

SUSTAINABLE EATING – WHAT FOODS ARE BETTER FOR THE PLANET?

CHALLENGE!



Answer the questions on the left, then try to find your way to each picture in the planet friendly maze!

QUESTIONS

1. What can we eat MORE of to help the planet?
2. Eating ____ less often is planet kind. Can you give an example of food that contains this? ____
3. Which bin should we put left over food? ____
4. True or false – drinking water is better for the planet than a soft drink?

