

Ethical Eating

C.H.A.N.G.E.R.S. – 2.0



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A young girl named Maya is walking around a farmer's market in a rural area with her grandmother, Mrs. Jenkins.

Grandma, why do you always buy fruits and vegetables from this market instead of the supermarket?

Well, Maya, it's because these fruits and vegetables are grown here by our neighbours and they taste much better and healthier.



Maya approaches the stall where a farmer, Mr. Smith, is selling organic fruits and vegetables.

Hi there, Maya! I grow organic food because it's better for people's health. I don't use harmful pesticides or chemicals that can harm the land or those who consume the food.

Sir, why do you choose to grow organic food?



An illustration of an elderly woman with grey hair and red cheeks, wearing a yellow sweater with a red collar, sitting at a kitchen table. She is looking surprised. Next to her is a young girl with brown curly hair and red cheeks, wearing a green shirt, smiling. They are both sitting at a table covered with a yellow tablecloth that has a decorative orange and blue pattern along the bottom edge. On the table are plates of food, including a sandwich and a bowl of rice and vegetables, and a glass of water. The background shows a kitchen with orange cabinets, a blue sink, and shelves with various items like books, a potted plant, and a bowl.

Maya and her grandma are sitting at their kitchen table, having a delicious meal prepared with the fresh food they bought.

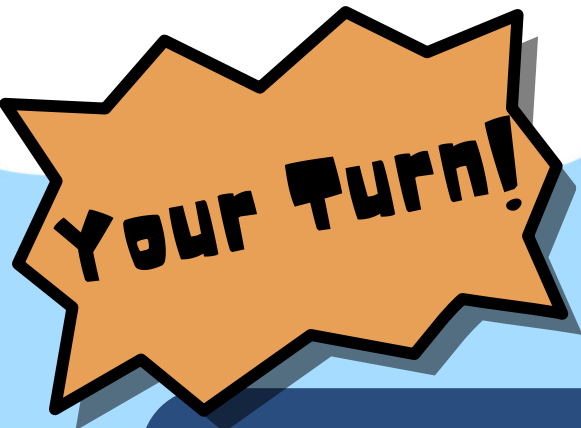
Grandma, I learned at school that eating locally grown and organic food is not only good for our health but also helps protect the environment by reducing the carbon footprint.

I didn't know that Maya, but it makes sense. By supporting local farmers and choosing organic, we can contribute to a healthier planet and ensure that future generations can enjoy nutritious food too.

Maya looks inspired.

I want to learn
how to grow my own
vegetables like Mr. Smith
someday. That way, I can help
take care of the environment
too and eat healthy
forever!





YOUR TURN!

- Why do you think it's important to support local farmers and buy organic produce?
- What are some ways we can encourage more people to choose ethical eating practices?
- What role do you believe education plays in promoting sustainable food practices in younger generations not so familiar with the rural life, as demonstrated by Maya's newfound knowledge from school and her desire to make a positive impact on the environment?

