

## Hungry Planet – What the World Eats Presentation Speaker Notes

### Slide 1: Hungry Planet-What the World Eats

- *Warning: On slide 7 there are 2 dead chickens, if you'd like to alert students before viewing this slide.*
- "In this presentation, we'll be looking at what a family eats in one week around the world! We're going to look at many countries and see what we notice about their food habits and how it relates to global and local food systems."
- Explain to students that the families in these photos only represent their specific family. These photos are not representative of every single family in that country, so it's important that we don't make assumptions or stereotype countries based on these photos. Rather, we are going to analyze the specific food patterns of these families.

### Slide 2: Let's make some observations...

- "What do you notice about these food in this photos?"
- Students are free to make note of any observations.
- Some suggestions of topics to cover include:
  - the amount of food
  - the amount of packaging on foods
  - the amount of whole/raw foods vs processed foods
  - the variety of foods
  - the amount of people in the photo who have to share the food
  - the amount of global foods
  - the amount of local foods
  - the amount of food from each food group (protein, grains, fruits and vegetables)
- Note: this list is not exhaustive; students are welcome to bring any observations to the table!
- Repeat this process for each of the 7 photos.

### Slides 3-9: Photos

- Allow time for students to analyze the photos and make observations as described above.

### Slide 10: Now, let's compare!

- In the following slides, have students recall their observations from the first part of the presentation to compare the families in the following slides. Have students make observations about similarities and differences between the families. Ask students which family they think spent more on food? Ask students what they found interesting and surprising about the images. What factors influenced their food options?
- Notes about each family are provided, which can be provided to students in addition to their observations and comparisons.

## Slide 11: Guatemala and Bhutan

- Guatemala:
  - \$75.70 USD / week
  - Cooking methods available: gas stove top, wooden stove
  - Preservation method available: refrigeration
  - Produce their own corn which is a large portion of their diet
  - Don't eat meat very often (once per week)
  - Don't eat sweets/dessert, they eat bananas if they're looking for something sweet
  - Only eat fruits and vegetables when they're in season because they don't have a way to preserve them for long periods of time
- Bhutan:
  - \$5.03 USD / week
  - Cooking method available: clay stove fuelled by wood fire
  - Preservation method available: natural drying
  - Produce a lot of their own food, which is partially why their food cost is so low. They grow their own rice, potatoes, barley, wheat for flour and lots of fruits and vegetables. They raise chickens for eggs and cows for milk and make their own butter from cow's milk.
  - As part of their religion, they do not believe in killing animals for food (unless it dies by accident), so they get most of their protein from eggs or dried fish

## Slide 12: USA and Japan

- USA:
  - \$341.98 USD / week
  - Cooking methods available: electric stove, toaster oven, microwave, BBQ
  - Preservation methods available: fridge, freezer
  - Have a wide variety of foods because they have access to many global foods
  - Spend a lot of their budget on fast foods, snacks and beverages (50%)
- Japan:
  - \$317.25 USD / day
  - Cooking methods available: gas stove, rice cooker
  - Preservation methods available: small fridge and freezer
  - Spend a lot of their budget on protein foods, fruits and vegetables (57%)
  - Focus on eating in-seasons foods because they taste better and are a better price

### Slide 13: Chad and France

- Chad:
  - \$18.33 USD / week
  - Cooking methods available: wood fire
  - Preservations methods available: natural drying
  - Grow a lot of their own food (millet, sorghum, peppers, tomatoes, onions) and raise livestock (chicken for meat and cows for milk)
- France:
  - \$419.95 USD / week
  - Cooking methods available: electric stove, microwave oven
  - Preservations methods available: fridge, freezer
  - Traditional French food is less common because of the high price tag, so they tend to opt for more convenient options (i.e. fast food, prepared foods, cafeteria food), although traditional food is preferred

### Slide 14: Conclusion

- “As we have learned, food systems look quite different around the world! It’s important to understand how we get food onto our plate and how people around the world get food on their plates in different ways! Each part of the world has their own local food system which differs from ours and determines what foods people have access to. Not everyone has access to a global food system; some people only have access to local foods! What we have access to (food, cooking methods/equipment and preservation methods) impacts what we eat and when we eat it!”