

## Beispiel Unterrichtskonzept in 4 Phases

**Titel: Sustainable Diets: Watch OUT what you eat?**

**Name Grenzenlos-Referent: Pinak Kale**

**Termin: 25.03.2025 um 10 uhr bis 13.15. (2 Gruppe)**

**Bezug zu SDG: Nachhaltige Ernährung (SDG 2)**

**Schule: Göppingen DAA Schule**

**Berufliches Feld: Internationale Lebensmittel Landwirtschaft**

Zeit	Titel	Methode & Material	Lernziel
Vorstellung und Sensibilisierungsphase			
10 Min.	Begrüßung und Vorstellung	Vorstellung und kurze Einführung über mich. PPT: Beamer,Leinwand	Die Schüler/-innen lernen der Referent kennen.
10Min	Die 17 Nachhaltigkeitsziele (SDGs) vorstellen	PPT: Präsentation and Information on The SDG goals.	Sustainable Development Goals (SDG), particularly SDG 2 (Zero Hunger) and SDG 12 (Responsible Consumption and Production).

3-5 Min	Introduction to Theme: “WATCH OUT, WHAT YOU EAT? “	PPT : Presentation. Questions and answer activity.	2-3 Students will describe their last meal and reflect on its sustainability.
<b>Informationsphase</b>			
20 Min	Providing knowledge about sustainable diets and their impact on Sustainability and health aspects	Beamer, Laptop, Leinwand, Weltkarte. If possible video about :	<ul style="list-style-type: none"> <li>• Overview of different diets (vegan, vegetarian, flexitarian) and their environmental impact using data</li> <li>• Understanding the importance of sustainable diets and their impact on health and the environment.</li> <li>• E.g Environmental impact of animal-based vs. plant-based diets Nutritional aspects of sustainable diets</li> <li>• Economic and ethical considerations</li> </ul>
2-5Min	Energizer!	Physical activity .	Circle activity to mimicry of action or dance step from start to last end within group of students.
<b>Handlungsoptionen</b>			
20Min	<b>GRUPPENARBEIT</b>	<p>Distribution of meal cards. Each card should describe a specific meal, including ingredients, portion sizes, and preparation methods.</p> <ol style="list-style-type: none"> <li>1. Calculators or spreadsheet software for computations.</li> <li>2. Flip charts or whiteboards for group discussions.</li> </ol>	<p>Dividing the participants into small groups.</p> <p>Each group picks a meal card (e.g., Beef Burger, Vegan Pasta, Chicken Salad).</p> <p>Groups estimate the total CO<sub>2</sub> emissions of their meal by discussing ingredient impacts.</p> <p>Once finished, reveal the actual emissions using the reference sheet.</p>

20 Min	Präsentation from the Groups 4-5 Minutes Max	Group will be already provided with the materials to work on Poster:  Paper Flipchart Marker (6 in 4 Farben)	Have each group present their findings, detailing: <ol style="list-style-type: none"> <li>1. The total CO<sub>2</sub> emissions of their assigned meals.</li> <li>2. Insights or surprises encountered during the calculation process.</li> <li>3. Suggestions for reducing the meal's carbon footprint, such as substituting ingredients or altering preparation methods.</li> </ol>
15 Min.	Discussion: Summarize key takeaways and encourage mindful food choices.	White boards: <ol style="list-style-type: none"> <li>1. Writing the key takeaways from Seminar.</li> <li>2. Mindful Food choices or recipes.</li> <li>3. Promoting the alternative proteins</li> </ol>	Simple Challenge: To try at least one low carbon next days.  Exchange of ideas and answers on these questions: <ol style="list-style-type: none"> <li>1. Which meal had the highest/lowest emissions?"</li> <li>2. "Did anything surprise you?"</li> <li>3. "What are some easy ways to reduce food-related CO<sub>2</sub>?"</li> </ol>
<b>Auswertungs-und Reflexionsphase</b>			
10-15 Min	Feedback and Reflexion	Distribution forms if available or form a Circle sitting arrangement to discuss	Ask the students about teaching method, concept and overall experience of the Seminar.

