

Dear Eat Responsibly Friends,

It has certainly been a hectic term! The pilot schools have been busy setting up their Eco-committees, trying out the Methodology and working on their Food Review at school and at home. The next step will be to create an Action Plan whereby the schools and communities can be mobilised in favour of Responsible Food Consumption.

It has been a great privilege to attend the Commonwealth People's Forum, where a group of YRE students from St Ignatius College, Middle School, Ħandaq had the opportunity to interview Dr Vandana Shiva. Below is one of the questions they asked - with her reply. Some schools might wish to take action on this... Any inspiring ideas are welcome!

As we would like to have a vibrant and dynamic project, please feel free to provide us with feedback. You can also comment and share posts from our [Facebook page](#) or even send us a snippet for sharing on our website or newsletter. Strength is in active participation!

While thanking you for all your efforts, may we wish you a Happy Christmas and good holiday season. Remember, keep practising what we are working on, prepare food only as much as needed, do not overeat - and keep an eye on the ingredients, location of produce and quantities. It will make a small but significant difference.

Best regards,

Cynthia



**Q. Today you mentioned the eyesore of fast food outlets on our island. What would you tell the kids that eat and love junk food?**

**A.** To taste real food, go out into the country; start a garden! And realise that the fresh tomato that you grew with your loving

hand is so much better than that rotten ketchup!



# We Eat Responsibly

## We Eat Responsibly Information and Training Seminar

On the 15<sup>th</sup> October, a training seminar for participating schools was held at St Benedict College, Secondary School, Kirkop. The Hon Evarist Bartolo, Minister for Education and Employment opened the seminar and presented the working tools to participating teachers.

The seminar started with an EkoSkola Bazaar – whereby experts presented new policies and opportunities for the schools and their successful implementation of their projects. The seminar then expanded on information and hands-on activities that helped teachers understand better the meaning of the different sub-themes to be able to work on them with their respective schools.

The schools were also presented with printed booklets on the project methodology, sample lesson plans and the importance of visibility.



### Sub-themes of the project:-

- Over-consumption
- Reduction of Meat Consumption
- Issue of Palm oil
- Food Wastage
- Resources
- Food Diversity



Teachers' ideas on what they think of sustainable food consumption.

Those present for the training visited the school canteen, where healthy and sustainable food is made available to students on a daily basis



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## Good practice at St Nicholas College, Dingli Primary School

Kindergarten II pupils attending Dingli Primary School were introduced to the story of the Hamster family. A short discussion on the importance of eating local, fresh fruit and vegetables followed. The pupils also created their own puppets depicting the members of the Hamster family. The story '*Borma Minestra*' was read to the children and together they prepared a shopping list for their shopping trip the following day. At the Farmer's Market in Ta' Qali, the pupils were assigned different tasks: taking charge of the shopping list, the shopping bags and the money. Back at school, the various textures and colours of the vegetables were discussed. They also spoke about the importance of washing vegetables well before cooking them. The children themselves washed and peeled the vegetables and they prepared their own *minestra*. The soup tasted delicious and was enjoyed by all!



**St Michael School, St Venera** have produced a [video](#) for their project. We encourage you to share this video during Christmas festivities.

Congratulations!



### Contact us!

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