

Worksheet for the National Dairy Council Video “Dairy as part of a Healthy Sustainable and Balanced Diet”



Background

This worksheet is to accompany the National Dairy Council (NDC) Back-to-School video entitled “Dairy as part of a Healthy, Sustainable and Balanced Diet”. The video can be accessed on the NDC YouTube channel (<https://www.youtube.com/playlist?list=PLwYgTsV2Gym2-5dwB2keqyyQN4SqJtFoR>)

An additional resource to help you answer the questions is the Eating Sustainably Booklet available on the NDC website (<https://ndc.ie/our-publications/>)

Instructions

After watching the video, please answer the questions below.

Q1. What are the four pillars of sustainable diets?

Q2. List some actions individuals can take to eat more sustainably.

Q3. List some plant-based sources of protein.

Q4. It is thought that 30% of food is wasted across Irish households – list some ways that people could reduce the amount of food wasted every week.

Q5. Where would you go to find credible sources of nutrition information available on the internet?

Q6. How did you decide that the sources selected in Q5 were credible?

In this video, Sinéad makes a delicious feta & chickpea pesto pasta. Full recipe details can be found at <https://ndc.ie/recipes/feta-chickpea-pesto-pasta/>