



Ariennir gan
Lywodraeth Cymru
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Investigate your school meals



This activity will help you identify forest-risk ingredients in your chosen meal and suggest follow-up actions, helping to consolidate your learning so far.



Here is a glossary to explain a few words you might not have heard before



Social Impact: intentional changes people make that affect others, all living things included.

Ethical Certification: this ensures that products meet high standards for people and the environment, eg Fairtrade

Ethically Sourced: All items are chosen because they have an ethical certificate.

Unsustainable: not able to be maintained at the current rate or level.

If there are more words you don't understand, ask your teacher or use a search engine to help you.

**It is time to investigate your
school menu!**

**Choose one dish and
answer the
following questions...**





1. Does the dish contain
chocolate or cacao?

YES

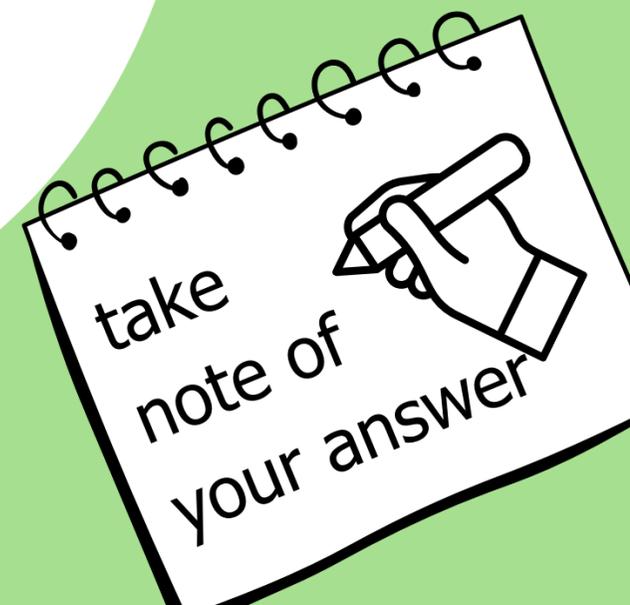
NO

Don't know



Don't know

Ask your school canteen



2. If the dish contains cacao, is it Fairtrade?



YES

NO

Don't know

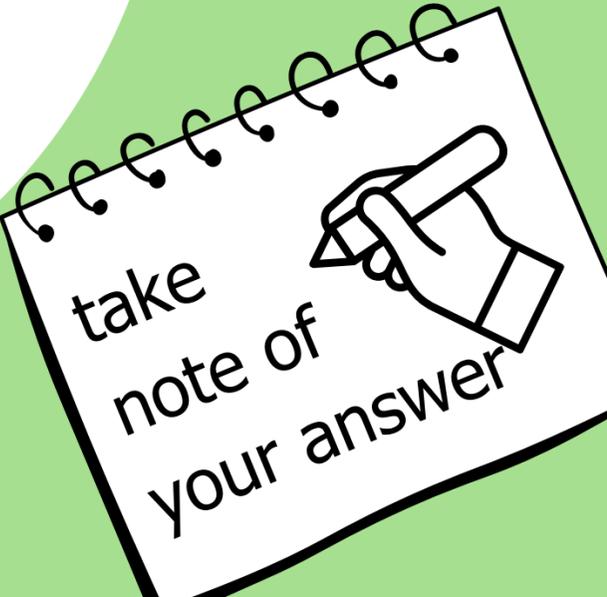




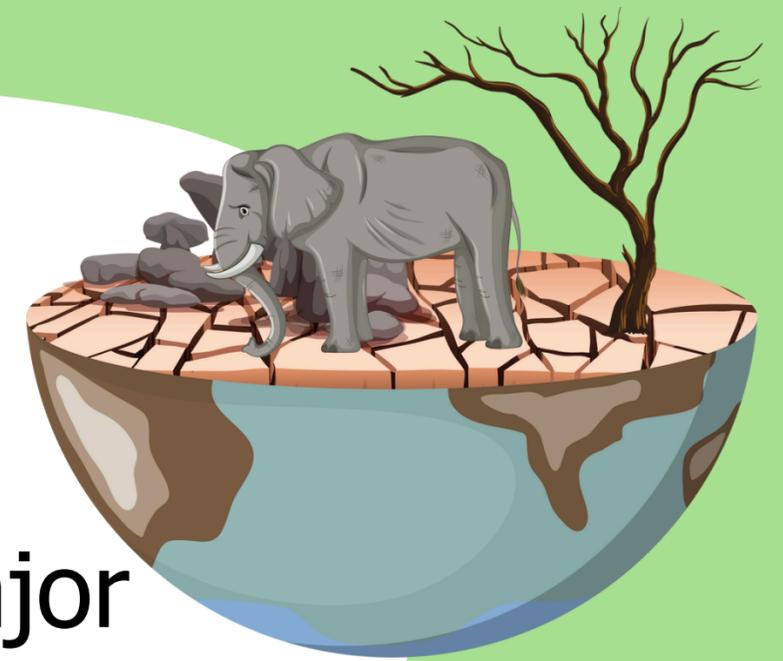
Yes



That's good news! Fairtrade not only means better pay and conditions for farmers and workers in the Global South, but Fairtrade standards guarantees no deforestation

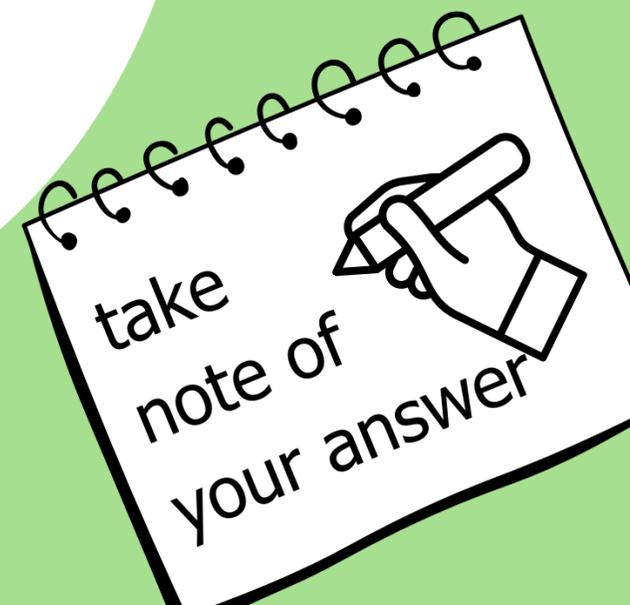


No



Unsustainable cacao production is a major driver of deforestation and social impacts, such as child labour.

Use your voices to call for change and get Fairtrade cacao on your school menu!

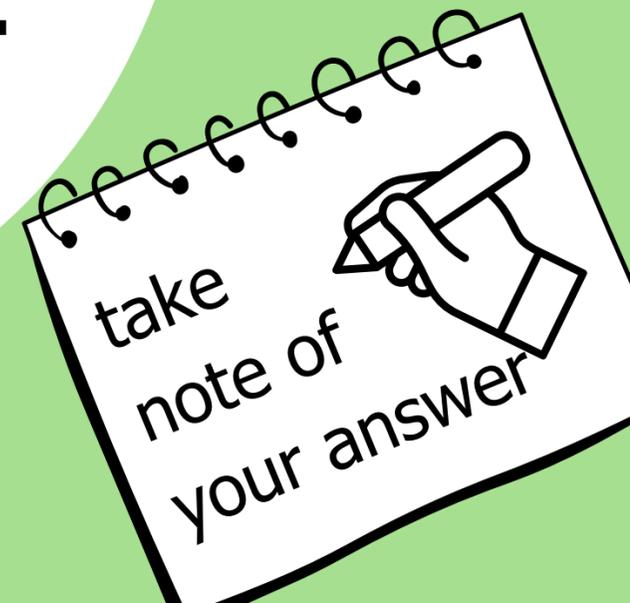




Don't know

Ask your school canteen, check the packaging
or use our handy resource:

"Write to the chocolate company" to find out.



3. Is your dish meat free?

YES

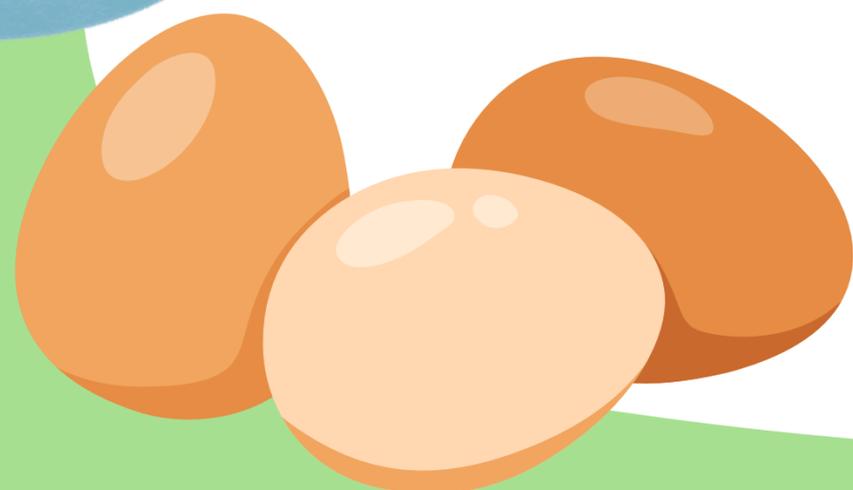
NO



3a. Does it include any animal products for example; dairy (cows milk, butter, cheese, yoghurt) eggs, gelatin.

YES

NO

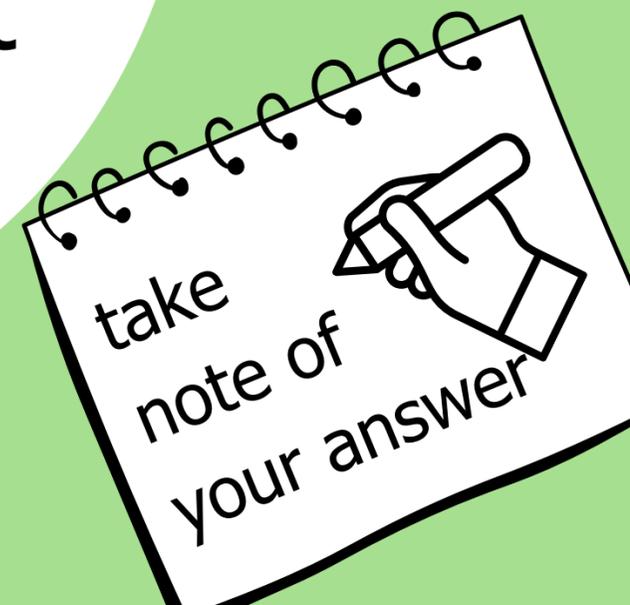
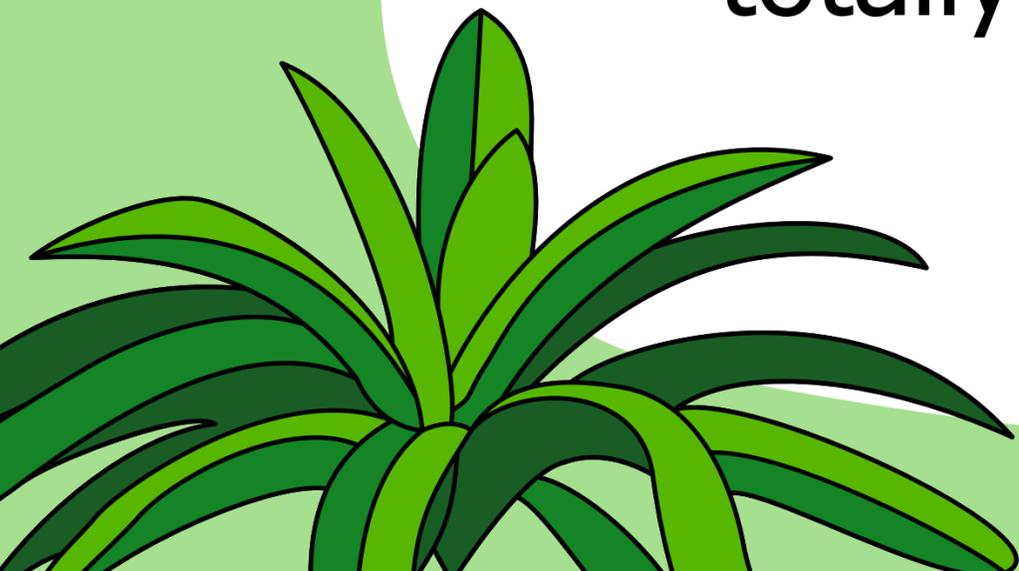




Yes



Great! Eating plant based removes the risk of tropical deforestation that can be linked to animal products. For it to be totally deforestation free check it doesn't include palm oil (question 5)



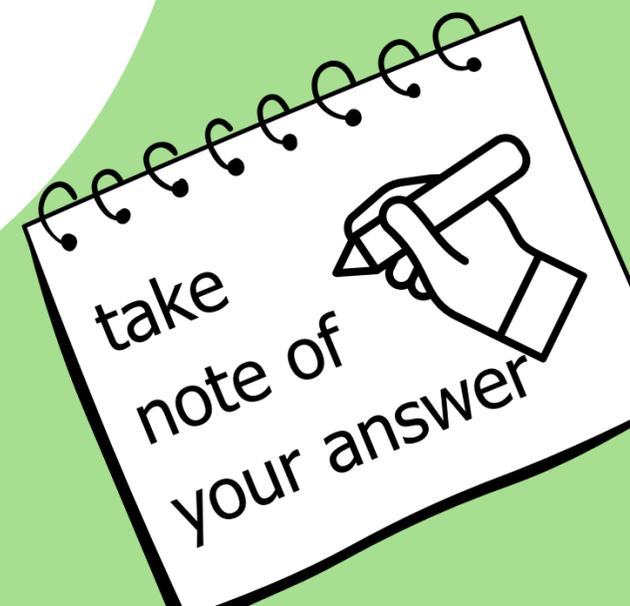
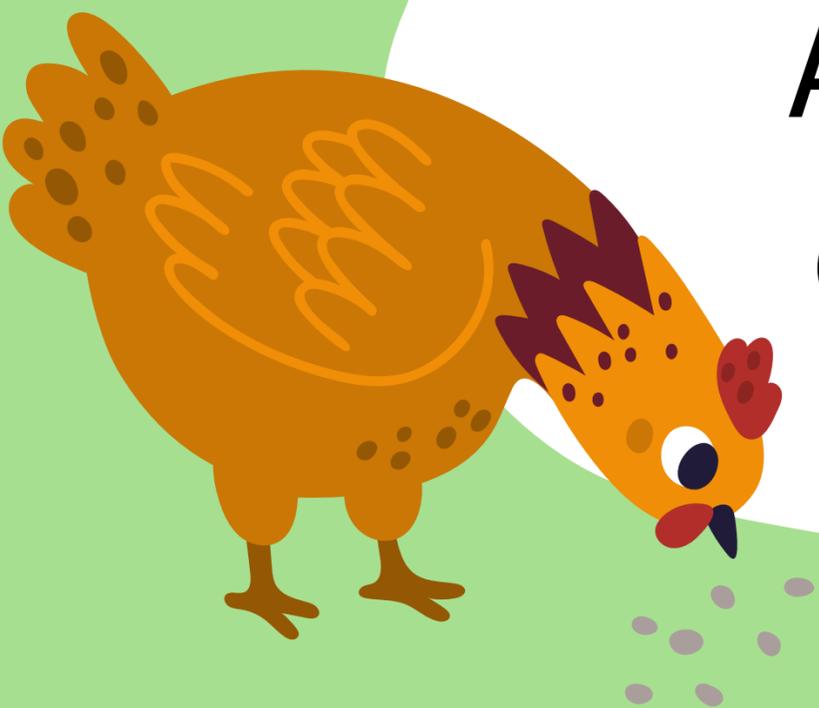


No



Animals may have been fed soy and palm based feeds, which increases the risk of deforestation.

Animal products may contain embedded soy and/ or palm



4. If your dish contains animal products, are they either certified organic, grass or pasture fed, or MSC certified?

(Animal products include: meat, eggs, dairy and fish)

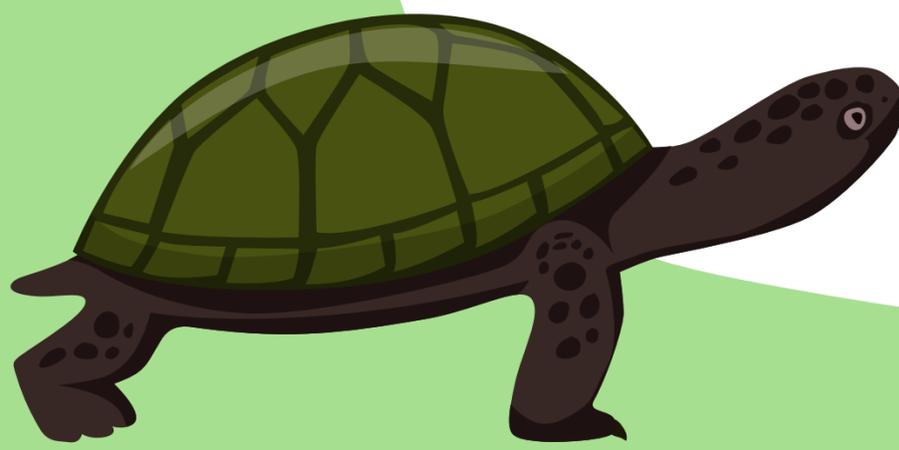


YES

NO

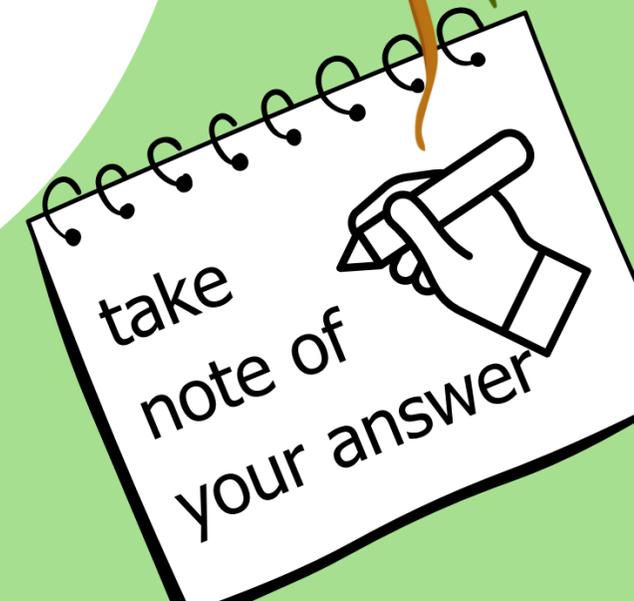
Don't know



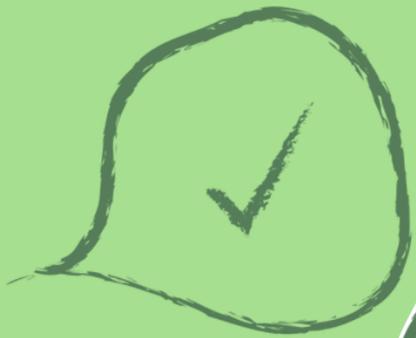


Yes

That's excellent! Ethical certifications can help reduce the risk of tropical deforestation and social impacts by ensuring that growers and producers follow strict production standards.

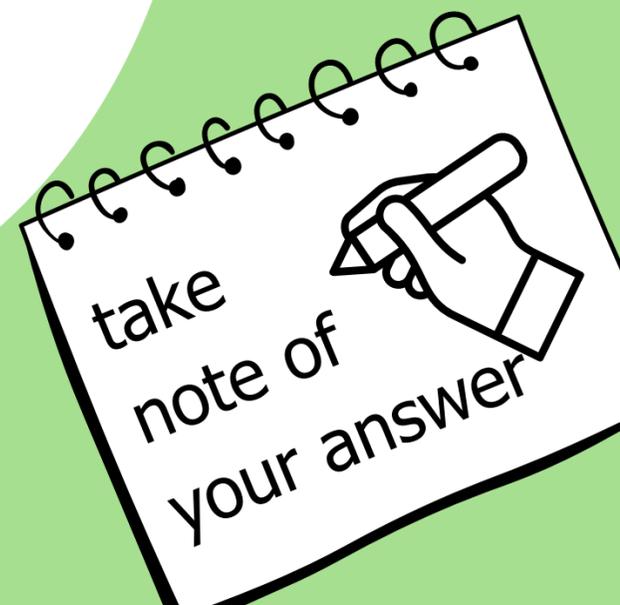
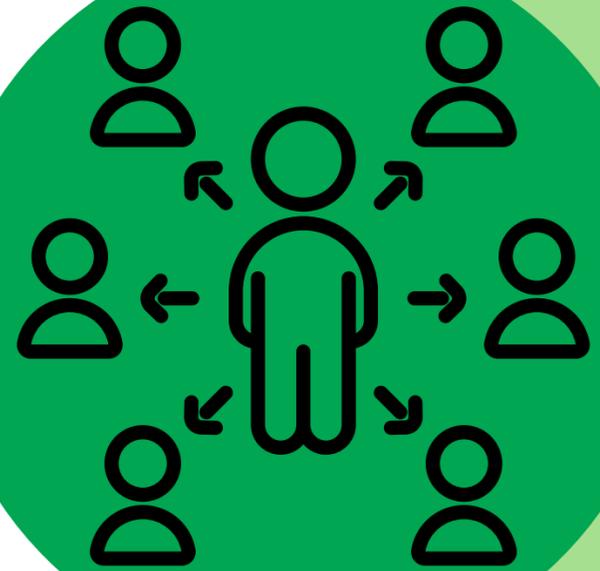


take
note of
your answer



No

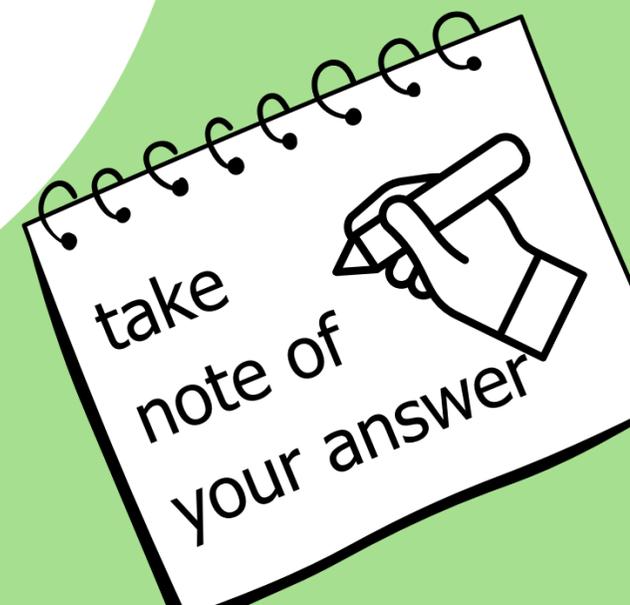
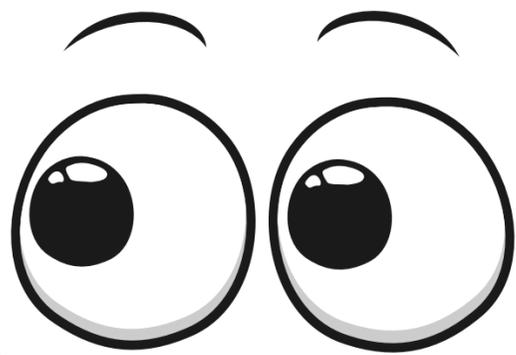
Many animals are fed on a diet of soy and palm-based feeds, which increases the risk of deforestation and social impacts. Ethical certifications can help reduce this risk, however ethically sourced animal products can be expensive, so we need to use our voices to call for change to ensure everyone has access to healthy, climate friendly food.



Don't know



Don't know- Ask your school canteen, check the packaging or contact your school's catering company to find out

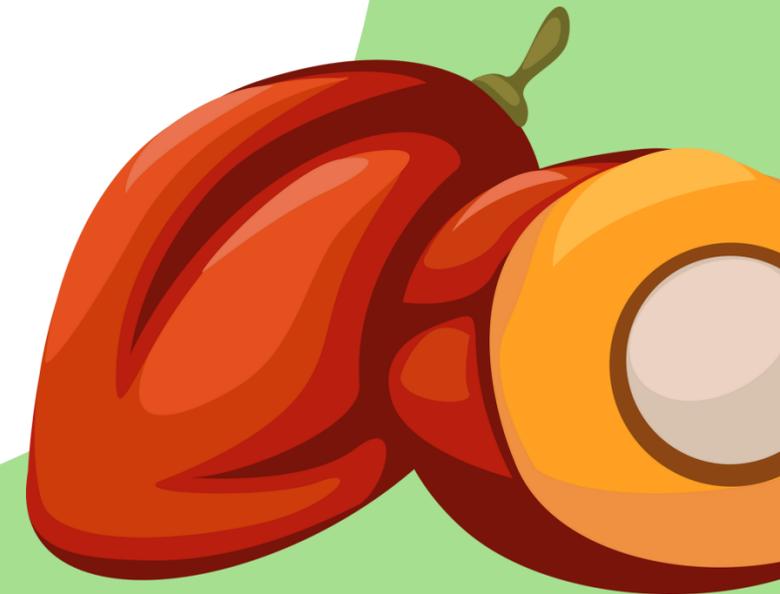


5. Does the dish contain
palm oil?

YES

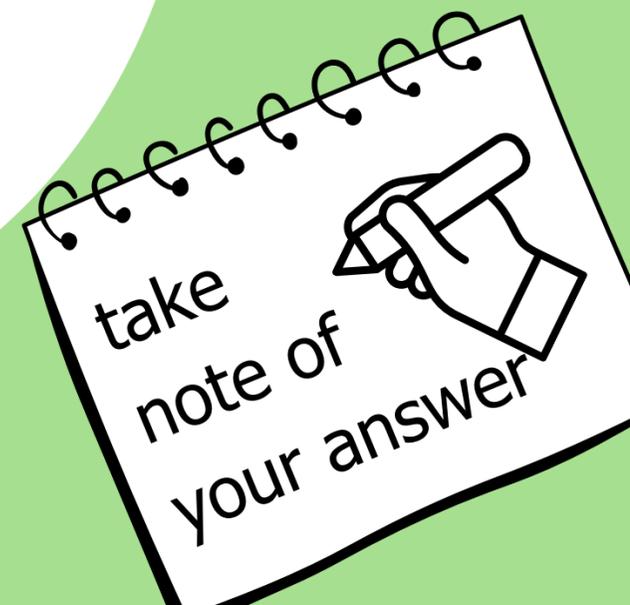
NO

Don't know



Don't know

Ask your school canteen or catering company



6. If your dish contains palm oil, is it **RSPO certified?**

(Look out for the RSPO logo or the words 'contains certified sustainable palm oil').



YES

NO

Don't know



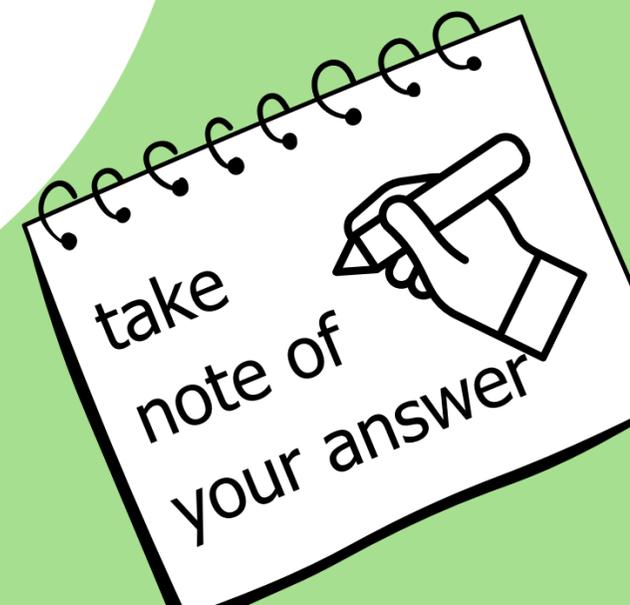


Yes

This is a good start!



Fully traceable, RSPO certified palm oil is helping to reduce rates of deforestation, but we still need to call for stronger standards.



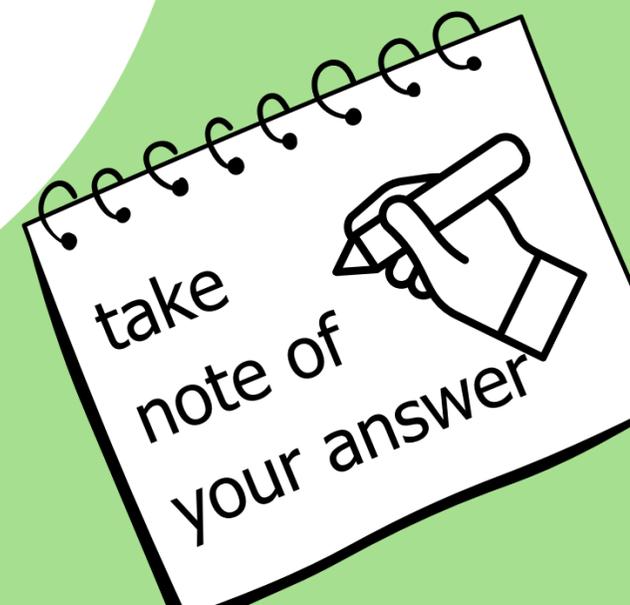
No



Unsustainable palm oil is the number one cause of deforestation in Malaysia and Indonesia.

We have to reduce how much palm oil we consume, e.g. by reducing ultra-processed, packaged foods, and make sure products containing palm oil are RSPO certified.

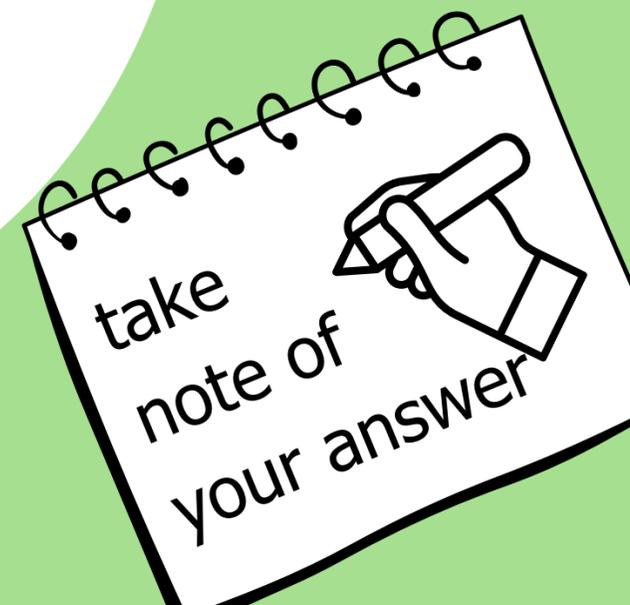
Write a persuasive letter or record a call out to your local council to commit to sourcing 100% RSPO certified palm oil.



Don't know



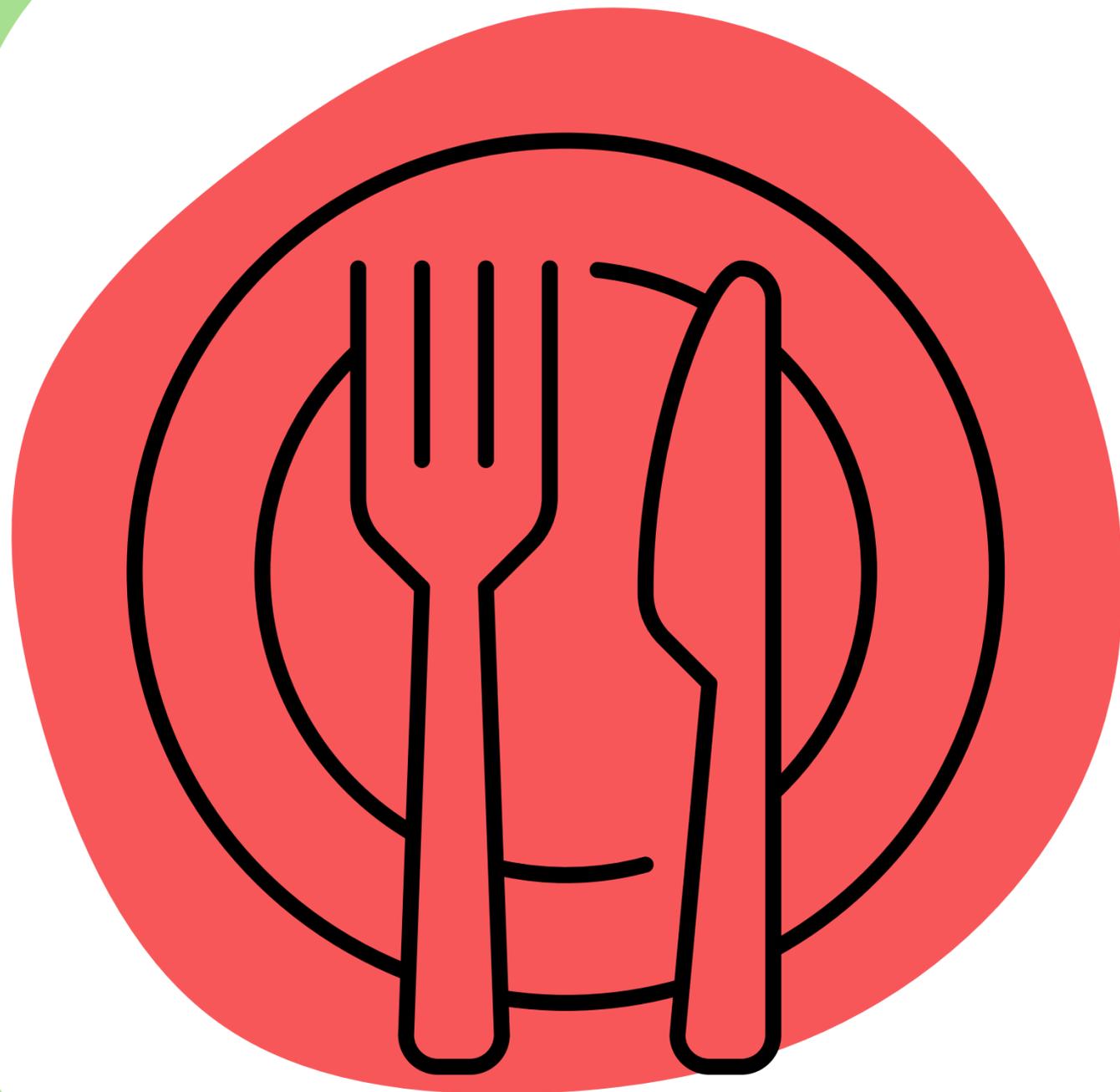
Ask your school canteen and use the Chester Zoo palm oil scan app to find out.



Rate my plate

Rate the meal, based on how close to "Deforestation Free" you think it is:





RED

You have
identified
ingredients that
are likely to be
causing
deforestation



AMBER

You are not sure but there is definitely at least one forest-risk ingredient and you need to investigate further.



GREEN
It is
Deforestation
Free



What next?

Tick the actions you need to take next:

1. Ask your school canteen or catering company for more information about ingredients
2. Write to the company that makes the products to find out more
3. Write a persuasive letter or record a call out to your local council, asking them to commit to reducing ingredients that cause deforestation (more details for your teacher on the next slide) 
4. Use our voices to call for change to ensure everyone has access to healthy, climate friendly food



Teacher note

Points you could include in your persuasive letter, select the points relevant to your menu:

- reduce the use of ultra processed foods that contains a lot of palm
- Increase the amount of plant based proteins.
- Source grass fed meat, organic meat and dairy
- Source fair-trade products
- All palm oil 100% RSPO certified