Leeds Permaculture Design Course Exercise: What do I eat?

Purpose of the exercise: To identify and evaluate your involvement in and impact on food cycles.

How to do it: In the first column ("food"), write down the ingredients of your last meal (you can do a full day to get a better overall impression). Then follow through each food item and write down what you know about it – see columns. If your last meal was 'toast', please pick a different meal... When you have filled in the grid, answer the three questions on page two.

Food	Immediate Source	Origin	Processing	Organic / Fair trade etc	How I feel	Change?
E.G. carrots, millet, wheat, potatoes, chocolate cake.	Where you got it from – garden, supermarket etc.	Where the food was grown.	How was it processed. You can include packaging here.	Was it organic, fair trade, certified in any way.	How you feel about eating that food.	For those foods you feel less than totally happy with, note down any changes you might make.

1. Assess the most sustainable and unsustainable aspects of your diet, evaluate how your dietary choices impact the wider environment.	
2. Describe an example of how you affect the food cycles of other species.	
3. Create an action plan to develop and maintain own sustainable strategies for food sourcing and consumption that reduces the impact on th	•
local or wider environment. This could be as simple as three prioritised next steps you can take to make your diet more sustainable and health	y.
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