



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 the local or wider environment. This could be as simple as three prioritised next steps you can take to make your diet more sustainable and healthy.
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