



Electrolux
Food Foundation

presents

Food Heroes Challenge



Hi and welcome!




We're the Electrolux Food Foundation and we teach kids and adults around the world about food and sustainable eating.

So far we have educated over 30,000 people together with our partners Worldchefs and AIESEC.

Now your kids can become Food Heroes too from the comfort of your home, with just a little help from you!

Usually we do this in classrooms, but now that we are staying safe at home, we're switching to Instagram for some fun and engaging challenges!


Psst grown-ups!



Here's some stuff you should know before you start!



In 2012, the United Nations set up 17 goals in the purpose of protecting our planet. These are called the Global Goals for Sustainable Development.



You can also contribute to the goals by rethinking the way you eat, source and handle food, and then act in a way that benefit both people and planet.

1 NO POVERTY 	2 ZERO HUNGER 	3 GOOD HEALTH AND WELL-BEING 
4 QUALITY EDUCATION 	5 GENDER EQUALITY 	6 CLEAN WATER AND SANITATION 
7 AFFORDABLE AND CLEAN ENERGY 	8 DECENT WORK AND ECONOMIC GROWTH 	9 INDUSTRY, INNOVATION AND INFRASTRUCTURE 
10 REDUCED INEQUALITIES 	11 SUSTAINABLE CITIES AND COMMUNITIES 	12 RESPONSIBLE CONSUMPTION AND PRODUCTION 
13 CLIMATE ACTION 	14 LIFE BELOW WATER 	15 LIFE ON LAND 
16 PEACE, JUSTICE AND STRONG INSTITUTIONS 	17 PARTNERSHIPS FOR THE GOALS 	 THE GLOBAL GOALS <small>For Sustainable Development</small>




THE GLOBAL GOALS

Read more about the Global Goals on www.globalgoals.org or use the link in our bio.

Ready to join the Food Heroes?



Hi there!
My name is Tasty and I'm one of the Food Heroes.
What's your name?



To join the Food Heroes and save the planet you have to complete six challenges. Complete them all to get a Food Heroes certificate. Ask a grown up to help out!

Now, let's get started!



1.

Heroes at home



Do you know where fruits and vegetables come from? Most of them start as seeds that someone planted in the ground.

This seed is from a lemon, my favorite citrus fruit!

If we want it to grow big and yellow, it needs soil, water and energy.

The lemons in your home might actually come from where I'm at right now, a Brazilian lemon farm. The climate here is warm and humid, and lemons love that!

I think I'll plant mine right here.

Challenge No. 1



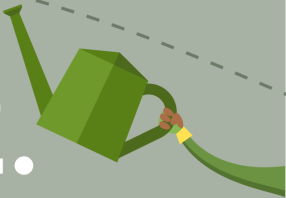
Plant a seed from a fruit or vegetable and watch it grow!

Tip! You can use the stone from an avocado, the pip from a lemon, or the seed of a pumpkin.



2.

Hero farmer



Farmers need to make sure their plants have what they need to grow, like sun light, water and good, nutritious soil. They also need keep them safe from vermin and plant diseases.

Some farmers use chemicals for this, which is not always good for the people working there or for the environment

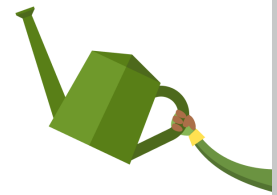
But on this farm everyone is happy! To make sure that we have happy farmers, it's important to support good farms.

Challenge No. 2



Create your own happy farm!

Draw your farm and a farm house. What does it look like? Who works there? And what are you growing?



3.

Not all heroes fly



Some things need to grow in a certain climate, which is why food sometimes has to travel very far to reach your home. These Brazilian lemons for example have to cross the Atlantic ocean to get to Sweden. This takes about two weeks.

If you have to transport food around the world it's better to do it by sea than by air. As a true Food Hero, it's important to know where your food comes from! It's often much better to choose foods that grow close to you.

Challenge No. 3



Have a look in your cupboards!

Can you find a food that is from your country and one that comes from far away? Where is it from? Can you find it on a globe? How do you think it traveled to reach you?



4.

Recycle hero



Lemons come in a naturally made wrapper - their peel. Yet people still put them in plastic bags!



A lot of the plastic we use ends up in nature. This is not good since plastic can take up to a thousand years to decompose!

Challenge No. 4



Look closer at the packaging!

Fill a container with water and put a piece of plastic and a piece of cardboard in it. Wait a few hours and then see what happens! Has anything changed in how the plastic and cardboard look or feel?

What do you think happens if these pieces make their way out into nature? What should we do with our waste?



5.

Heroes save the day



If I were to throw away this lemon, I would not only waste a delicious fruit but also waste the water and energy that were used to grow it.



To become a hero you must try to not throw away food. Don't worry, it's not that hard. Just try to always finish your plate and don't take more than you can eat.

You could also search your fridge for hidden treasures that have short expiration dates and might soon go bad. Make use of these now or freeze them for the next time you're hungry.

Challenge No. 5



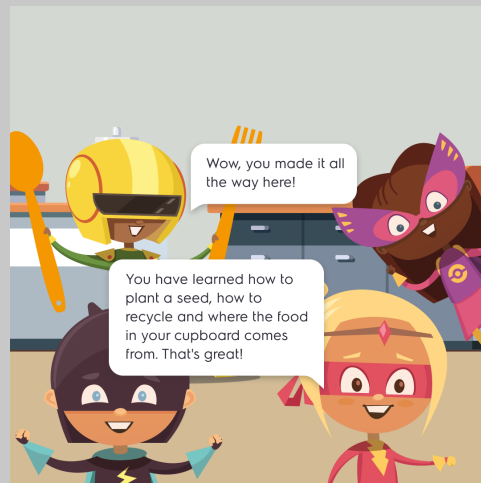
Make the most out of a lemon!

Bake a lemon cake using the juice and zest - save the seeds and plant more lemons! Also find the ugliest piece of fruit or vegetable in your home and give it a purpose.



6.

Hero costume



Wow, you made it all the way here!

You have learned how to plant a seed, how to recycle and where the food in your cupboard comes from. That's great!

Challenge No. 6

Create your hero costume!



Every hero needs a cool costume. So go to your closet and put together your superhero outfit.

If you want, take a picture and let your parents or guardians share it with us on Instagram. Use the hashtag: **#FoodHeroesChallenge**



Congratulations!

You're now a part of the Food Heroes!



Get your certificate on the link in our bio.

