

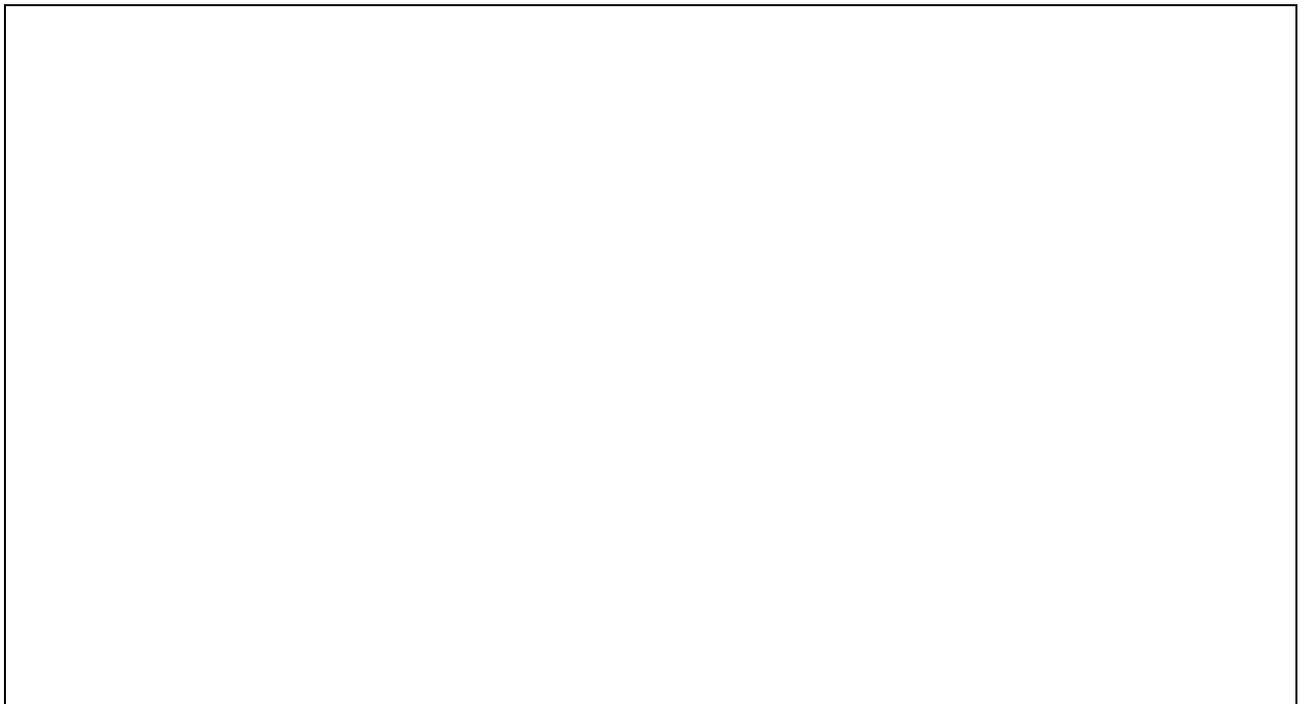


## Food loop

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.

A large, empty rectangular box with a black border, intended for drawing a food loop.

### QUESTION 3

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

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## 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.

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# QUESTION 7

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

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## 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?

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