



Can You Balance the Cycles?

OBJECTIVE

Analyse an everyday meal in the light of **natural cycles** (water, carbon, nitrogen and phosphorus) and understand how small changes can make it more sustainable and friendly to the soil and ecosystems.

YOUR MISSION

Choose **a meal that you usually eat** (lunch or dinner) and answer the following questions - **one for each cycle**.

Step 1- Identify the meal

Chosen meal: _____

Main foods: _____

Step 2 - Analyse the cycles

1. Water cycle

Does this meal need **a lot of water** to produce?

Can you replace it (or part of it) with a **seasonal food** that uses less water?

Answer:

2. Carbon cycle

Did this meal travel **many kilometres** to reach your plate (food miles)? How could you **reduce those distances**?

Answer:



3. Nitrogen cycle

Does the meal include **legumes** (beans, chickpeas, lentils, peas), which help fix nitrogen and reduce the use of fertilizers?

If not, **where can you add them?**

Answer:

4. Phosphorus cycle

Does this choice contribute to **avoiding eutrophication** of rivers and lakes?
(Considers the origin of food and production systems.)

Answer:

Important Note

Preferring food from soil-taking **agricultural systems** helps prevent excess nutrients in rivers and protect aquatic ecosystems.

Step 3 - Create your balanced meal

Now, it reformulates the initial

meal. **New Balanced Meal:**

Explains how this release

supports:

- **Water cycle:** _____
- **Carbon cycle:** _____
- **Nitrogen cycle:** _____
- **Phosphorus cycle:** _____



FINAL REFLECTION

What simple changes can you apply in your daily life to help **balance nature's cycles** through food?
