



# FOOD LITERACY

## Final Deliverables

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**How much do you know about your food?**

**Learn more about the impact of what you eat**



# How Much H<sub>2</sub>O Is In Your Burger



85 Liters 2626 Liters 90 Liters 6 Liters 1 Liter

**2808 Liters of Water**

About 34 Bathtubs Of Water

# How To Adapt A Healthier And More Sustainable Diet



**Eat more  
fruits and  
vegetables**



**Eat Whole  
Grains**



**Avoid Over  
Eating**



**Eat Dairy In  
Moderation**



**Swap Animal Protein  
to Plant-based Protein**



**Avoid Plastic Packaging**

**Don't Eat With Your Eyes**



**Only Take What You Need**