

Name(s):

Date:

A. Study the image below and describe the basic principles / guide of a practically sustainable healthy food model.

## 9 practical tips for a healthy & sustainable diet



eat more fruits and vegetables



eat locally, when in season



avoid eating more than needed, especially treats



swap animal protein for plant-based ones



choose whole grains



choose sustainably sourced seafood



eat dairy products in moderation



avoid unnecessary packaging



drink tap water



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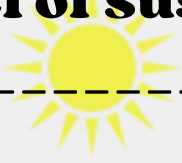
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## B. For what reasons can the Mediterranean diet be a model of sustainable and healthy diet?



C. The table below shows the various meals that an adult consumes during the day. Suggest foods to replace those you consider to be unsustainable food choices.

<i>Meals</i>	<i>Foods</i>	<i>Sustainable healthy food choices</i>
<i>Breakfast</i>	<ul style="list-style-type: none"><li>- 1 glass of chocolate milk</li><li>- 1 puff pastry minced meat pie</li></ul>	
<i>Morning Snack</i>	<ul style="list-style-type: none"><li>- 1 chocolate croissant</li></ul>	
<i>Lunch</i>	<ul style="list-style-type: none"><li>- Pasta with bacon, sour cream and egg</li><li>- Salad with chicken, vegetables, parmesan, egg and mayonnaise</li></ul>	
<i>Afternoon snack</i>	<ul style="list-style-type: none"><li>- a toast with turkey and cheese</li></ul>	
<i>Dinner</i>	<ul style="list-style-type: none"><li>- two pork souvlaki (skewers) with rice and French fries</li></ul>	