# figure-food-famine

B6: Make a plan about at least one thing you could do as a consumer and one thing you could do as a citizen.

As a consumer I really watch out on what I buy and eat. For me it is really easy to eat no meat, because I think it is dusgusting to have an animal between my teeth. Especially if the animal has previously lived before badly through keeping etc.

It is ok to eat meat in my opinon, but just if the animal have had a good life. For example my father just eats "wild meat", so animals, who live in the forest.

Another point to protect the planet is to shop less. 70% of my closet is secaund hand. This is something I am really proud of it. But what I have to try or plan is to sell my old clothes on a flea markt or to give it friends.

What I also do is to grow my own vegetables and fruits. Not just because of to protect to planet, it also tastes better and is practical, because I ever have something in the garden and don't have to go buy it. It is also more cheap and without any chemicals.

I learned to cook pretty early, because I wanted

on a farm, where I had to do it. And I really get
motivated to cook with the "Spring lane". These are
(App)
recipes that are often for vegans or vegeterian.

But these are a lot of points to do as a citizen.
I think it would be really nice to have programmes
in school where you learn something about nutrition.
Because there are to many children, who don't
no anything new to cook or eat healthy.
They / we have to learn: how to cook, eat healthy,
and how to not waste that much of food.
With that locals like Mc'Donalds ete maybe doesn't
exiclst anymore, because no people would byy there.
It is important to wake up people and maybe show
them what they really eat there.
My plan is to talk with friends about it to
convince them. (If theres no more quarantaine ☺)