



Sustainability Food Journal

Did you know that some of the foods you eat could be bad for the Earth? There are certain foods that are very commonly consumed that have negative impacts on the environment. Things such as beef, chicken and even fish tend to be harmful for the earth due to the process of raising these animals.

Below is a list of sustainable and unsustainable foods to consume based on how bad they are for the environment.

Sustainable Foods

- Organic Vegetables
- Organic Fruit
- Nuts
- Beans



Materials

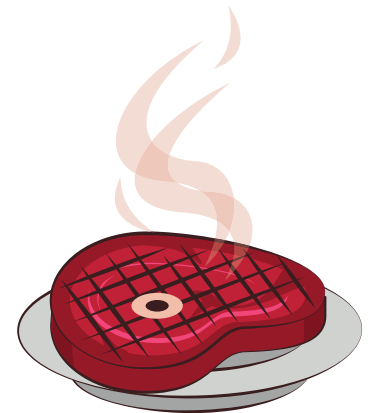
- A pen
- A notebook or piece of paper

Step 1

Use a notebook or a piece of paper to log the foods you eat for the next few days. Pay attention to how many of the things you eat are good for the Earth, and how many are bad.

Unsustainable Foods

- Beef
- Chicken
- Salmon
- Rice
- Sugar
- Palm Oil
- Cheese



Daily Food Journal

Date _____
M T W T F

Time	What I Ate	What I Drank
		How I Felt