

What if your lunch could change someone else's day?

Read the four perspectives on your card/on the next slide.

Think. Talk. There are no wrong answers.



One meal, many lives... What if your lunch could change someone else's day?

The farmer in drought

In parts of the world, land that could grow crops for local families is used instead to grow animal feed. A family in a country facing water shortages is watching their fields dry up - while nearby, huge amounts of water go to livestock farming.

A teenager in another country

She's the same age as you. She goes to school, has friends and worries about exams. But getting nutritious food where she lives is not always that easy. Experts say that changing how we use farmland could help produce more food for more people globally.

A cow on a farm

She didn't choose to be here. Like you, she can feel comfort and fear. She has her own way of moving through the world - and her own preferences. She cannot speak for herself.

You

You make choices every day - about food, about time, about what you care about. Most of those choices feel small. But when lots of people choose the same thing, the effect gets bigger.

1. Which perspective surprised you the most and why?
2. One thing I hadn't thought about before is...

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The farmer in drought

In parts of Sub-Saharan Africa and South Asia, families farming small plots watch nearby land being converted to grow soy and grain - much of it exported to feed livestock in wealthier countries. The land is legally sold, the market is global, but the local food supply shrinks.

A teenager in another country

She is studying for exams that she hopes will change her future. Her country faces food insecurity - not because food doesn't exist globally, but because of how resources are distributed. She didn't choose the food system she was born into. Neither did you.

A cow on a farm

She exists in a system entirely designed around human use. Research shows that many farmed animals are capable of forming social bonds, experiencing stress, and showing preferences. She has no legal standing in most countries. Her interests don't appear in trade negotiations or policy documents.

The policymaker

She needs to balance food industry jobs, trade agreements, public health, environmental targets, and voter opinion - all at once. She knows the data on land use and hunger. She also knows that suggesting dietary change loses elections. What would you do in her position?

You

You live inside a system you didn't design. You make choices daily that feel personal but have collective effects. You probably already know something you do that isn't entirely consistent with your values. Most people do. That gap, between what we know and what we do, is called cognitive dissonance. It's human. What matters is what you do with it.

1. Which perspective is the hardest to argue against and why?
2. Name something you know which might cause harm but is hard to change. What makes it difficult?

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YOU

TASK: Finish these sentences

I hadn't thought about...

This made me feel...

Word bank

surprised
confused
sad
curious
uncomfortable
interested