



Tracking Sheet

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INVESTIGATE YOUR SCHOOL MEALS



Its time to investigate a meal from your school menu! You may need some help from your school cook. Ask if they have a **list of ingredients** or an **ingredients book** to help you.

The Meal: _____

Question	Yes	No	Don't Know	Action
1. Does the dish contain chocolate or cacao?				
2. If the dish contains cacao, is it Fair Trade ?				
3. Is your dish plant based/ meat free?				
3a. Does it include any animal products? eg milk, eggs, butter				
4. If your dish contains animal products, are they either certified organic, grass or pasture fed, or MSC certified?				
5. Does the dish contain palm oil?				
6. If your dish contains palm oil, is it RSPO certified?				

How Deforestation Free is your Meal? (tick)

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