

Instruction Food diary



In a food diary the own consumption behaviour is documented. This includes: what you buy, actually eat and what eventually is thrown away. To get the most accurate overview of your own consumption, a food diary is kept for a week (7 days). A blank food diary template (writable PDF) is available for download on our website www.globalclassroom.de. In order to put your food diary in a global context, we would also ask you to complete a quick questionnaire („My weekly shopping bag“), which you can download as writable PDF here.

How your food diary should be filled in, is explained here:

On the first page you can write what you ate and drank for breakfast, lunch and dinner in the corresponding text boxes. Here we ask for as much detail as possible. Not only what, but also how much counts. Honesty is key! At the bottom there is still room for the little „sins“ in between aka snacks - whether it's a chocolate bar from the next shop or a quick yogurt in the break room. Everything is worth writing down. We are also happy to receive pictures of some of the given meals. They don't have to be professionally made pictures, just the plate and its contents. No camera, no problem! Maybe you can draw or paint a full plate or two?

On the second page you can write down your shopping list. It's not only important what has been bought, but also where. Be it at the local market, in the organic or conventional supermarket. There is also space for a picture of the goods bought, either the shopping bag or at home and unpacked.

On the other half of the page there is room for things that did not make it into your stomach. Everything that was thrown away over the 7 days is listed here. Maybe you can tell us why it was disposed of as well? There is also room for a picture. For example, from the garbage bag after all the time.

The final product of a week's recording shows you how and what you consume and throw away and can shed new light on your consumption behaviour.

Ultimately, we want to compile a guide of various consumer styles around the world. The aim is to enable people to learn about different lifestyles, to change their views and provide tips on how to live a more sustainable life.

Don't panic, all data are treated anonymously! The Information you provide will only be used in the context of our Project "Food Diaries". The project provides environmental education for students in Berlin. Your food diary might be included in free educational material, a brochure on food diaries and the their footprint and on our website.