

Analysis – school canteen – mandatory questions

1. Local and seasonal food

Some ingredients that are imported from faraway countries are also available nearby in the same or better quality. In that case it is not necessary to burden the environment with extra miles. Imported fruits and vegetables are picked before they are ripe in order to survive transport and thus contain fewer vitamins and minerals than those picked when they are ripe. In order to survive the transport, they are conserved with chemicals. Despite this, there are still many losses and wastage of produce from distant countries during transportation.

By buying local and seasonal food we have the power to decide how is are food produced.

Question	Answer																																			
<p>Do pupils receive fruit or vegetable grown in Malta?</p> <ul style="list-style-type: none"> Can you guess what is the proportion of fruit or vegetable of Maltese origin used in the canteen? 	<input type="checkbox"/> not at all <input type="checkbox"/> less than half of lunches in the month <input type="checkbox"/> more than half of the lunches in the month <input type="checkbox"/> everyday																																			
<p>Where do the ingredients used in the school canteen come from?</p>	<table border="1"> <thead> <tr> <th data-bbox="1120 906 1299 944"></th> <th colspan="2" data-bbox="1299 906 1863 944">Origin</th> </tr> <tr> <th data-bbox="1120 944 1299 983"></th> <th data-bbox="1299 944 1585 983">Local (Maltese)</th> <th data-bbox="1585 944 1863 983">Imported</th> </tr> </thead> <tbody> <tr> <td data-bbox="1120 983 1299 1066">Vegetables</td> <td data-bbox="1299 983 1585 1066"></td> <td data-bbox="1585 983 1863 1066"></td> </tr> <tr> <td data-bbox="1120 1066 1299 1104">Fruit</td> <td data-bbox="1299 1066 1585 1104"></td> <td data-bbox="1585 1066 1863 1104"></td> </tr> <tr> <td data-bbox="1120 1104 1299 1142">Meat</td> <td data-bbox="1299 1104 1585 1142"></td> <td data-bbox="1585 1104 1863 1142"></td> </tr> <tr> <td data-bbox="1120 1142 1299 1181">Dairy</td> <td data-bbox="1299 1142 1585 1181"></td> <td data-bbox="1585 1142 1863 1181"></td> </tr> <tr> <td data-bbox="1120 1181 1299 1219">Flour</td> <td data-bbox="1299 1181 1585 1219"></td> <td data-bbox="1585 1181 1863 1219"></td> </tr> <tr> <td data-bbox="1120 1219 1299 1257">Eggs</td> <td data-bbox="1299 1219 1585 1257"></td> <td data-bbox="1585 1219 1863 1257"></td> </tr> <tr> <td data-bbox="1120 1257 1299 1295"></td> <td data-bbox="1299 1257 1585 1295"></td> <td data-bbox="1585 1257 1863 1295"></td> </tr> <tr> <td data-bbox="1120 1295 1299 1334"></td> <td data-bbox="1299 1295 1585 1334"></td> <td data-bbox="1585 1295 1863 1334"></td> </tr> <tr> <td data-bbox="1120 1334 1299 1372"></td> <td data-bbox="1299 1334 1585 1372"></td> <td data-bbox="1585 1334 1863 1372"></td> </tr> </tbody> </table>			Origin			Local (Maltese)	Imported	Vegetables			Fruit			Meat			Dairy			Flour			Eggs												
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<p>Does the canteen menu prepare food according to which foods are in season? Does it serve different foods in the autumn and spring depending on what foods are growing and ripening in the Maltese Islands?</p>	<p>Always – quite regularly – hardly ever – never</p>	
<p>Do you use any fruits or vegetable planted/grown in the school garden?</p>	<p>In the school canteen: YES/NO What?.....</p> <p>During cooking classes: YES/NO What?.....</p> <p>Somewhere else : YES/NO What?.....</p>	

2. Means of production – bio-products, organic farming and fair trade

The way our food is produced has a crucial impact on the health of Earth and its inhabitants. 70 % of the world's population still works in the agriculture. Production methods matter more than you think.

***Fair trade** enables people from Africa, Asia and Latin America to work with better trading and working conditions. Workers are fairly paid, they grow the food with respect to the environment and their children can go to school.*

***Organic farming** is one of the forms of modern agriculture without using chemical fertilizers which have negative impacts on environment and lives of people and livestock.*

Question	Answer	
Are any of the ingredients used in the canteen Fair Trade? Which ones?		
Are any of the ingredients used in the canteen organic products? Which ones?		

3. Meat consumption

Growing global demand for meat leads to an increase in its production. Factory farming needs enormous amounts of feed that requires a big area of land as well as a large amount of water. Feed is mostly imported from Latin America where it is grown on large fields created after cutting down the original forests. To produce a kilogram of beef on the Maltese market, approximately 5 000 – 15 000 litres of water is needed, as well as a large expanse of land – depending whether it comes from extensive or intensive farming. Intense farming additionally releases big quantities of methane to the atmosphere – and it is one of the strongest greenhouse gases. Growing intense production of meat significantly contributes to global climate change. The famous Beatle Sir Paul McCartney has for instance started a campaign called “Meat Free Monday” in order to reduce the impact of meat production on our planet, <http://www.meatfreemondays.com/>. 😊

Question	Answer	
How many times a week you can choose to eat a meat free meal in the canteen?		

4. Agrobiodiversity

Agrobiodiversity is a variability of agriculture crops and animal breeds. It keeps decreasing and old original varieties are replaced by new highly-productive varieties that produce more tons of wheat, more milk, meat or eggs. Traditional varieties are less profitable but they preserve different strengths as resistance to climatic changes and to diseases, and have consistent and seamless fertility and longevity. Those qualities can become more important together with changes to the environment.

Question	Answer	
Does the school canteen use different varieties of one ingredient (for instance as cereals – millet, buckwheat, bulgur...)?		
Does the school canteen use traditional local varieties of plants?		
Does the school canteen use traditional Maltese varieties of animals?		

5. Processed food and palm oil

Processing food is a method through the use of a specific way such that the ingredients are transformed to a new one with different qualities. We consume an ever increasing amount of processed food that causes increased obesity among children and adults. Taste and expiration of processed food is being improved by palm oil that is known as the most traded oil in the world and it is present in 50 % of pre-packed food. Intense production of palm oil leads to deforestation, violation of the human rights of the original Indonesians but also to pollution of the atmosphere and oceans.

Question	Answer	
Are meals made from fresh ingredients? What percentage do you think?		
Does the canteen use ingredients containing palm oil? What ingredients and with what amounts of palm oil?		
Does the school canteen use palm oil to prepare meals (for frying, baking, etc.)?		

6. Food Waste

The average European throws out around 100 kg of food a year and, according to estimates, around a third of all food produced ends up in waste dumps even though most of that could be still be used. When we do this we don't waste just food but also the water, energy, land and money used for producing the food.

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Is it possible to ask for a smaller portion and have seconds?																								
<p>How much food is thrown away in the canteen?</p> <p><i>*Talk with those who manage the canteen to see whether you could weigh or measure the amount of leftovers (both returned by diners and what is left over in the kitchen and thrown away). Calculate how much food is thrown out per week.</i></p>	<table border="1"> <thead> <tr> <th data-bbox="1131 491 1339 635"></th> <th data-bbox="1339 491 1639 635">Meal (write down what meal was served so you can replicate the analysis in future)</th> <th data-bbox="1639 491 1937 635">Amount in kg or in litres</th> </tr> </thead> <tbody> <tr> <td data-bbox="1131 635 1339 678">Monday</td> <td data-bbox="1339 635 1639 678"></td> <td data-bbox="1639 635 1937 678"></td> </tr> <tr> <td data-bbox="1131 678 1339 721">Tuesday</td> <td data-bbox="1339 678 1639 721"></td> <td data-bbox="1639 678 1937 721"></td> </tr> <tr> <td data-bbox="1131 721 1339 764">Wednesday</td> <td data-bbox="1339 721 1639 764"></td> <td data-bbox="1639 721 1937 764"></td> </tr> <tr> <td data-bbox="1131 764 1339 807">Thursday</td> <td data-bbox="1339 764 1639 807"></td> <td data-bbox="1639 764 1937 807"></td> </tr> <tr> <td data-bbox="1131 807 1339 850">Friday</td> <td data-bbox="1339 807 1639 850"></td> <td data-bbox="1639 807 1937 850"></td> </tr> <tr> <td data-bbox="1131 850 1339 861">Total</td> <td data-bbox="1339 850 1639 861"></td> <td data-bbox="1639 850 1937 861"></td> </tr> </tbody> </table>				Meal (write down what meal was served so you can replicate the analysis in future)	Amount in kg or in litres	Monday			Tuesday			Wednesday			Thursday			Friday			Total		
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What do you do with desserts, fruit, yoghurts that you have in your tray and don't eat whilst in the canteen?	<ol style="list-style-type: none"> <li data-bbox="1176 869 1825 896">1. We are not allowed to take it out of the canteen. <li data-bbox="1176 901 2004 928">2. We can put it in a special place where someone else can take it. <li data-bbox="1176 933 1624 960">3. We have to take it away with us. 																							
Where do the canteen leftovers end up?																								
Does the canteen ask what students like and what they don't?																								