-called "label products" (Bio, FairTrade etc.)?
11. Did you drive the car in order to get the meal/groceries?
12. How was your food packaged?
13. Did you eat everything? If not, what did you do with the leftovers?
14. Approximately, how much money did you spend on food?