



Captain Polo's Climate - friendly Food Project

BRIEF DESCRIPTION

Participatory school project that addresses the topic of global food systems and their role as a problem and solution in the context of climate action and sustainability.

RELEVANCE TO THE SUSTAINABLE DEVELOPMENT GOALS



PROJECT AIM

Stimulate critical thinking in students and their families on the topic of sustainable consumption and its relationship with food systems, the environment, and climate action.

MAIN PROJECT STRENGTHS

This project provides a student-centred, multidisciplinary tool to address the topic of sustainable diets, one of the most important avenues for climate action accessible to individuals. The project allows students and their families to critically assess the role of dietary choices in transforming food systems from being part of the problem to becoming one of the major solutions for the environmental and climate crises affecting the world today .

PARTICIPANTS

Students between ages 8 and 14.

SCHOOL RECOURCES REQUIRED

- Staff: one or more teachers depending on number of participants / grades. Potentially the school chef if one exists.
- Time: approximately 16 hours¹, distributed according to school preferences.
- Spaces: One classroom, and if applicable, the school kitchen. In addition, a large space in which to hold the final event (Food Fair).
- Costs: flat fee of US\$ 700 each time the project is implemented in full. In addition, schools will cover all operating costs (e.g. ingredients and trophies for the final event).

EXPECTED OUTCOMES

The participating school strengthens its offer in terms of education on sustainability and climate action with a new resource that:

1. fortifies critical thinking and research skills in students;
2. puts into practice a multidisciplinary and student-centred pedagogy;
3. focuses on several of the SDGs;
4. strengthens staff capacity to teach about sustainability and climate change;
5. is replicable and highly relevant to 21st century education needs;
6. strengthens the school community and demonstrates its commitment to sustainability.

¹ Not including preparation time between sessions.



HOW IT WORKS

The project takes place in three phases:

Phase 1: Practice and exploration

1. Students attend an introductory presentation on climate change and its relationship to food systems around the world. The presentation is interactive and includes time for energizers, questions and discussion, as well as a fun quiz at the end. This first activity culminates with the announcement of the event that will be planned for a later date (to be determined by each school): **Captain Polo's Climate-friendly Food Fair** (see below).
2. Workshop #1: a research practice. Using worksheets specially developed by the Captain Polo Climate Academy (CPCA), students break out into groups and carry out a practice activity to rate the degree of sustainability of three well-known recipes offered as examples. The workshop culminates in a **homework assignment** in preparation for Phase 2: each group of students should choose and write out a recipe of their own choice. They are encouraged to champion a recipe that has special family or cultural meaning for them or one of their group members.

Phase 2: Implementation

1. Applied research. With the help of participating teachers, students conduct primary and secondary research on each ingredient of their chosen recipe, using the five criteria² they practiced in Workshop 1 and with materials designed by the CPCA. Primary research, if possible, would entail examining supermarket labels and/or questioning market vendors. Secondary research would mostly entail consulting the internet (interactive carbon footprint calculators, data banks, articles, blogs etc).
2. Workshop #2: Back in the classroom, students apply the same process they worked on in Workshop #1 scoring the ingredients of their own recipes. Depending on the outcome of their analysis and as homework in preparation for the next activity, each group will decide whether they wish to repeat their research and scoring activities on an altered version of their recipe, or on a different recipe.
3. Presentation of recipes. Each group presents to the class the recipe they chose. The students must clearly present the score that they calculated for their chosen recipe and how they obtained this score. This activity also serves as a practice session for the final event, at which each group present their recipe formally.
4. Let's cook! Each group will practice the preparation of their recipe, either at one of their member's homes with the help of each other and relatives, or preferably at school as an arts and crafts or cooking class activity if possible. This activity also serves as practice for the final event, at which the final dishes will be presented formally.

² 1) Where the ingredient was produced, 2) how it was produced, 3) water footprint, 4) packaging, and 5) healthiness.



Phase 3: Captain Polo's Climate-friendly Food Fair.

At this final project event, each group presents their chosen dish in a formal and competitive manner. Before a jury, each group explains how their offer meets the criteria of sustainability, climate action and health, in addition to other SDGs if relevant. They will also offer a suitably small sample of their dish to each member of the jury for tasting. Using a specially devised scoring system provided by the CPCA, the jury will judge each dish on two criteria: 1) its gastronomic quality (which includes its physical presentation), and 2) the clarity and thoroughness of each group's analysis regarding the five criteria for critically assessing the level of sustainability, climate action and healthiness of their dish within the project framework. Under this modality, trophies will be awarded to the groups whose dishes come in first, second and third place.

Estimated time commitment (adjustable according to school preferences)

Phase	Element	Estimated duration	Responsible	Support
0	Initial coordination & planning	1-2 hrs	School contact person, AJH ³	Teachers
1	Introductory presentation	1.5 hrs	AJH	Teacher
	Workshop #1	1.5 horas	AJH	Teacher
	No. hrs estimated for Phase 1	3 hrs		
2	Applied research	3 hrs	Teacher	AJH
	Workshop #2	2.5 hrs	AJH	Teacher
	Recipe practice presentations	1.5 hrs	Teacher	AJH
	Recipe preparation practice	2 hrs	Students	Family / School
	No. hrs estimated for Phase 2:	9 hrs		
3	Food Fair	4 hrs	School	AJH & Teacher
	Total time estimate	16 h		

Optional product: depending on interest, the project may include an additional product, which is to publish the participating recipes in a spiral-bound, high quality **cook book** compiling contributions from the different school groups taking part in this project. Depending on how many recipes are submitted, there is scope for several volumes, which can be published by geographic / cultural styles of cuisine.

Note: In order to keep the carbon footprint of this project as low as possible, once published by AJH the book would be offered for sale on a Print on Demand basis using a 3rd party link by which individual or batch orders can be processed for global distribution. Under this modality there would be no cost to schools participating in the cook book. Should a school wish to invest in a local print run of the book however, that school would bear the corresponding cost, unless a sponsorship deal can be reached; in this circumstance, the CPCA would assist the school in obtaining such a deal.

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³ AJH: Alan J. Hesse, founder of the Captain Polo Climate Academy.