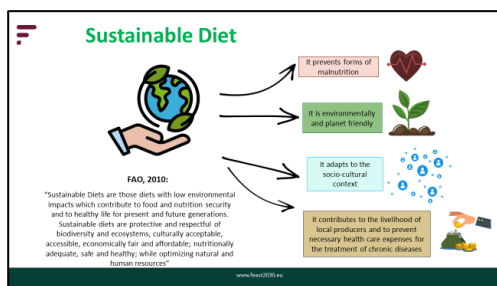


MODULE 4: TASTE, FLAVOR AND SUSTAINABILITY



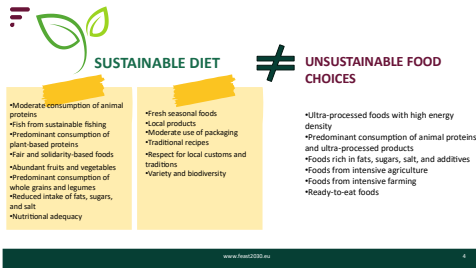
A proper and healthy diet is not only of benefit to the individual but also to the planet. This module will cover topics related to sustainability as well as organic and conventional farming.



Core concept: "A healthy diet is a sustainable diet"

According to the FAO definition, a sustainable diet is a diet that has a low impact on the environment and that provides numerous benefits in both the short and long term with regard to the health of humans, animals and the environment. Consequently, efforts to improve dietary habits, for example by favoring plant-based, local and seasonal products and reducing consumption of meat and processed products, will not only change food demand but also have a positive impact on the planet.

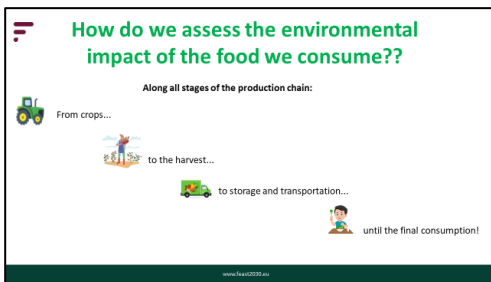
MODULE 4: TASTE, FLAVOR AND SUSTAINABILITY



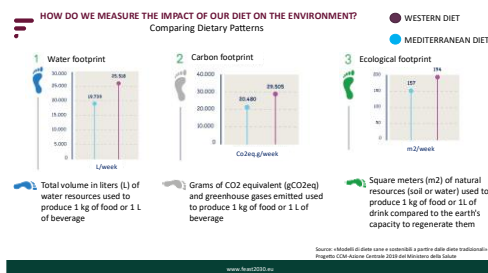
A list of behaviors can be observed:

Those on the left can help translate the concept of a "sustainable diet" into everyday life. These include behaviors that align with the Mediterranean Diet recommendations, such as moderate consumption of animal protein, increased consumption of vegetable protein and grains, and eating plenty of fruits and vegetables. Water should be the drink of choice.

The behaviors on the right list examples of foods and behaviors that are far from the concept of a healthy, sustainable diet and should be limited.



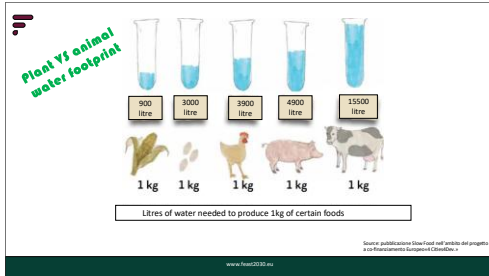
To assess the environmental impact of food, it is useful to consider the different stages of production, from the crop/farming stage to the final consumption stage.



Core concept: "Food choices have an impact not only on individual health, but also on the environment"

To promote greater awareness of the link between eating habits and environmental impact, it is possible to compare a "Western" dietary pattern (characterized by high consumption of animal protein and ultra-processed foods and low consumption of plant-based foods such as fruit, vegetables, legumes and whole grains) with one based on the Mediterranean diet, using three main indicators: water footprint, carbon footprint and ecological footprint. The graphs show a higher use of natural resources and a higher amount of greenhouse gas emissions in the "Western" diet compared to a diet based on the Mediterranean model.

MODULE 4: TASTE, FLAVOR AND SUSTAINABILITY



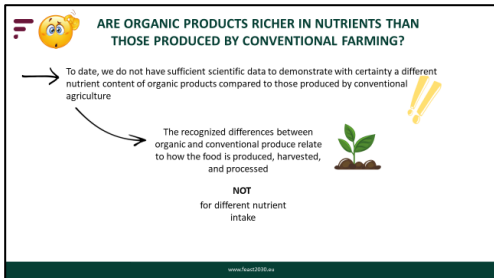
In line with the previous slide and making a focus on the water footprint in the production of plant and animal foods, it is possible to note a greater use of this resource in the production of the former than in the latter.



Core concept: "The organic product, to be defined as such, must follow specific rules of production".

The slide shows the definition of organic agriculture as an example of production that respects human health, the environment and animal welfare. It also highlights the principles that distinguish it from conventional agriculture, namely the promotion of crop rotation and the non-use of chemical pesticides, synthetic fertilizers, antibiotics and genetically modified organisms.

MODULE 4: TASTE, FLAVOR AND SUSTAINABILITY



ARE ORGANIC PRODUCTS RICHER IN NUTRIENTS THAN THOSE PRODUCED BY CONVENTIONAL FARMING?

→ To date, we do not have sufficient scientific data to demonstrate with certainty a different nutrient content of organic products compared to those produced by conventional agriculture

The recognized differences between organic and conventional produce relate to how the food is produced, harvested, and processed

NOT
for different nutrient intake

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As a continuation of the previous slide on organic farming, this slide is intended to show that there are currently no studies that show a difference in nutrient intake between organic and conventional foods in terms of the nutritional profile.



LET'S PUT IT INTO PRACTICE!
let's put it into practice! LET'S PUT IT INTO PRACTICE!
let's put it into practice! LET'S PUT IT INTO PRACTICE!

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To facilitate the implementation of sustainable eating habits in everyday lives, this activity encourages group work (Appendix 5) by asking the whole class, "What can I do to make my diet more sustainable?" All answers are posted on the whiteboard and discussion is stimulated.



THANKS FOR YOUR ATTENTION!

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