

Kids Kitchen Club Challenge 2023: Sustainable Nutrition – Information Sheet

Sustainable nutrition is an important concept that focuses on consuming food in a manner that is both **healthy and environmentally responsible**. This approach emphasizes on making **food choices** that reduce the negative impact of food production and consumption on the planet while supporting long-term health. It is crucial that children begin to learn about sustainable nutrition early in life to develop healthy habits and a deeper understanding of the impact of their food choices.

Another important aspect of sustainable nutrition is **reducing food waste**. Children should learn to appreciate the value of food, its origins, and the effort that goes into growing it. By reducing food waste, we can help to **reduce greenhouse gas emissions and save resources** such as water and energy.

One of the essential components of sustainable nutrition is **reducing the consumption of processed foods, refined sugars, and unhealthy fats**. These foods are not only harmful to our bodies but also contribute significantly to environmental pollution, waste, and greenhouse gas emissions. By replacing these foods with fresh fruits, vegetables, whole grains, and lean protein sources, children can lead a healthier lifestyle, support local agriculture, and reduce their carbon footprint.

Overall, sustainable nutrition offers numerous **benefits for both humans and the planet**. It is important that children learn about this concept and develop healthy habits early in life to promote long-term health and environmental sustainability. By making conscious food choices, we can contribute towards a healthier and more sustainable future for the planet and ourselves.