

## Class Activity – Food Systems

- Choose a food item you are familiar with - this should be a processed or ultra-processed food item.
- Look at the ingredient label and pick the first three ingredients.
- For those ingredients find out where they came from: you can look on the FAO website to see the largest producers of that product.
- Then draw a simple food system diagram for your food item.

In my example I choose a chocolate covered peanut. My three ingredients were peanuts, sugar and cacao.

Follow up: From this simple diagram, as a class you can discuss some of the sustainability issues that might arise at each stage. For my systems, this might be the environmental impact of the production of some of the ingredients (sugar for example can have a high impact on water quality and availability as well as air quality when it is burnt), geopolitical issues such as the transport of food during times of upheaval - so peanuts shipped from China during Covid19, as well as social impacts such as fair trade production of cacao.

