

The diet that helps fight climate change

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Task 1

Discuss the questions with your partner.

1. What is climate change?
2. How has the climate on our planet changed for the last few decades?
3. What are the impacts of climate changes?
4. What is global warming? How do we know global warming is real?
5. How is climate likely to change in the future?
6. How can people fight climate change? How can an individual make big differences?
7. Do you believe that your diet has an influence on climate change?
8. Do you know how your diet affects the planet?

Take a [quiz](#).



Task 2

Complete the gaps with the numbers and phrases below.

330, 90%, 15%, 14 percent, 1 billion, equal, twice, five-fold, a quarter.

1. Our daily diet causes about _____ of all the global climate changes, that is almost twice as much as the effect from the cars.
2. The emission of about _____ grams of carbon dioxide takes place during the process of making one serving of beef. For chicken, there's more than a _____ drop in emissions.
3. Livestock causes _____ of global greenhouse gas emissions, that is _____ to the percentage caused by different types of transportation.
4. To help the environment you don't need to give up eating meat at all, eliminating about _____ of meat consumption will already make a big difference.
5. If all people have a Mediterranean diet, the global warming pollution will be reduced by _____ by 2050 that is equal to taking _____ cars off the streets.
6. We are currently eating about _____ as much meat as we really need to stay healthy.

Watch the [video](#) and check your guesses.

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livestock



carbon dioxide emission

Task 3

Watch the video again and answer the questions.

1. Which meat is it better to eat if you want to combat climate change?
2. Why does livestock have a big carbon load?
3. How do different ways of raising cattle influence the environment?
4. Which diet has the least impact on the planet?
5. What should people eat according to the presenter?
6. Are you ready to change your diet?
7. Read the article "[How your food choices can help fight climate change](#)". What are other measures you can take to prevent further climate changes?



Keys:

Task 2:

1. Our daily diet causes about a quarter of all the global climate changes, that is almost twice as much as the effect from the cars.
2. The emission of about 330 grams of carbon dioxide takes place during the process of making one serving of beef. For chicken, there's more than a five-fold drop in emissions.
3. Livestock causes 14 percent of global greenhouse gas emissions, that is equal to the percentage caused by different types of transportation.
4. To help the environment you don't need to give up eating meat at all, eliminating about 90% of meat consumption will already make a big difference.
5. If all people have a Mediterranean diet, the global warming pollution will be reduced by 15% by 2050 that is equal to taking 1 billion cars off the streets.
6. We are currently eating about twice as much meat as we really need to stay healthy.

Task 3

1. Which meat is it better to eat if you want to combat climate change? **(chicken)**
2. Why does livestock have a big carbon load? **(Partly because ruminant animals are gassy and the methane they produce is at least 25 times more potent than carbon dioxide, plus it takes a lot of land, fertilizers, and grain to all livestock.)**
3. How different ways of raising cattle influence the environment? **(American ranchers manage to reduce air pollution by restoring the land, experimenting with soil and grassland.)**
4. Which diet has the least impact on the planet? **(Vegan, vegetarian and Mediterranean)**
5. What should people eat according to the presenter? **(Fish and poultry a few times a week, beef once a month, plenty of fruit and vegetables and loads of olive oil. As an alternative, at least cutting down the portion of meat.)**