

EVERYTHING
YOU NEED
TO KNOW
ABOUT



PLANETARY
NUTRITION

HEALTH QUEST 365



EVERYTHING YOU NEED TO KNOW ABOUT PLANETARY NUTRITION

Do you know that what you eat affects your own health and the planet? Your dietary pattern is capable of harming it or helping it thrive. We're in an age where the survival of a growing global population is a serious concern. That's why you might want to consider adopting a planetary health diet. It aims to establish sustainable food systems for the benefit of the people and the Earth.

Planetary health is a concept born in 2015 after years of work by the EAT-Lancet Commission. The EAT-Lancet Report produced the first scientific targets for a healthy diet. They come from a sustainable food system.



ACTIVITY SHEET

The Health Quest 365 Activity On Planetary Nutrition

Describe your diet. What foods do you typically eat, where do you get them from, and how often do you eat them?

How do you think your current diet affects the planet? Does it have a positive or negative impact on the environment?

Based on what you read in the article, how would you improve your diet? Draft a plan in the box below.

How do you think will this new diet help your health and the environment?

How do you feel about the possible improvements you can contribute to the planet?



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