A picture containing shirt, refrigerator

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**Answer the questions on the left, then try to find your way to each picture in the planet friendly maze!**

**CHALLENGE!**

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**SUSTAINABLE EATING –**

**WHAT FOODS ARE BETTER FOR THE PLANET?**

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**QUESTIONS**

**1. What can we eat MORE of to help the planet?**

**2. Eating \_\_\_\_\_ less often is planet kind. Can you give an example of food that contains this? \_\_\_\_\_\_\_**

**3. Which bin should we put left over food? \_\_\_\_\_\_\_**

**4. True or false – drinking water is better for the planet than a soft drink?**

