



ERASMUS+ 2020-1-NO01-KA229-076436_5

ReANIMATING CULTURAL TREASURE !(ReACT!)

**Green lifestyle choices in eating habits and transportation
Survey regarding eating habits and their ecological footprint**

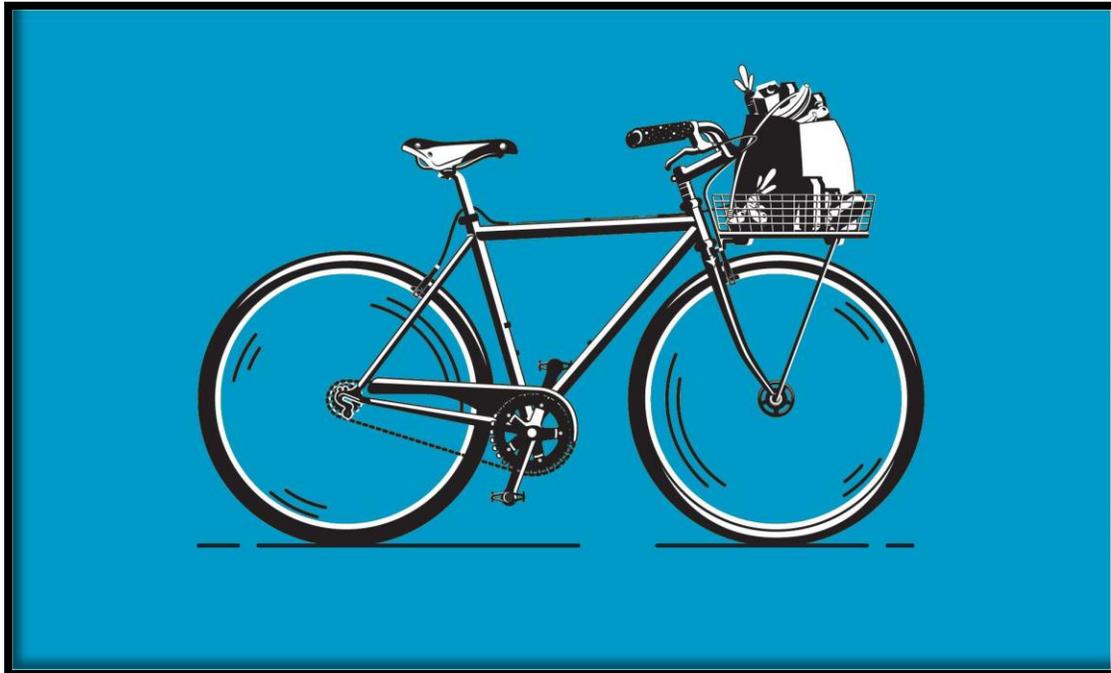
A' ARSAKEIO TOSITSEIO LYKEIO EKALIS, ATHENS GREECE

Academic presentation for Sandnes Videregående skole meeting, Sandnes, Norway

12-18/05/2023

Sustainable Living for a Better Tomorrow

Transportation and Eating Habits



How does nutrition affect the environment?

- 1 | Land use
- 2 | Water Use
- 3 | Greenhouse gas emissions
- 4 | Soil quality
- 5 | Biodiversity



What eating habits affect the environment?

- 1 | Eating a lot of meat options, can help reduce these impacts.
- 2 | Consuming a lot of processed foods
- 3 | Eating foods that are out of season or shipped long distances
- 4 | Wasting Food

What can we do?

The **MEDITERRANEAN DIET** is a great way to help.

- Plant-based foods: Lots of fruits, vegetables, whole grains, legumes, nuts.
- Healthy fats: Olive oil is the primary source of fat in the Mediterranean diet.
- Lean proteins: Fish and seafood are the main sources of protein in the Mediterranean diet.
- Limited red meat: Red meat is generally consumed in small amounts.
- Herbs and spices: A variety of herbs and spices are used to flavor Mediterranean dishes.

How does this diet help ?

- Promotes plant-based eating
- Emphasizes sustainable seafood
- Reduces food waste
- Uses plant-based oils
- Contributes to reducing the carbon footprint of food production
- Reduces the environmental impact of transportation and storage of food
- Reduces the carbon emissions associated with long-distance transportation

Transportation and environment



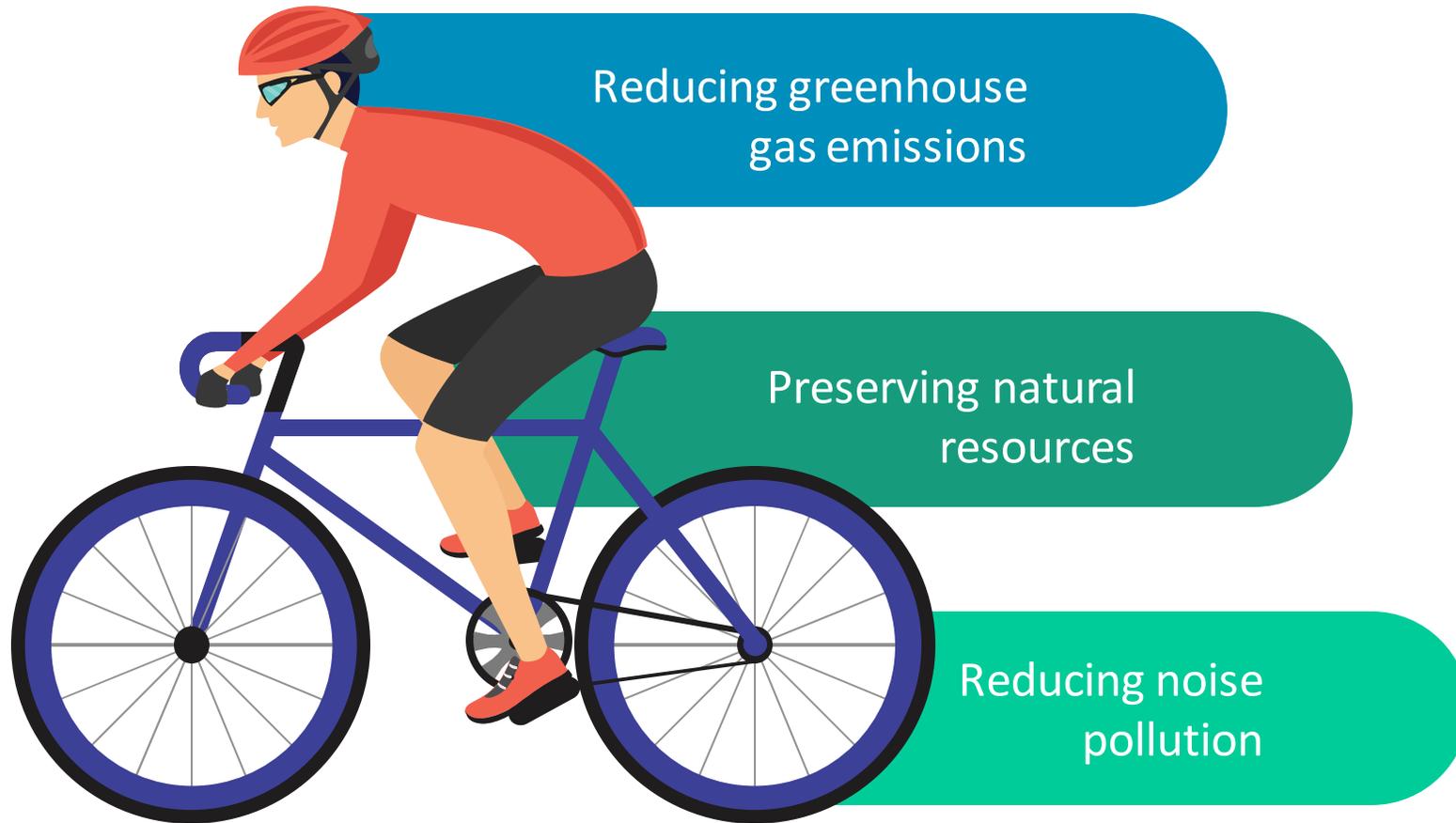
- Air pollution is responsible for 4.2 million premature deaths yearly

- Road transport is responsible for around 20% of all carbon dioxide emissions in Europe

- The number of passenger cars on the road worldwide is estimated to double by 2040, increasing the greenhouse gas emissions

Cycling

Cycling can have several environmental benefits, including:





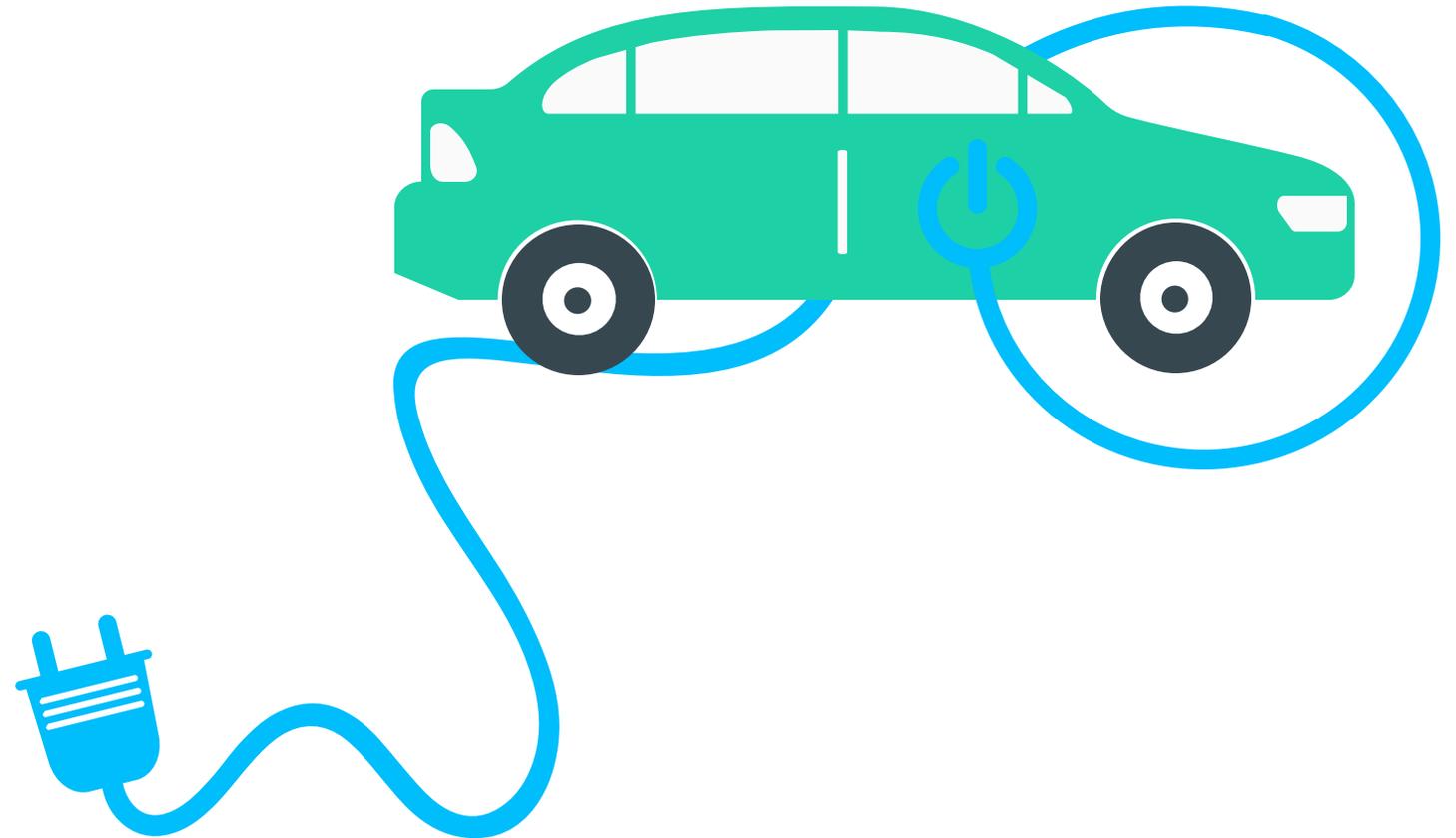
Electric Cars - Advantages

1 | Environmentally friendly

2 | Energy efficient

3 | Low operating costs

4 | Quiet and smooth



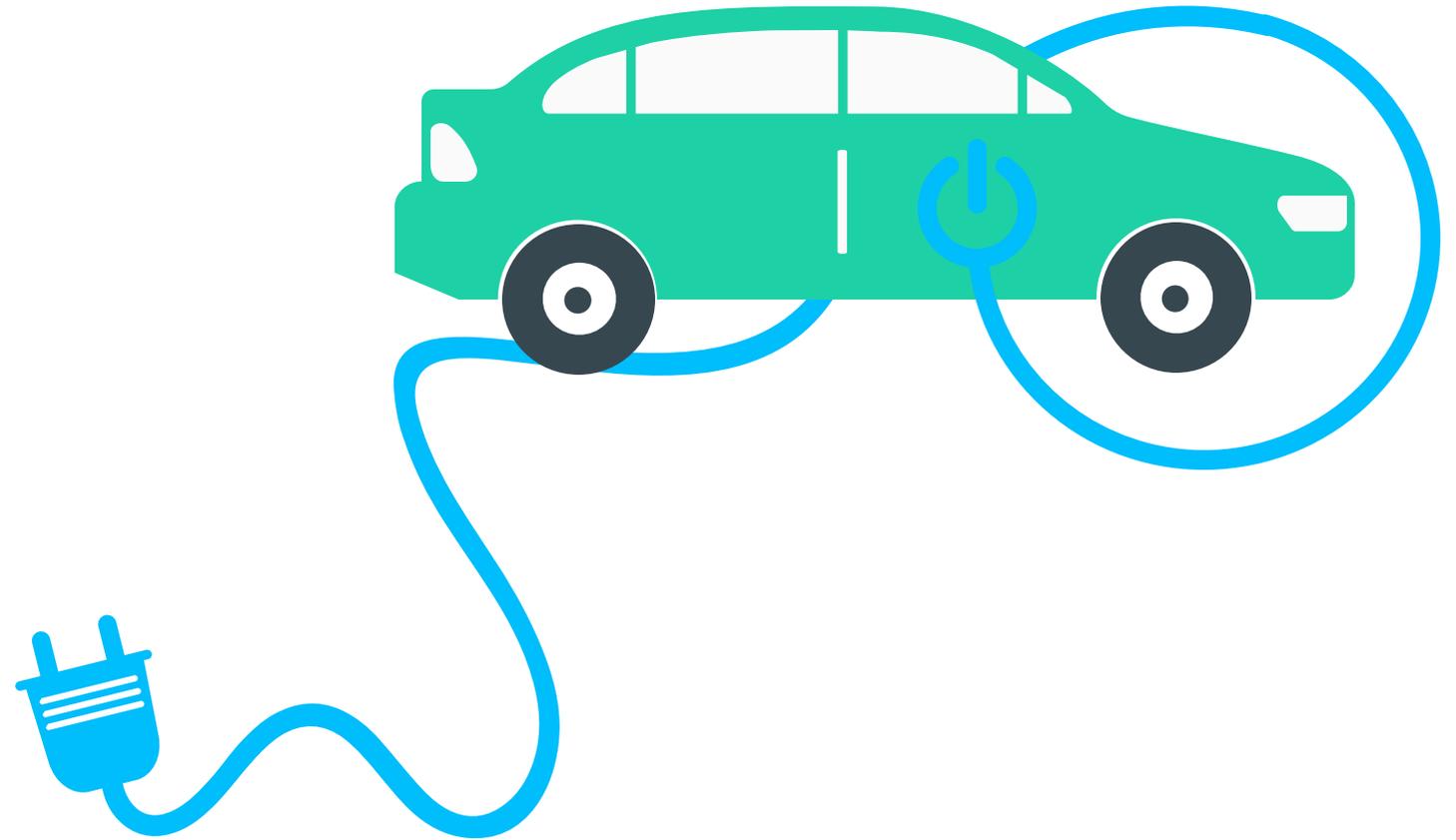


Electric Cars - Disadvantages

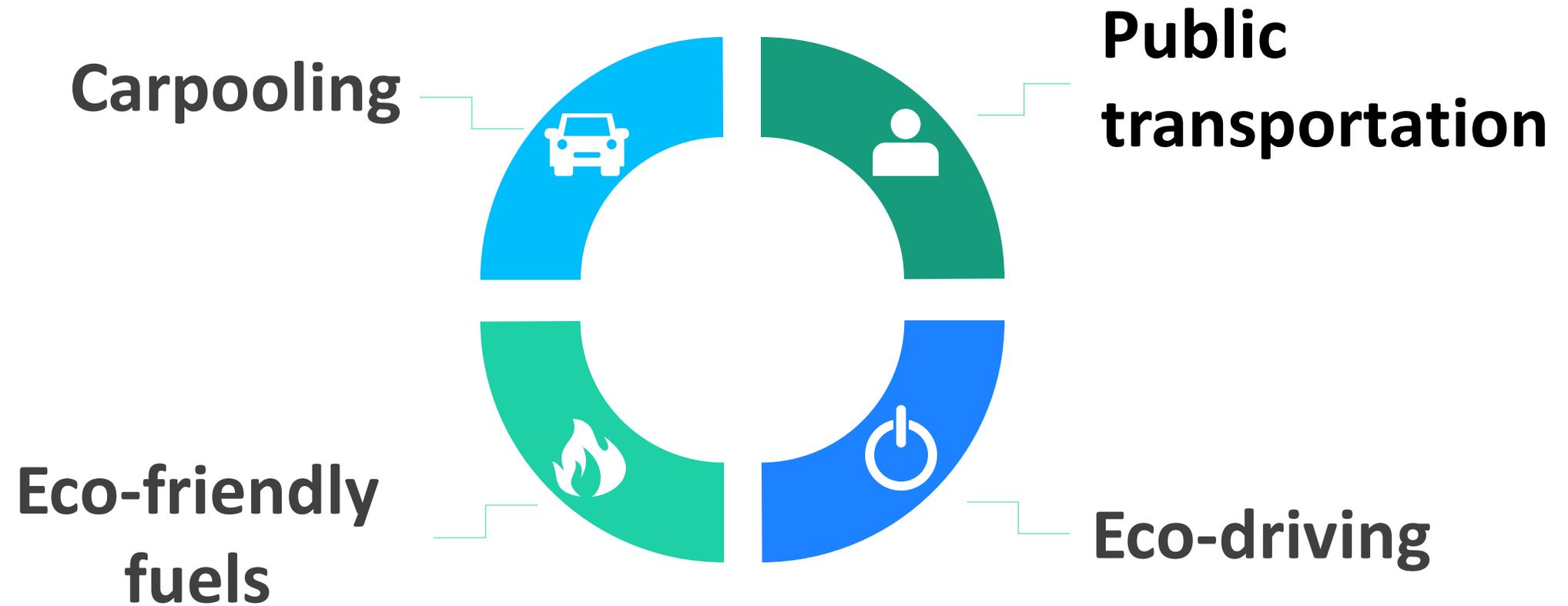
1 | Electricity generation

2 | Battery production

3 | Battery disposal

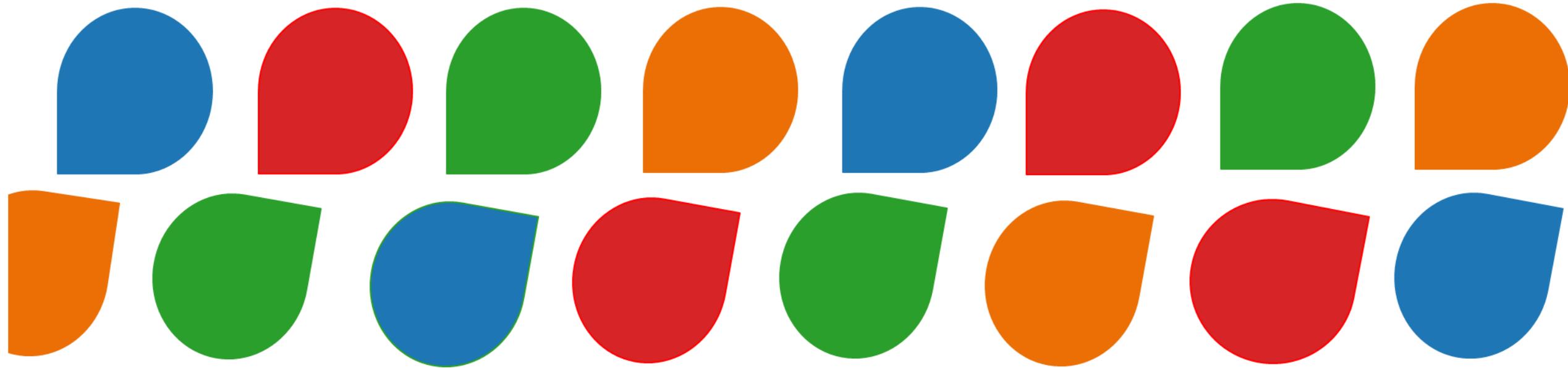


Eco-friendly practices



EATING HABITS based on research

During the survey we asked students about their diet, their awareness about the correlation between food and the environment as long as the way them and their family transport.



From a total of 114 students 2 of them were vegan and 4 were vegetarian.

How close are your eating habits to The Mediterranean Diet?



Vegetarian

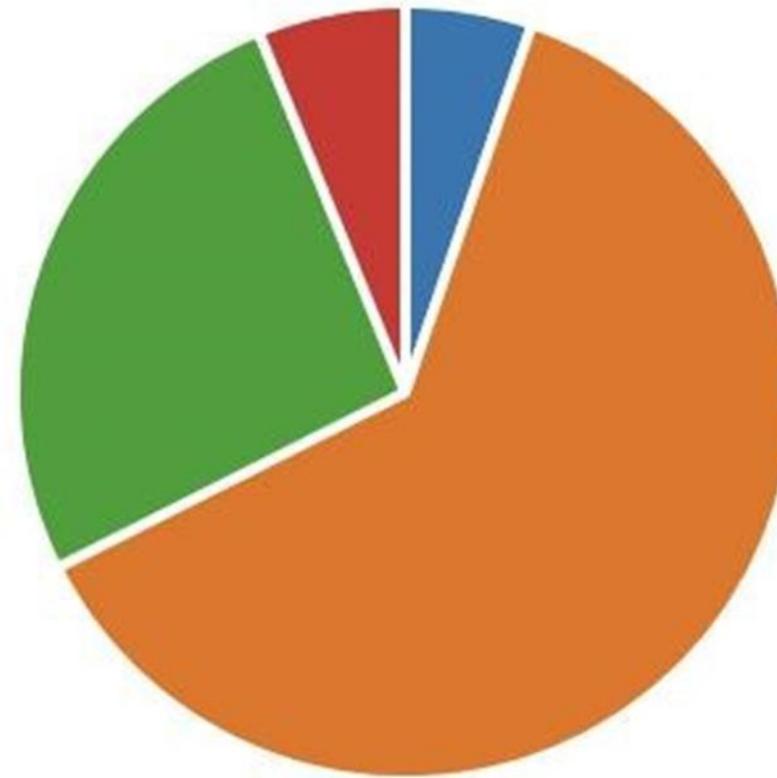
Vegan

None of the above



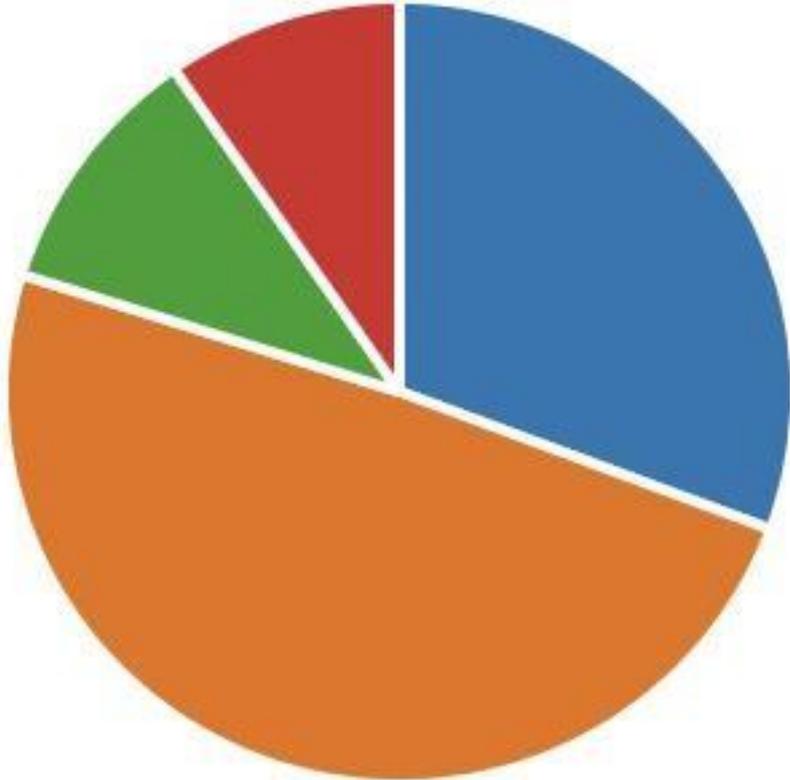
32% consume red meat more than 3 times per week and 24% said that if they don't eat meat, they don't feel full.

- 3-4
- More than 5
- None
- 1-2



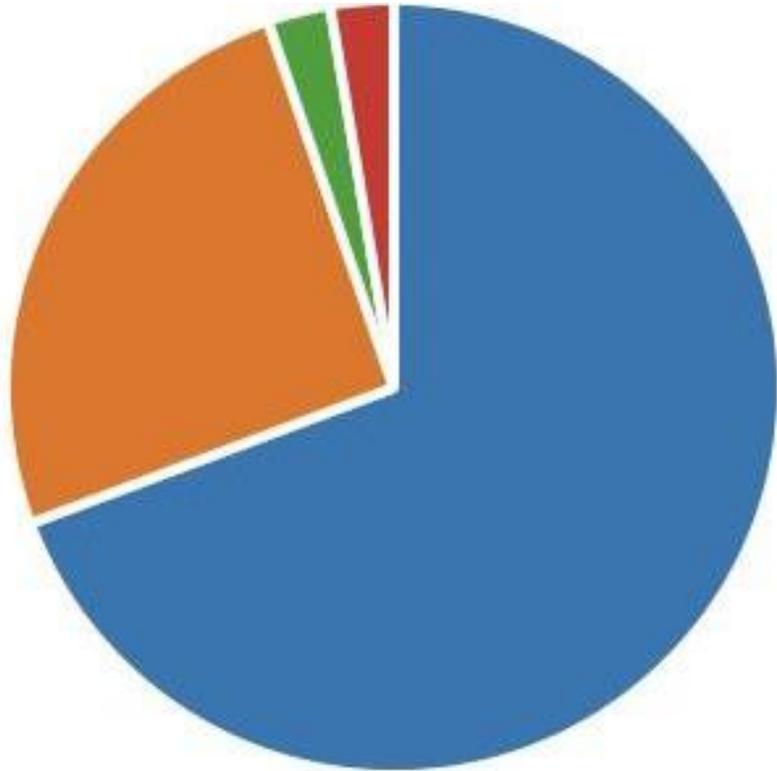
Do you rarely include salad in your meal?

- Almost Never
- Never
- Always
- Most of the times



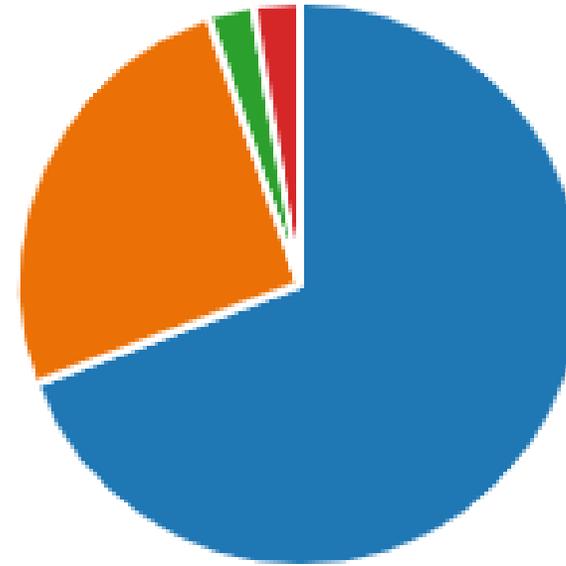
How many times a week do you consume fruit?

- 4-5
- More than 5
- 0-1
- 2-3



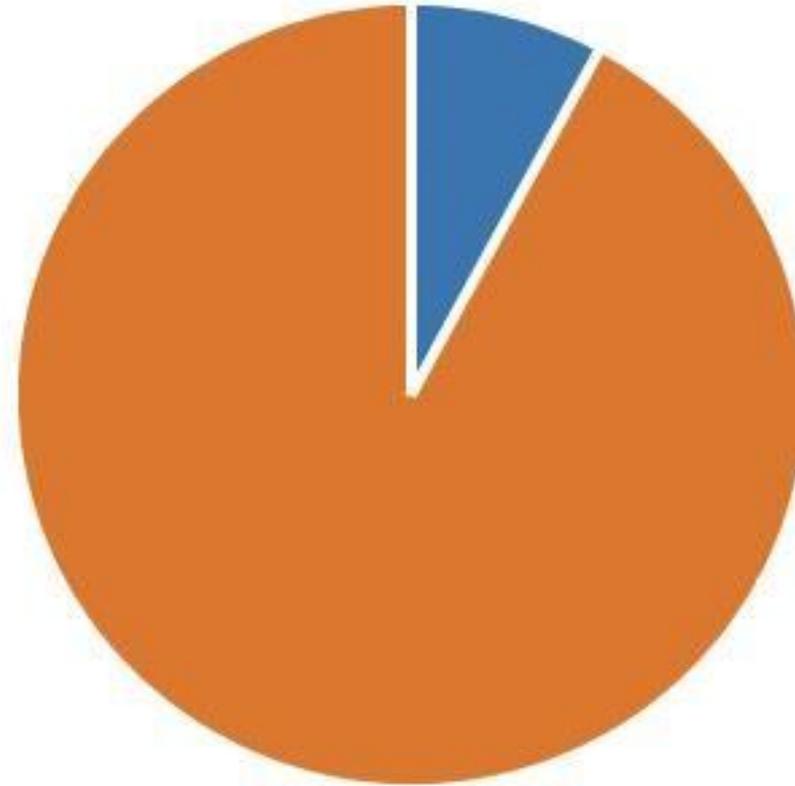
How much of your food ends up in the garbage bin ?

- 0-10%
- 10-25
- 25-50%
- More than 50%



Do you compost?

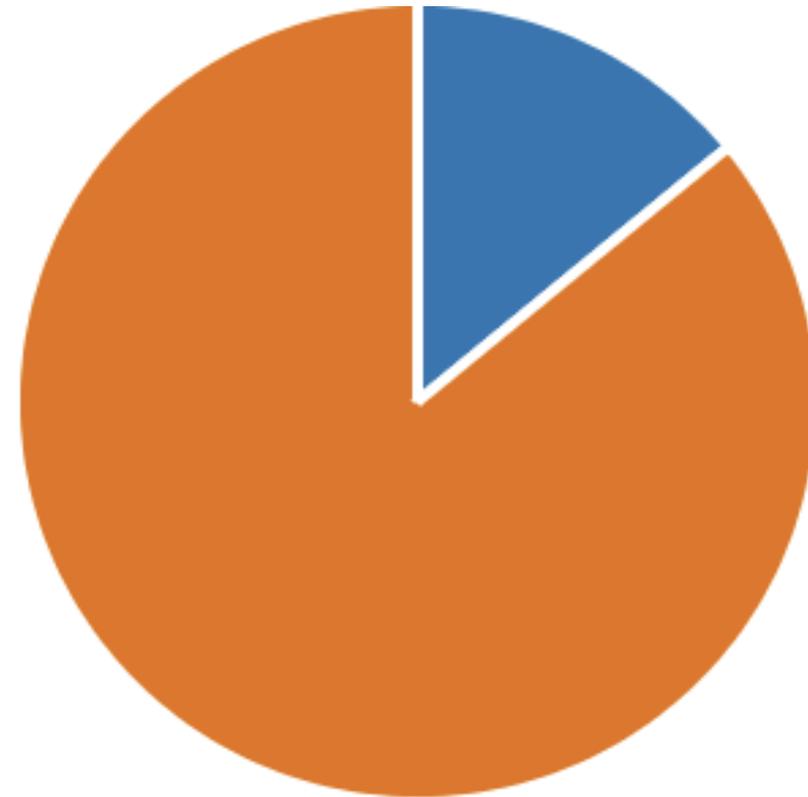
- Yes
- No



86% haven't heard the term "food miles".

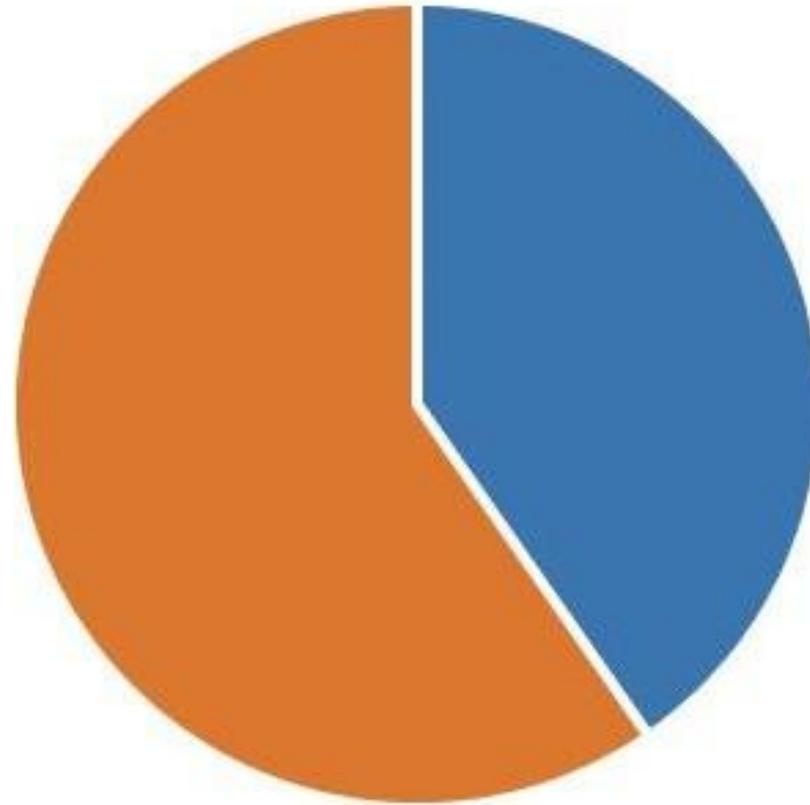
69% doesn't check if the product is local before buying it.

- Yes, I know the term
- No, I don't



60% of the students think that their diet does not affect the future of the planet.

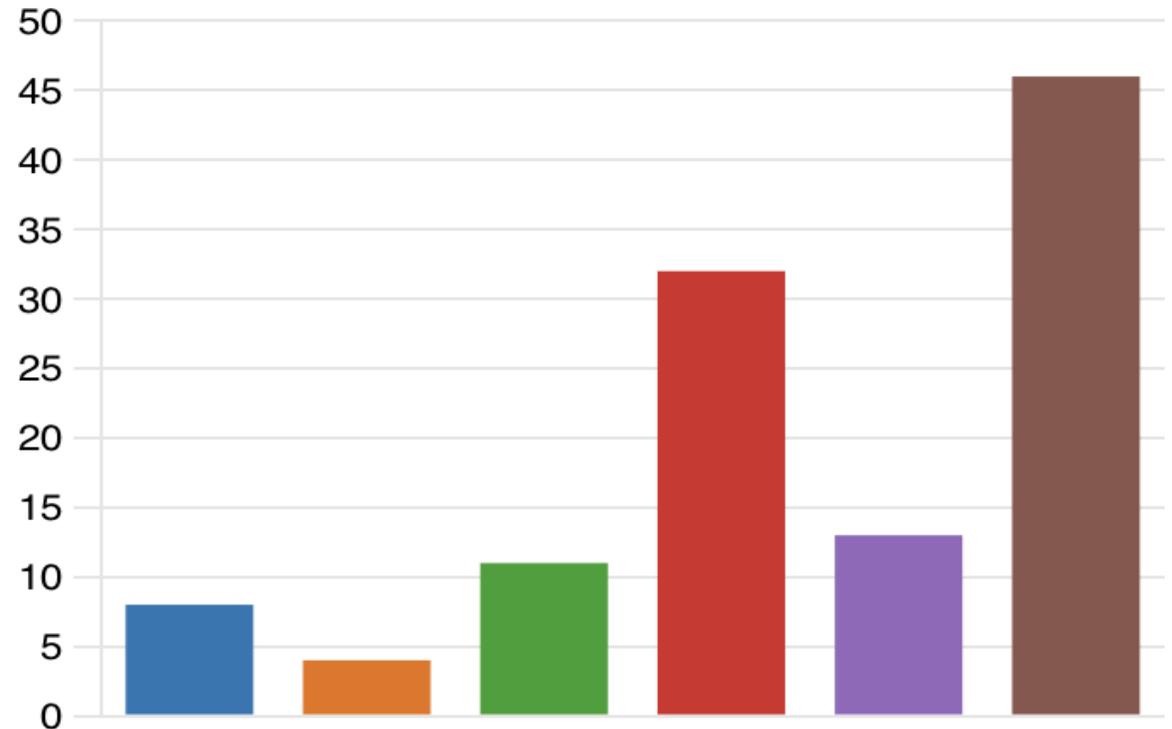
- Yes
- No



Would you change anything in their diet?

In general, students showed a lack of awareness of the environmental effects of their eating habits.

- Less consumption of red meat
- Less consumption of out of season food Pick
- more Greek products
- Less consumption of fast food
- Reducing food that ends up in the trash
- Nothing



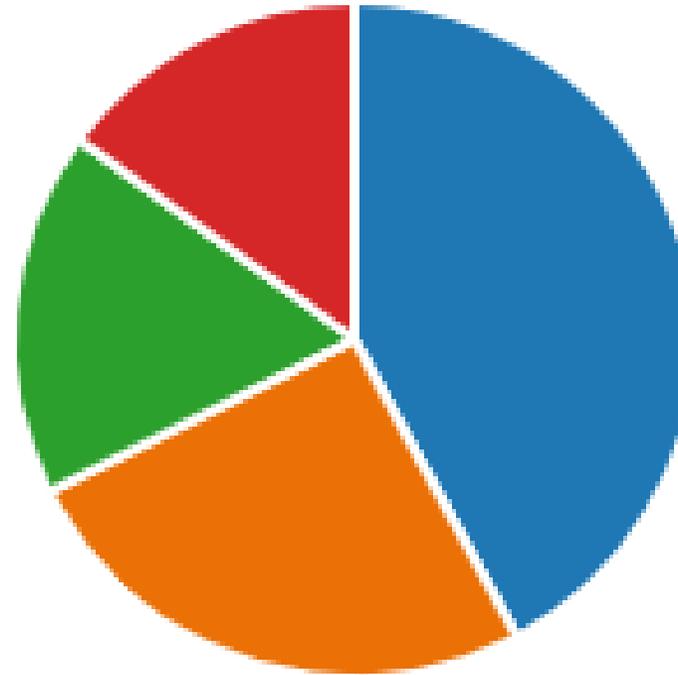
It is characteristic that in the question “What are your main criteria in buying food products?” only 10% answered seasonality and 2% locality.

- Quality
- Seasonality
- Price
- Locality

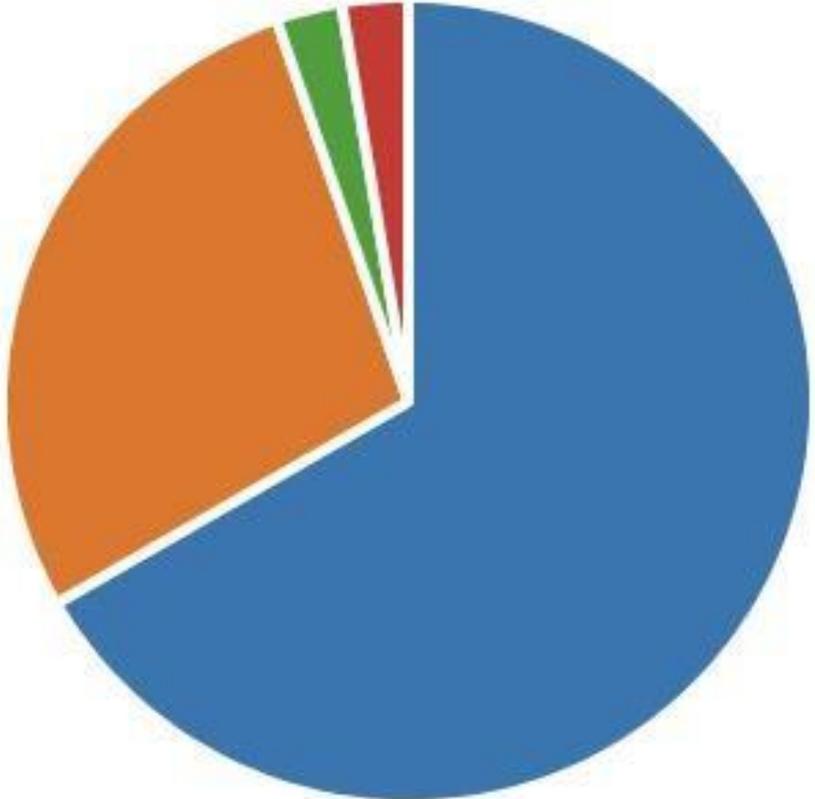


Do you recycle?

- Sometimes
- Never
- Always
- Most of the times



Overall, the survey underlined that the majority of the students tend to consume more red meat and fast food than they should. Also, the number of vegetables and fruits that they include in their diet are less than they should.



THE END

