



My Usual Breakfast

Virtual Mobility in Brezno, 29 April 2021





Use this slide to introduce yourself. Maybe left with a photo and in the right field you might write your name, your age, your hobbies, and everything you want to tell about yourself



What I usually eat for breakfast



Show on this slide what you usually eat for breakfast. Use the left field for a photo and write down the following data in the right field perhaps using a table: (1) Where does each individual ingredient come from or where it was produced, i.e. how many kilometers has it travelled to you? (2) How is the respective ingredient packaged, i.e. what material is used for it and how much of it?



What I learned about food miles and what conclusions I draw from it for myself

A FOOD MILES:
An Environmental time bomb

“ There used to be a time when apples would only appear in shops in the autumn in the UK, and strawberries in the summer. Now, however, we can eat just about everything at any time of the year. But, at what price for our planet? Just look at these facts:

- 95% of fruit in the UK comes from abroad, and 50% of vegetables. Some apples travel nearly 18,000 km from New Zealand to reach the UK!
- 30% of all products transported by lorry around the UK are food products. These lorry journeys produce 25% of all CO₂ emissions.
- Environmentally unfriendly planes carrying food are already responsible for 11% of all carbon emissions.
- Some food products like potatoes are often grown in one place, then travel somewhere else to be packaged, and then travel back to near where they were grown to be sold!
- Experts have calculated that if we all bought food produced within a 20 kilometre radius from where we live, the country would save over two billion pounds in environmental costs.

FOOD MILES | THE GREAT DEBATE

When you sit down for dinner tonight, just think of the long journey your food has taken to get to your table. The average item of food in a British supermarket has travelled 1,600 kilometres to get there. We use the expression 'food miles' to describe how far food travels from the place it's produced until it gets to our table. Some people say that food miles will have a catastrophic effect on the environment in the coming years, but others say that they aren't that important. Let's see what both sides have to say.

B FOOD MILES:
Exploding the myth

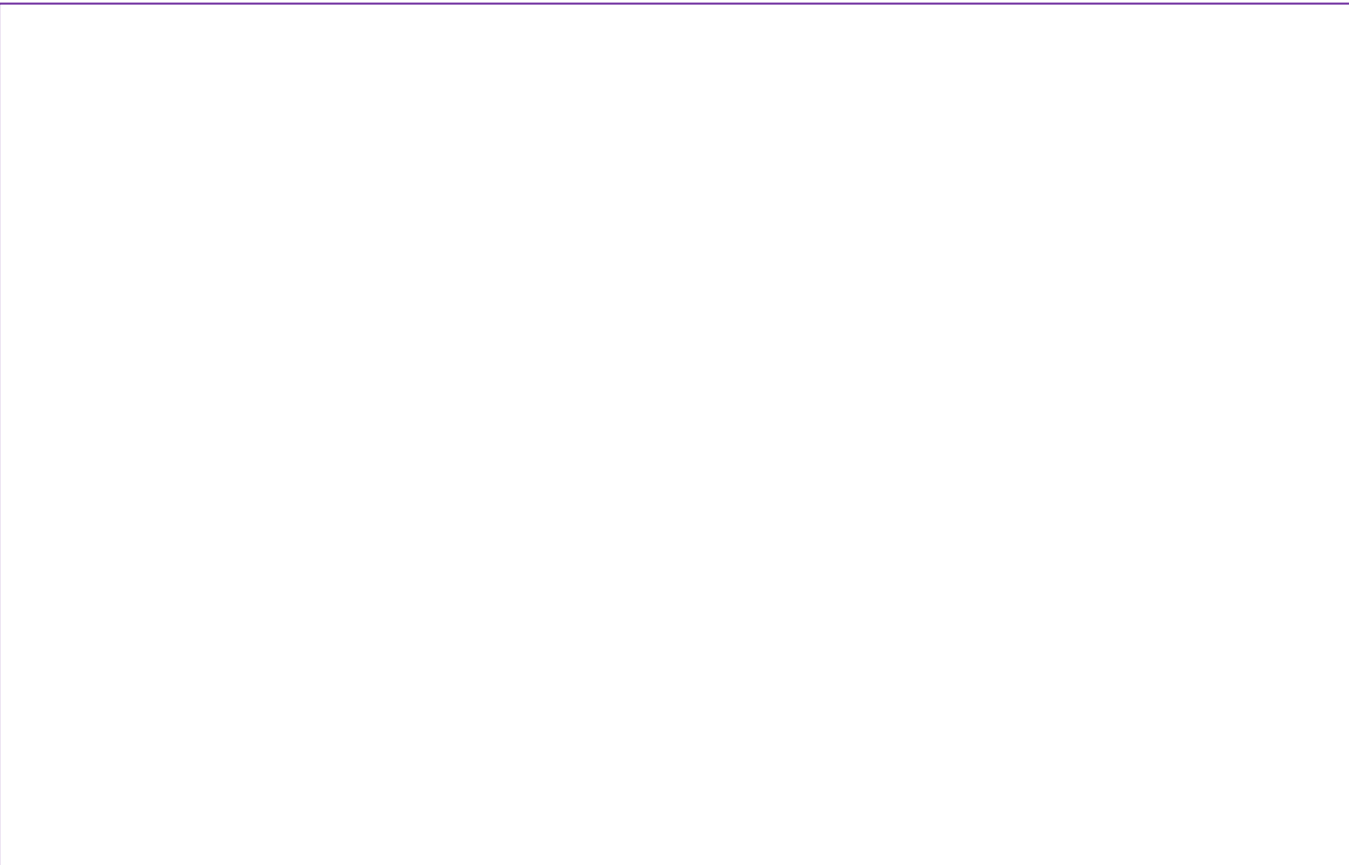
“ A while ago everybody started saying that food miles showed how the world was going mad. Producing apples in New Zealand or green beans in Africa and then flying them to the UK? Think of all the carbon emissions from flying all that distance! Scandalous!

But let's think again. OK if we want UK apples in the summer we have to keep them cool for nearly a whole year. But the energy that you need to keep them fresh for ten months will be worse for the environment than the carbon emissions created by air transportation.

Remember that we buy food from other countries because their weather provides the ideal natural conditions for producing that food. You can produce tomatoes in the UK in the winter, but you need energy to heat the greenhouses to recreate the warm, sunny weather of Spain. That means that in the UK it makes sense to buy Spanish tomatoes in the winter, even taking into account the food miles.

And let's not forget about the one million African workers, for example, who depend on selling fruit and vegetables to the UK and other markets. If we stop buying food from other parts of the world, it might have a catastrophic impact on their economies, and then our own.

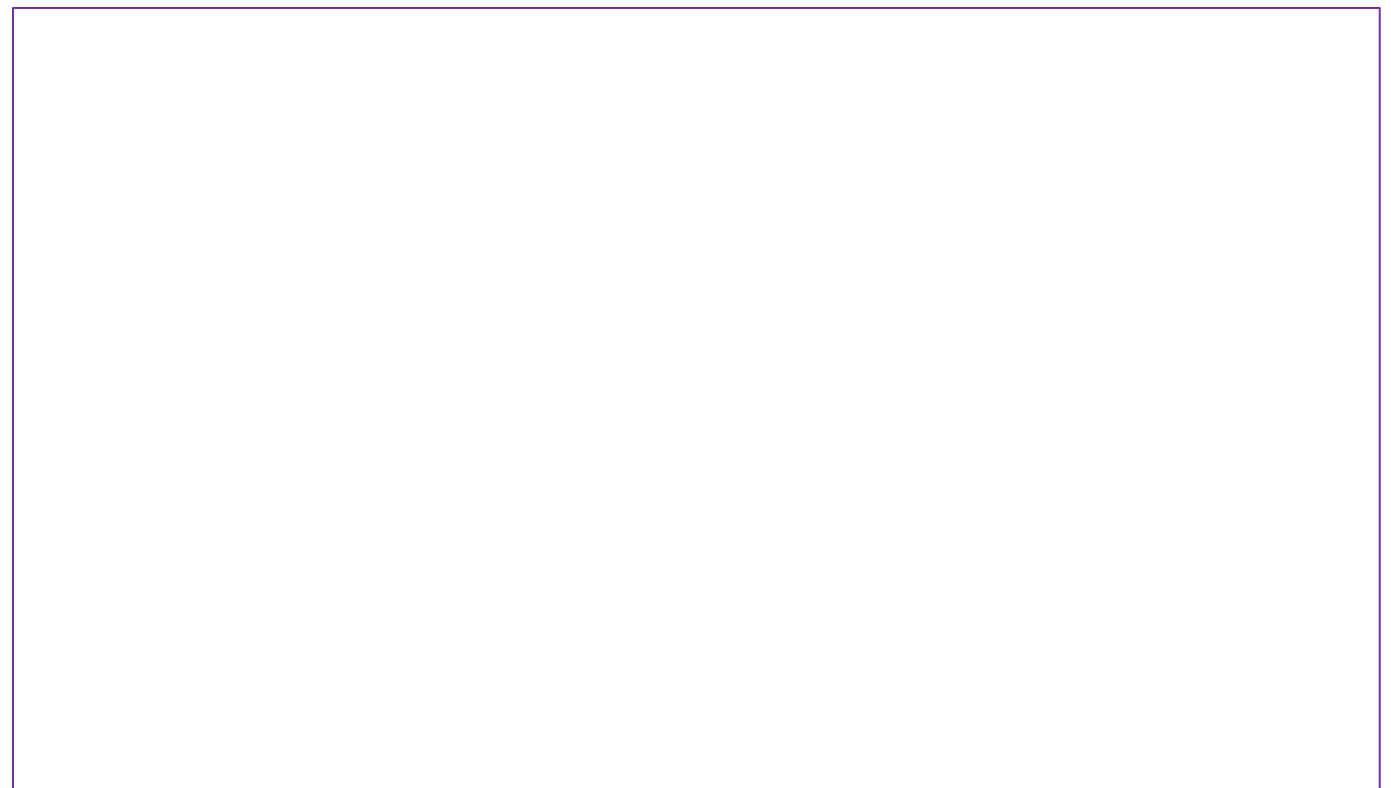
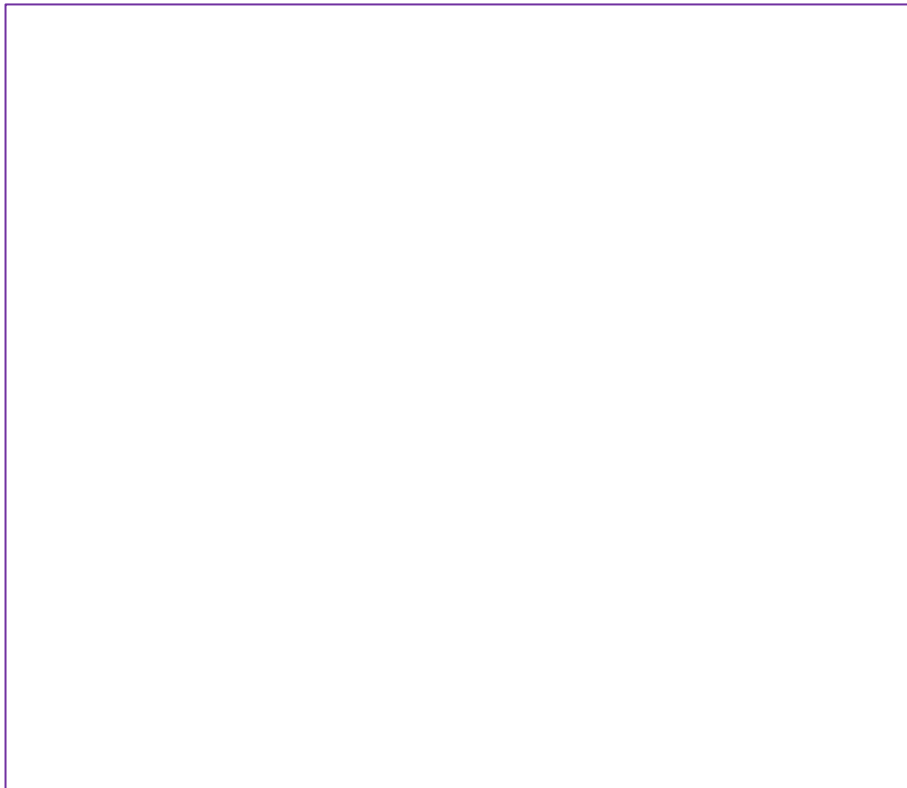
So, food miles are not ideal. But sometimes they're better than the alternative! ”



Describe here what you know about food miles after reading the two texts? Also make your own opinion and present it in a reasoned way.



What could a local Austrian breakfast look like?



On this slide, show what an Austrian breakfast that is not only healthy, but also sustainable could look like. Also consider whether you use local and seasonal ingredients. Here on this slide also show pictures of your breakfast or the ingredients. It would also be nice if you could install a video that you then present in the video conference. Show pictures of your breakfast and ingredients on the left and describe in the right box why this breakfast is sustainable. Maybe also calculate the food kilometers.