

Every year, 1.3 billion tonnes of food are wasted worldwide. Only 2/3 of food intended for human consumption reaches the consumer. This cannot go on any longer. That is why it is necessary to start a sustainable circular bioeconomy on earth. It is the way of sustainably producing, using and preserving organic raw materials.

Do you ever throw food away? Make a note of this below. Also note how much a person throws away every year in food scraps.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Food loop

Plants and animals and nature deal with food differently than how we humans deal with it. There is a pattern in nature called the food loop. This refers to the food relationships (and energy flows) between different organisms. Earlier, you learned something about the food loop. What do you remember about the food loop?

ASSIGNMENT 2

Draw a food loop. Use the following words: consumer (of the first order), consumer (of the second order), detritivore, producer and reducer.

QUESTION 3

Do you see a difference between how humans deal with food and how it is treated in nature?

Sustainable food

Seasonal vegetables are those that are at their best at a certain time of the year, both in terms of flavour and freshness. These vegetables are usually harvested when they are naturally ripe, which adds to their flavour and nutritional value. Seasonal vegetables vary depending on the climate and region, but in general, they are cheaper and more environmentally friendly because they are grown locally and require less transportation. You too can eat more sustainably, by:

1. Choose these seasonal vegetables and pay attention to the origin of your food.
2. Waste as little food as possible.
3. Eat less meat and eat legumes and nuts more often.

QUESTION 4

Google "nutrition center" and "food print" and then surf to <https://www.voedingscentrum.nl/nl/duurzaam-eten/voedselafdruk.aspx> (use google translate). Take the test and record your results:

- How many hectares of agricultural land do you use?
- How big is your water print?
- What challenges will you face?

Tips against waste

Here are the most important tips against food waste:

1. Check the stock in the kitchen and fridge. What should be consumed first?
2. Make a shopping list before you go shopping. Also, note how much of something you need.
3. Cook the right portions. Make use of a measuring cup or scale.
4. Know where and how best to store your food.
5. Set your fridge to 4°C. That's the best storage temperature.
6. Look, smell and taste! Use your senses with products with a limited shelf life.
7. Eat the product or freeze it before the expiration date.
8. Get creative with leftover food. Make tasty food with leftovers.

QUESTION 5

Tick below which tips you already apply and how often.

	Never	Sometimes	Often
1. Do you ever look in the fridge to see what needs to be eaten?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you ever make a shopping list?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you ever smell a carton of milk instead of looking at the date?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you ever freeze something when you have too much of it?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you ever set the fridge to 4°C?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you know how to store food?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you ever make something delicious with leftover food?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Look for answers. Which tip would you take into account? Also note what you can do better in the future to reduce food waste.

QUESTION 6

Be even more concrete now to really stick to your intention!

Make a note of what you're going to do and when. For example: This week I will only throw away food or drinks that have passed their expiration date when it no longer smells or tastes good. If there's nothing wrong with it, I just eat or drink it.

Write down your intention:

Cooking with leftovers

Instead of throwing away food scraps, you can also do this with it:

Stale bread

- Make French toast
- Make bread pudding
- Make croutons

Leftover veggies

- Topping of a pizza
- Incorporate into a quiche

Leftovers of meat

- Incorporate into a soup
- Use in a stew

QUESTION 7

Come up with a recipe for a meal that can be made from leftover food. Make a note of this below:

Towards a sustainable bioeconomy

[Video of the Food and Agriculture Organization \(FAO = Food and Agriculture Organization\) of the United Nations](#)

Waste of food. An increasing shortage of food. This cannot go on any longer. That is why it is good to practice a sustainable circular bio-economy on earth. It is the way of sustainably producing, using and preserving organic raw materials.

Here are the 5 ways the Food and Agriculture Organization (FAO = Food and Agriculture Organization) of the United Nations is helping to transition to a sustainable circular bioeconomy.

1. Reducing food loss and waste by optimising the food chain and reusing lost or wasted food, agricultural and animal waste.
2. Applying biological fertilisers to improve food production.
3. Reducing pollution by finding alternatives to plastics and other materials made from fossil sources.
4. Eat a more varied diet by promoting local, lesser-known but highly nutritious crops.
5. Restoring degraded lands, halting biodiversity loss and improving livestock production.

A sustainable circular bioeconomy makes sense for better food production, better nutrition, a better environment and a better life for all.

QUESTION 8

Can you give an example of what you think is better food production?
