



FOOD & FARMING  
DISCOVERY TRUST

# CONSCIOUS CONSUMERS

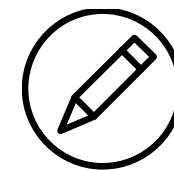


Personalised Nutrition

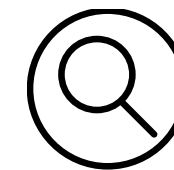
# Introduction

Use this presentation to work your way through the topic workbook and activities.

Different activities will have different needs, you'll find icons according to the action you need to take:



Where there is an activity for you to do

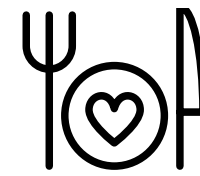


Some activities that you need to complete will require another resource

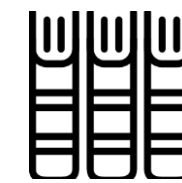


When you need to check the workbook

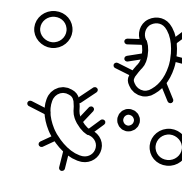
# In this session you will:



Explore what foods can promote a healthy gut microbiome



Learn about microbes



Think about the links between soil health and gut health



# Warm up activity

**Before we start exploring the topic, we want you to get your brain in gear.**

There is an activity on the next slide to consider. You can think about it on your own, in pairs or as a group. You might want to share your thinking before moving on.



# How do we eat for a healthy microbiome?

Read p. 5-6 of the Conscious  
Consumers Workbook



# Watch the following films



**Lindsay Hall**

Microbiologist at the Quadram Institute, Norwich

**→ [Introducing the Microbiome](https://www.youtube.com/watch?v=vllh3V8aq-I)**

**<https://www.youtube.com/watch?v=vllh3V8aq-I>**



**Lucy Williamson**

Qualified Vet and Nutritionist, London

**→ [Nurturing your inner garden: from soil health, to gut health](https://www.youtube.com/watch?v=m0jmlDhJTsg)**

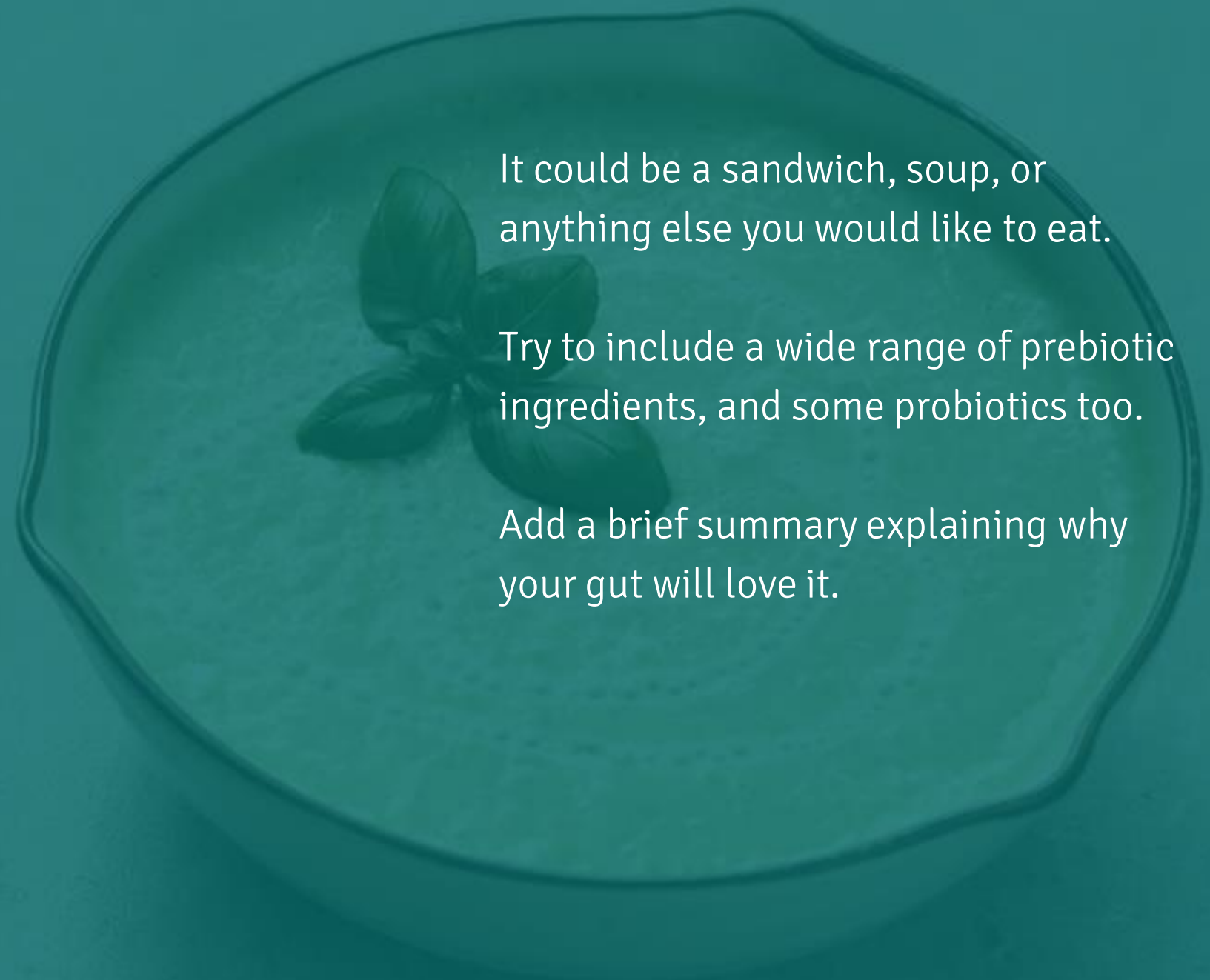
**<https://www.youtube.com/watch?v=m0jmlDhJTsg>**

**→ [The Science behind good mood food](https://www.youtube.com/watch?v=MRZOjSbzo2k)**

**<https://www.youtube.com/watch?v=MRZOjSbzo2k>**



## **Activity 1:** **Design a microbe-boosting lunch**



It could be a sandwich, soup, or anything else you would like to eat.

Try to include a wide range of prebiotic ingredients, and some probiotics too.

Add a brief summary explaining why your gut will love it.



## Activity 2: Name and Shame – Fad Diets

There are numerous 'fad' diets which claim to be good for us and help us lose weight.

Find three examples on the internet. Briefly explain why none of them are very good for your gut bacteria, and therefore your immune system and overall health.





## Optional Extra activity: Fermented foods

Fermented foods can contain probiotics for our gut - watch the following film to see how to make a basic sauerkraut using just vegetables and salt.

→ [Fermented vegetable recipe and demonstration](#)

· Why not try making your own at home?!  
Start with a white or red cabbage, and salt, and then add extra vegetables you like. There are lots of ideas for ingredients online.

Don't forget to sterilise your jars!

You could also try making sourdough or yoghurt – the ingredients are cheap and easy to get hold of, and various recipes and techniques are available online.

# Challenge

We hope you are feeling inspired to continue your journey through Conscious Consumerism.

See page 11 of the workbook for more details

If so, have a go at one of the following two challenges:

## Design communication materials

to dispel common myths and help people gain a better understanding of the topic. This could be in the form of a blog, a poster, leaflets or a podcast for example.

## Develop a campaign

to collect real data and report your findings or to encourage people or companies to change behaviours. For example, you could collect data from your school canteen to measure the food miles of the ingredients used, or you could create recipe cards to feed your gut microbes.

Let us know what you produce - tag us on social media via @ffdt\_uk use the hashtag: #ConsciousConsumerWorkshops

# Thank you

You can find this and other materials [here](https://ffdt.co.uk/learn):

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