



WWF

EDUCATION
MATERIAL

EN

2020



P I C N I C

B A S K E T

“You are
what you
eat”





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INTRODUCTION FOR CHILDREN

Dear children,

“**You are what you eat**” said a wise French man, called Savarin, 200 years ago. What do you think this means? Does it mean that if you eat a cookie... you are a cookie? Or if you eat broccoli... you are a broccoli? Or if you eat chicken... you are a...? Of course, Mr. Savarin did not think we are all broccoli or cookies. His words work like a proverb - they actually hide a small story inside them. The story of the way food is born and transformed in order to feed our bodies and give us energy to play and to make our dreams come true.

Imagine a tomato plant: it starts off as a seed that grows into a seedling. Then a farmer takes the seedling in his hands and plants it with care. The plant drinks water from the rain and “eats” minerals from the soil. The sunlight caresses the plant and helps the small green tomatoes grow and turn red. As soon as the round tomato is ripe, the farmer picks it and puts it to sleep, for a short while, in the wooden boxes that bring the tasty vegetable to the market and closer to you. So when you have your salad, you don’t just eat a tomato, but you also take in the rain, the rich soil, the sun and the care of the farmer.

But what if your food were picked up by people who were sad? What if it has spent many weeks in a dark refrigerator? What if it was taken down to small pieces and then put back together in a factory, sprayed with substances which changed its natural taste, and never touched by a human hand? What if the factory released dark smoke in the air? What if the food travelled for thousands of kilometers by plane or boat polluting the air and the water? What if plenty of food were thrown away to rot together with all the good things that made it happen? What would you take in this time, together with your food?

This is a new way to think about food and its story. When we eat a certain food, we also eat its story. And we also become a part of the story. If the story is happy, the food is happy and we are more likely to become happy as we eat it. If the food has sun in it, it will bring sun to us. If the food has never seen the sun, it cannot bring us the energy of the sun. And we need energy to play and to fulfill our dreams.



PICNIC
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POINTS FOR DISCUSSION

From now on, please think of Mr. Savarin's words whenever you choose something to eat. How do you want to be? Do you want to be joyful? Choose joyful food. Do you want to be colorful? Choose colorful food. Do you want to be kind to people and to the planet? Choose food that is kind to people and to the planet. If you agree, but maybe you don't know exactly how to get started: we have some ideas for you right in this Picnic Basket. We invite you and your friends to a picnic where you can share ideas about food, but maybe you can also share some snacks. We hope that by the end of the picnic, you will be better friends, eating better food and leaving the world a better place. Because, after all, we are what we eat!



We wish you a pleasant journey,

PICNIC BASKET

WWF Greece, Romania, Turkey
Environmental Education Team



- How do you feel after hearing this story?
- What was more interesting or ... funny in this story?
- How do you think you will look at a tomato from now on?
- Can you draw everything that goes into a tomato?
- If the food has its own story, like a journey, what are some important stops that food makes during its journey?

• Which is your favorite food? How would you describe your favorite food? Is it happy? Is it colorful? What story does your food have?

• Which food do you think has the most beautiful stories? Can you share some examples? Or even draw them?

• What would be your dream food?

• A tomato in year 2060! How will it look like? Imagine its story.





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INTRODUCTION FOR TEACHERS

Dear educators,

WWF takes food systems and food consumption seriously. Why? Food product system drives 70% of biodiversity loss and also accounts for 24% of all emissions. Yet, 1/3 of the food produced goes to waste. The ecological footprint of our food is really big! And we throw it in the dust bin.

At the same time, as you might have noticed, poor dietary habits of children are on the rise.

Early childhood is crucial in shaping eating habits & tastes. This is the key moment to intervene and shape a taste for **sustainable & healthy food**.

To achieve & sustain behavioral change this Environmental Education project focuses on one specific change: **replace unhealthy snack with food that is good for the health & for the planet**.

It is addressed to school pupils aged 5-12. It proposes, through playful & adventurous games with classmates the shift to a sustainable snack.

More specifically, the “Picnic Basket” is a tool to change pupils’ snack habits building on the rich experience of WWF’s work on sustainable diets. The project falls within the framework of WWF’s goal of halving the impact of the food system on the planet.

The project brings together 3 European countries: Greece, Romania and Turkey in a unique collaboration that gives schools an opportunity to create a dynamic network around this attractive topic: food. The planet is literally on our plate. Children will be happy to discover it and taste the change!

But in which specific way are we hoping to bring behavior change at schools and families?

Behavior change in pupils comes with peer pressure and peer learning. Snacks brought to school are the ideal entry point to create peer learning for sustainable nutrition. We aim to create a norm of eating in a sustainable way through experiential learning, playing and cooking sustainably. Picnic Basket aspires to make eating sustainable food “cool” by initially playing and learning, creating a new school culture and eventually adopting new habits, for the benefit of the planet and children’s health.

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We take evaluation seriously. We will measure the project's results, using observation testimonies & questionnaires for you, teachers, and parents.

The Picnic Basket (PB) is on loan. The school borrows the Basket for 1-2 weeks and then returns it to WWF. The PB contains props & games related to 3 sustainable diet days:

- (a) Eat homemade food day (Monday): cook a recipe in the class.
- (b) Eat a fruit-seasonal & local-day (Wednesday): the banana story, the blindfold fruit tasting game and the Tutti Frutti games.
- (c) No food waste day (Friday): the No food waste game.

The PB also contains a weekly school schedule marking these days. "Food Detectives" check that their peers follow it throughout the year. Pupils take their schedule home, so that their families help them remember to prepare sustainable snacks. In class, an annual wall calendar with various activities linked to food and to the sustainable diet days, ensures pupils' motivation throughout the year.

After the return of the PB to WWF, the class remains committed to keeping the 3 days of the week (Monday-homemade food, Wednesday-fruit, Friday-no food waste) and bring and consume their snack accordingly. This is the minimum. We really believe that you can build a visionary, rich experience on sustainable diet doing much more!

Involving the parents is crucial for the success of the project. The teacher's role is crucial in inspiring and motivating them. The weekly schedule should end up in the kitchen of each pupil! In the annual calendar you will find a variety of ideas to involve parents. Teachers will invent new ways and means to do so. Teachers

working with the PB connect through a national/ international **online platform**. We encourage you to use the national and international platform of the project to connect to other teachers, at national and international level, exchange experiences, motivate each other, ask for advice, showcase your achievements, and maybe establish contact between pupils from different schools and countries. After all, food is the unique subject matter which unites everybody, especially children!

WWF, the three local offices, will support you providing training and remaining in contact with you for this and other challenges or interesting programs.

You are kindly asked to use the questionnaires to help us evaluate the project and measure behavior change.

You are also encouraged to spread the word in the whole school community. Use this opportunity to pass the message in relation to sustainable food. You will be surprised to see parents responding immediately. They would love to cook with their children, prepare a sustainable, healthy and tasty recipe, and join the whole school community in **a school party or food festival or even a community picnic**. We strongly recommend you do this towards the end of the school year, or at any other convenient date. You will see parents and pupils inspired and committed to change the taste of their lives.

We wish you a pleasant journey,

WWF Greece, Romania, Turkey
Environmental Education Team





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THE PICNIC BASKET CONTENT

KITCHEN MATERIALS:

- 1
 - A tablecloth
 - An apron
 - A silicon knife
 - A collapsible tray
 - A grinder
 - A wooden spatula
 - A wooden bowl
 - A pattern to make children's apron and chef's hat
 - Blindfolds



EDUCATION MATERIAL AND GAMES:

- 2
 - The introduction for the pupils
 - The introduction for the teachers
 - The weekly schedule (to be photocopied for all pupils)
 - The annual calendar (for the classroom, not to be returned)
 - A set of recipes
 - The banana story game
 - The Tutti Frutti UNO game
 - The blindfold fruit tasting game
 - The no food waste game



REWARD AND EVALUATION TOOLS:

- 3
 - The evaluation questionnaires (for teachers, pupils and parents, to be returned to WWF per request).

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THE PICNIC BASKET PROTOCOL



1. PARTIES

Service provider : WWF *To be hereinafter referred to as "SERVICE PROVIDER".*

Project Code : TPB

Service receiving school : *To be hereinafter referred to as "SERVICE RECEIVER".*

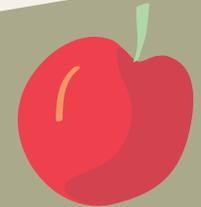
Address :

2. DEFINITION

The subject of this protocol is the collaboration between SERVICE PROVIDER and SERVICE RECEIVER under the Picnic Basket Project. The overall aim of this collaboration is to provide inspiration and guidance to pupils to adopt a sustainable diet starting from their snack at school.

The school will:

- Borrow the Picnic Basket from WWF for 10 working days, maximum and then return it to WWF in good condition.
- Play the games of the Picnic Basket to inspire children to adopt a sustainable diet.
- Use the games to present and explain the importance of a sustainable (and healthy) diet.
- Photocopy the weekly school schedule of the sustainable diet and give one to each pupil to follow the plan (3 days of the week pupils bring the defined snack at school).
- Keep a copy of the weekly schedule and the annual calendar and hang them on the wall in the classroom. Write teachers and pupils' own ideas in the blank dates of the annual calendar to keep the momentum of adopting a sustainable diet throughout the school year.
- Help WWF monitor change and success of the project by filling in the observation questionnaires and return it to WWF as requested.



- . Use the online platforms (closed group in F/B, national and international) of the project for further inspiration, information and exchange of good practices with other schools.
- . Make its own Picnic Basket, if they wish, to promote similar experiences to other pupils of the same school or lend it to a neighboring school.

WWF will:

- . Provide guidance and support to the school if questions and issues arise.
- . Help the school to network with other schools of the country (and the other countries of the project).
- . Return the Picnic Basket in good condition

3. IMPLEMENTATION PERIOD :

4. SERVICE RECEIVER'S OBLIGATIONS

- . Keep the PB in good condition and return it to WWF.
- . Implement the weekly schedule of sustainable snack throughout the year.
- . Monitor implementation by filling in the questionnaires.

5. SERVICE PROVIDER'S OBLIGATIONS

- . Mentorship.
- . WWF certificate of participation/achievement to students who participate in the program.
- . Reward mechanism for the active educators who achieve behavior change.

SERVICE RECEIVING SCHOOL APPROVAL

Date, Stamp, Signature

SERVICE PROVIDER

Date, Stamp, Signature



WWF®



Why we are here

To stop the degradation of the planet's natural environment and to build a future in which humans live in harmony with nature.

panda.org/lpr

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