



My Impact on Cycles

OBJECTIVE

Understand how your food choices relate to the **water, carbon, nitrogen and phosphorus cycles**, developing awareness of your plate's environmental impact and identifying **realistic improvements**.

YOUR MISSION

For **three days**, analyse **three meals** you usually eat, one a day.

Step 1 — Choose Your Meals

Notes:

Day	Chosen meal
Day 1	
Day 2	
Day 3	

Step 2 - Analyse the impact

For each meal, he evaluates the following aspects and marks on a simple scale.

Meal	Water	Carbon	Nitrogen	Phosphorus
	☐ low ☐ medium ☐ high	☐ low ☐ medium ☐ high	☐ low ☐ medium ☐ high	☐ low ☐ medium ☐ high

(Hint: legumes → lower impact on nitrogen; highly processed meals → higher impact on carbon and phosphorus)



Step 3 — Watch for patterns

Answers:

- Which meal had **the highest impact**? In what cycle?

- Was there any with a **more balanced impact**? Which one?

Step 4 - Realistic improvement

Choose a **possible improvement** for one of the meals analysed:

- ☐ Change an ingredient
- ☐ Reduce quantity
- ☐ Choosing a plant-based alternative
- ☐ Opt for local/seasonal product

MY IMPROVEMENT:

FINAL REFLECTION

What changes in the way you choose what you eat when you think about the **natural cycles** involved?



FOODWISELAB TIP

Thinking about nature's cycles helps you realize that each meal is part of a **living system** — and small changes can have a big impact.