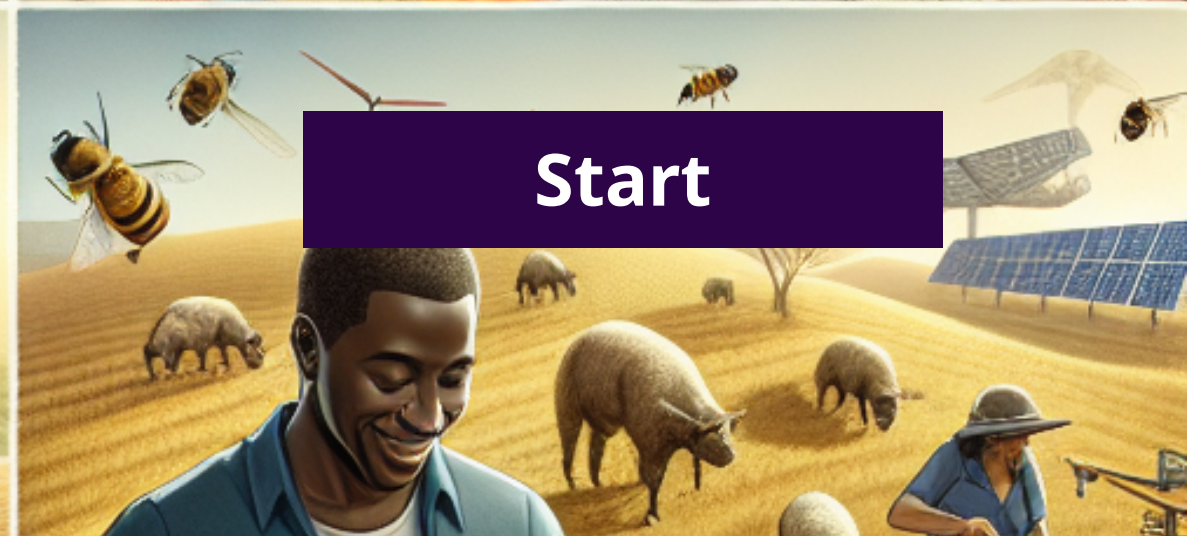
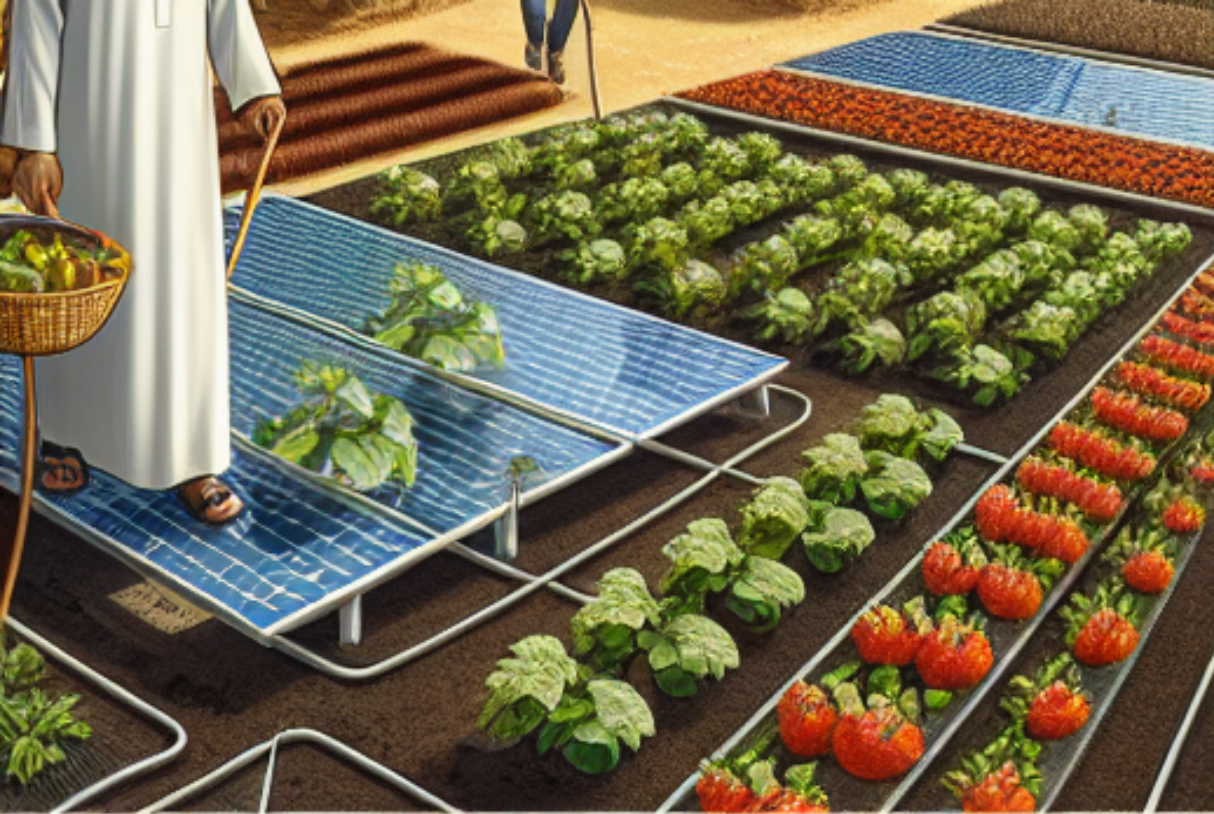




Welcome to the Food Sustainability Puzzle!

Discover how our food choices affect the environment, explore sustainable practices, and solve puzzles to learn how we can build a healthier planet through mindful eating!

Next page

FOOD SUSTAINABILITY

Can you answer all these
questions?

01

What is the most sustainable diet for
reducing environmental impact?

A plant-based diet

B high-meat diet

C processed food-heavy diet

FOOD SUSTAINABILITY

02

What is a major contributor to food waste?

- A** Buying only what you need
- B** Over-purchasing and letting food spoil
- C** Meal planning efficiently

FOOD SUSTAINABILITY

03

How can consumers support sustainable farming?

- A** Purchasing only imported foods
- B** Choosing foods with excessive plastic packaging
- C** Buying locally sourced and organic food

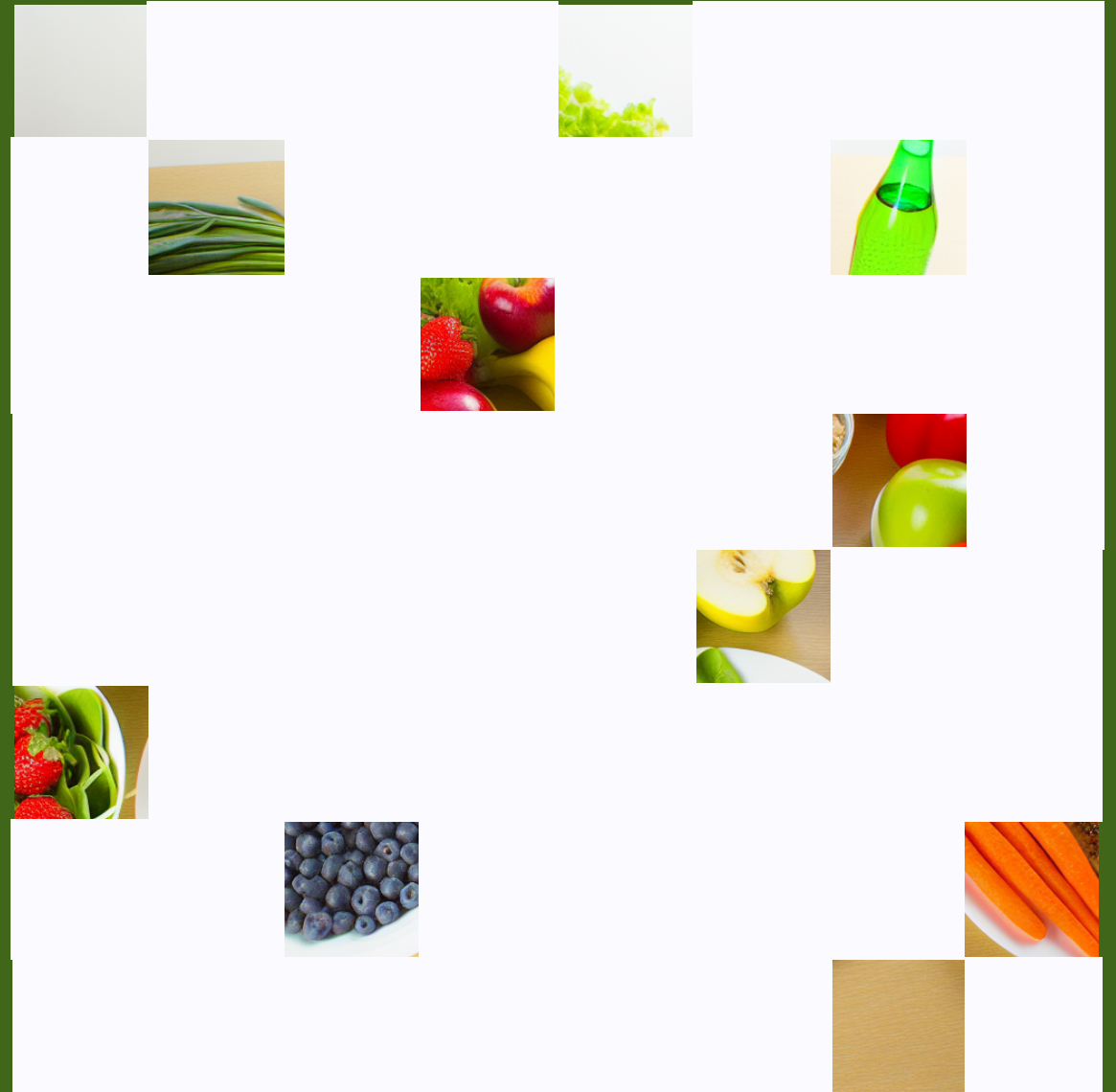


FOOD SUSTAINABILITY

04

What is one key benefit of eating seasonal produce?

- A** It increases the need for pesticides
- B** It reduces the carbon footprint from transportation
- C** It makes food cheaper

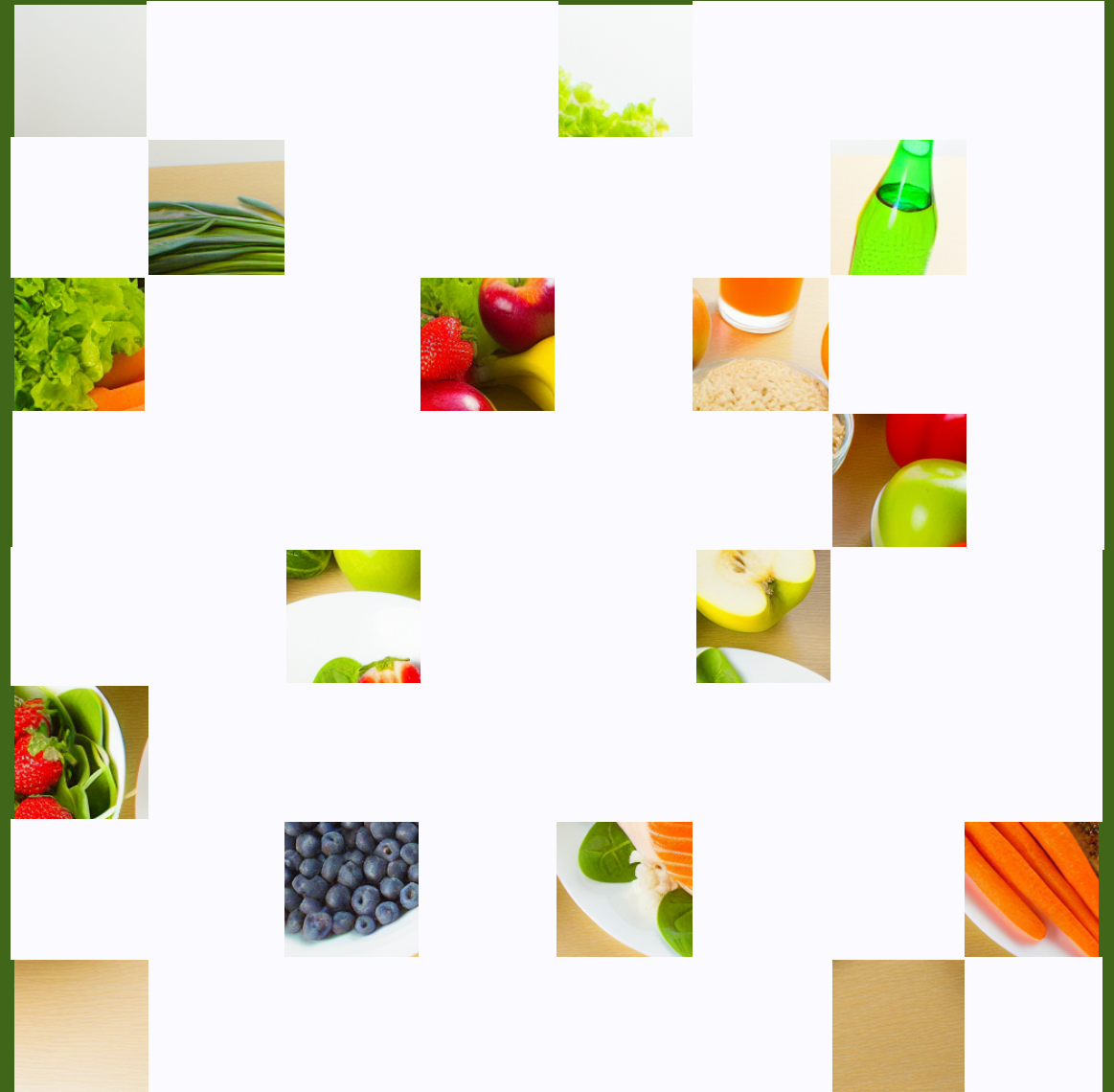


FOOD SUSTAINABILITY

05

Why is reducing meat consumption good for the environment?

- A** It has no environmental effect
- B** It decreases greenhouse gas emissions
- C** It makes plants grow faster

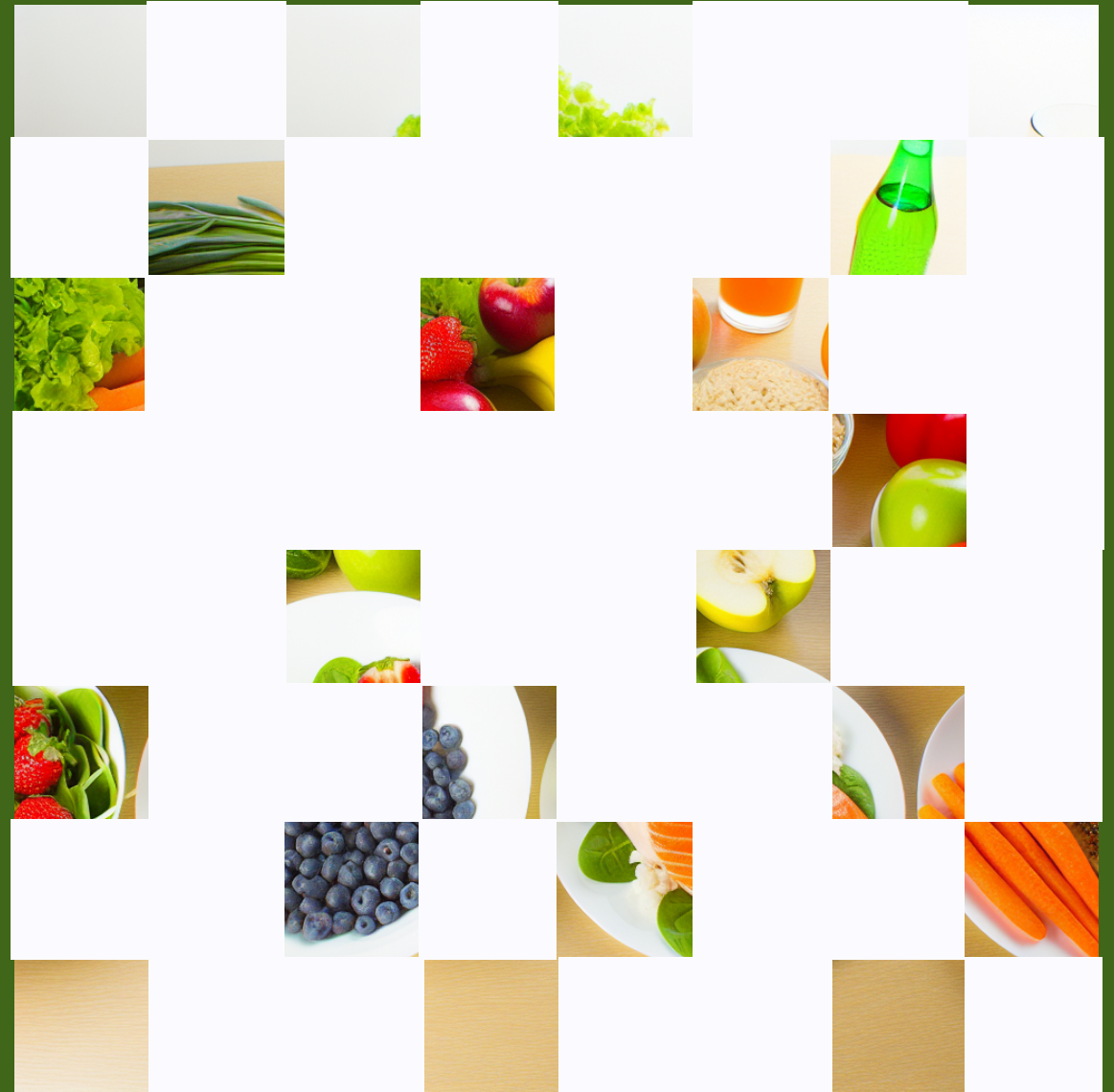


FOOD SUSTAINABILITY

06

What is the best way to reduce food waste at home

- A** Store food properly and use leftovers
- B** Throw away extra food immediately
- C** Buy excessive amounts of perishable goods

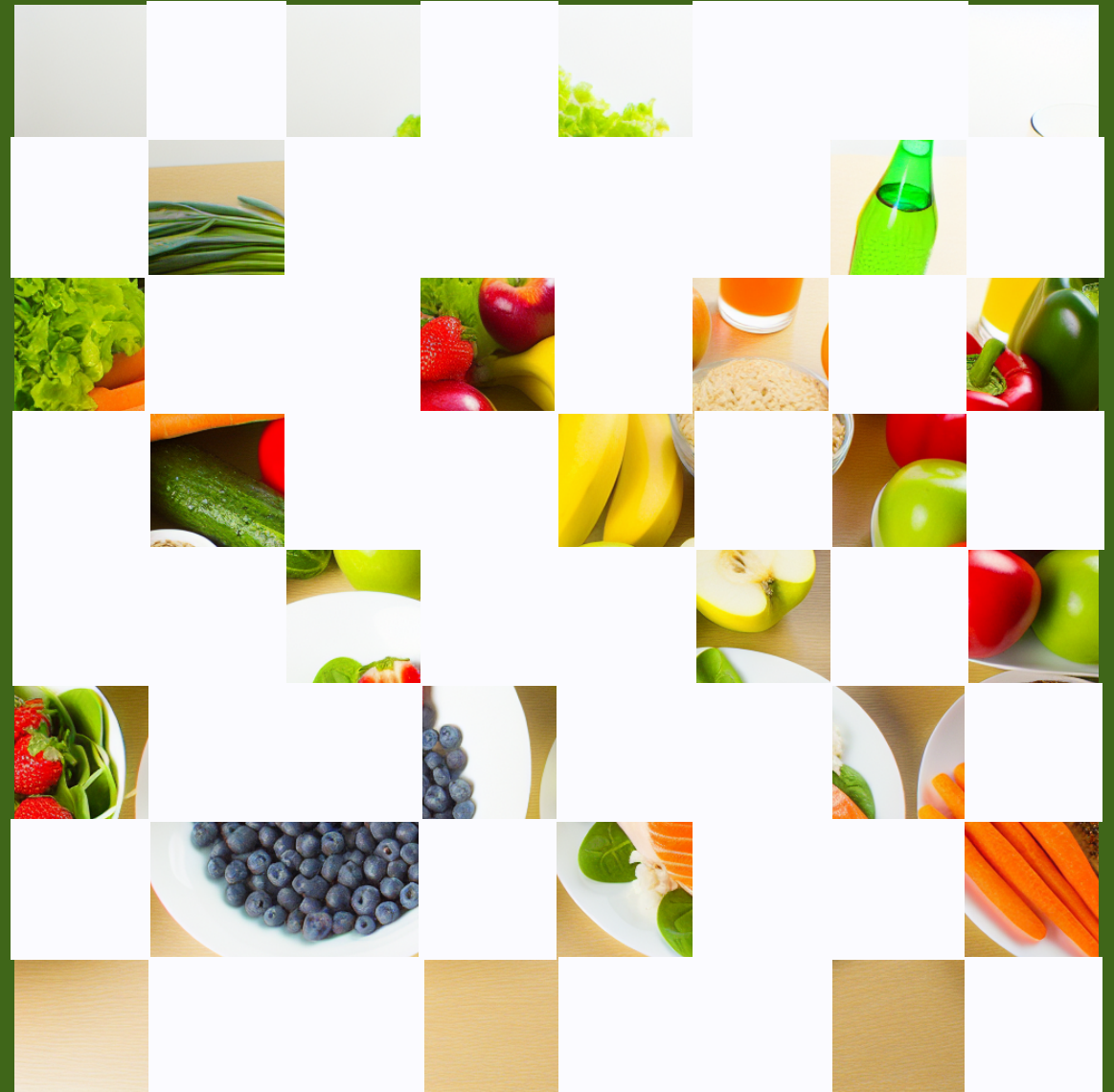


FOOD SUSTAINABILITY

07

Which farming practice helps protect soil health?

- A** Monocropping (growing one crop repeatedly)
- B** Overusing chemical pesticides
- C** Crop rotation

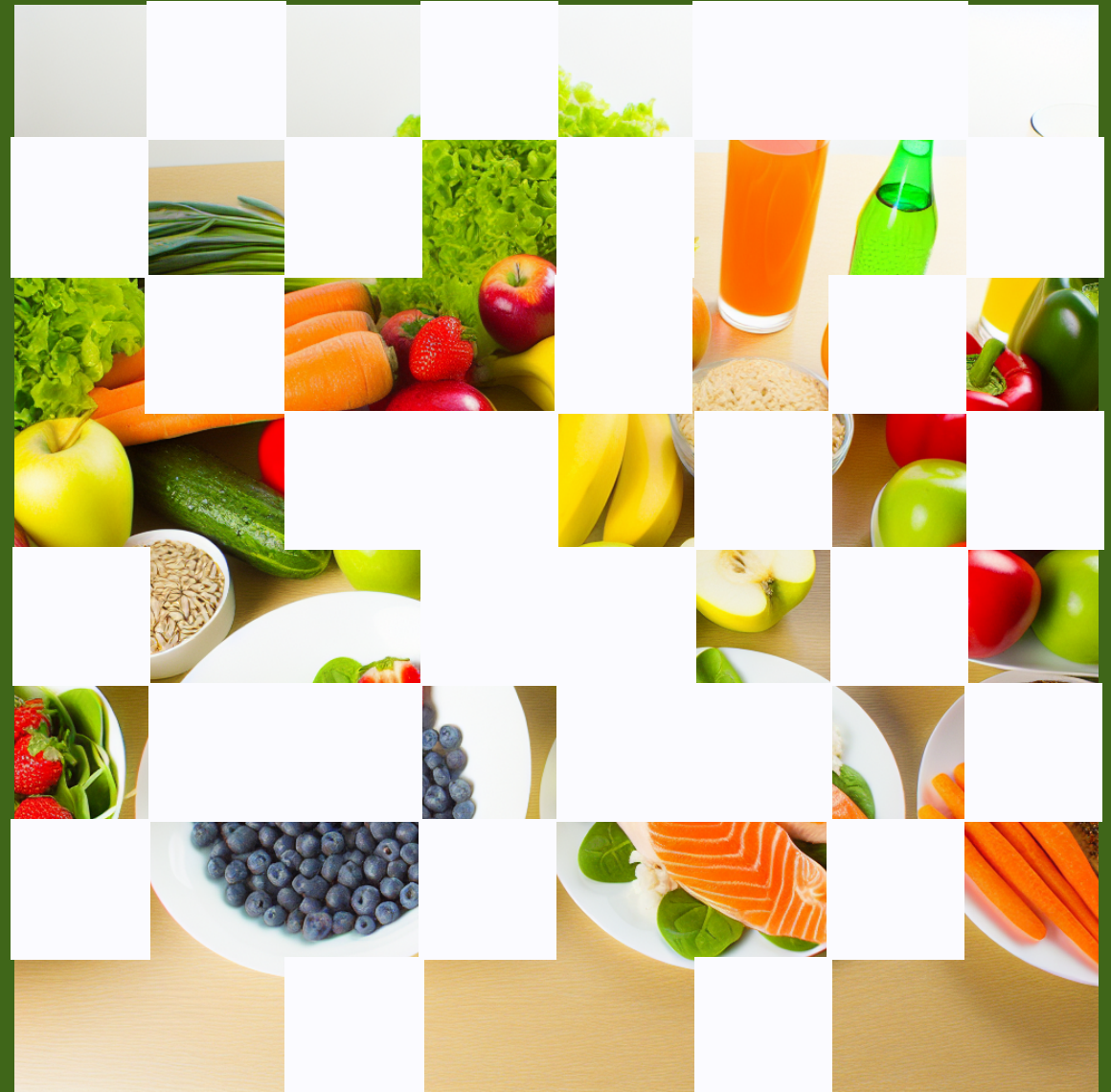


FOOD SUSTAINABILITY

08

Why should we eat less processed food for sustainability?

- A** It tastes better
- B** Processed food requires more energy to produce
- C** Processed food is healthier



FOOD SUSTAINABILITY

09

How does sustainable fishing protect marine ecosystems?

- A** By avoiding overfishing and protecting fish
- B** By increasing fish consumption
- C** By using faster fishing techniques



FOOD SUSTAINABILITY

10

How does food packaging impact sustainability?

- A** All packaging is 100% biodegradable
- B** Packaging has no effect on the environment
- C** Excessive plastic use leads to pollution



CONGRATULATIONS!

You've discovered the keys to food sustainability. Even small changes in your diet can greatly impact the planet. Keep choosing sustainably!

Start over

