



Episode 5: What can we do to change the course of climate change?

Despite the challenges of climate change, many young people in Singapore are starting inspiring projects to make an impact. Join Jo, the Singapore freshwater crab, and get to know some of the climate heroes in our midst - and learn how you could be one! Action from governments and industries is essential, but your action counts too, and adds up to make the planet more liveable for everyone. The fate of our world is out of Jo's claws and in your hands!

What is in this guide:

- Suggested discussion for video
- How to use the activity sheet with your students
- Activity sheet

Additional resources:

- Appendix 1: Reducing food waste is a simple way to help change the course of climate change
- Further readings

Suggested discussion for video

Recall

- State one thing that people are doing to fight climate change.
- What was Singapore's first youth-led climate rally about?
- What does Oliver and his family do at home to be eco-friendly?
- State one thing you can do to protect the Earth.

Explain

- Why is it vital for us to play our part to fight climate change?
- Explain what it means to "go green."
- Why are schools, homes and offices going green?
- Why should we unplug or switch off our electronic gadgets when not in use?

Infer

- What do you think it means by "the problems we have to deal with after our parents and grandparents are gone"?
- Why does the future of our planet depend on people like you?



How to use the activity sheet with your students



Learning outcome:

To take action towards an environmentally-friendly lifestyle.



Guiding questions:

- Do a class vote. Which activity are students most interested/uninterested in?
 - Are students doing any of these? If so, get students to share their experience. If students have not, ask them why. [Possible answers: Inconvenient? An individual act makes no difference? No one does it at home?]
- Discuss the varying opinions with the class.
 - What is stopping/encouraging you from engaging in this activity?
 - Have you thought about the impacts of climate change if we do not think about our daily actions now?
 - Are there any other environmentally-friendly activities you wish to include in this list?
- Encourage students to spread the message to their family and friends too.
- If time permits, conduct the Earth day quiz (www.conservation.org/quizzes/earth-day-quiz) with your students to learn fun facts about why people need nature. This can be done individually or as a class.
- Go one step further. Nominate students who have displayed environmentally-friendly activities to be environmental champions of the class.

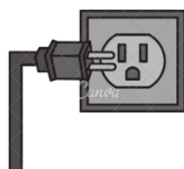




PICK AN ACTION TO MAKE A DIFFERENCE FOR THE ENVIRONMENT



Walk or cycle to get to your destination



Unplug for an entire day



Bring your own container when buying takeaway food



Explore nature by visiting our parks and reserves



Bring your own reusable bag when you go shopping



Donate old textbooks and clothes to those who need them



Learn about nature:
Take the Earth Day Quiz -
<https://www.conservation.org/quizzes/earth-day-quiz>



Go meatless on Mondays



Talk to a friend or family member about climate change

Challenge: You can make a difference! Reflect on your daily activities and lifestyle. What is one habit, action, or product that you could change to change the course of climate change? Post your ideas or photographs on: <https://padlet.com/conservationinternational/myclimatechangepledge>



Appendix 1: Reducing food waste is a simple way to help change the course of climate change

What do Singaporeans waste food?

Singapore is a food haven and as such, Singaporeans do not face food scarcity issues. On a weekly basis, an average household in Singapore throws away 2.5kg of avoidable food waste that could have been consumed if better stored. That means Singapore throws away about S\$342 million worth of food every year!

What are some organisations doing to ensure less food is wasted?

Lots of food is thrown away by supermarkets and restaurants because of cosmetic filtering, where food such as fruits and vegetables are sadly deemed too ugly to be sold to customers. Social enterprises like Treedots and UglyFood try to save discarded food by selling it at discounted prices to consumers.

Meanwhile, charities like Food from the Heart aim to redistribute food such as bakery bread - that would otherwise be wasted to those who need it, like residents of welfare homes. Volunteers from SG Food Rescue routinely plan trips to markets to save edible foodstuff from the dumpsters and contribute to restocking 9 community fridges in void decks across the island.

Much more can be done. Singapore imports more than 90% of our food and this has contributed to a huge carbon footprint. Also, with about 1/3 of food produced for human consumption being lost or wasted globally, this means that the food we throw away could have been consumed by those with less food.

What can you do to value food?

1. Order what you can finish. The same goes for cooking - prepare adequate portions.
2. Learn to store fresh and cooked food properly so that they last longer and don't spoil so easily.
3. Support the "ugly food" movement and buy food from the "reduced-to-clear" sections at the supermarket or wet market.
4. Organise your fridge by placing perishable foods within view.
5. Freeze leftovers and use these for other meals. Be creative.

Further readings:

1. Greenwatch. (2020). Greenwatch. <http://scorecard.sgclimaterally.com/>
2. Schools to plant more trees, teach students about future 'green jobs' as part of Singapore's Green Plan. (2021). TODAYonline. <https://www.todayonline.com/singapore/schools-plant-more-trees-teach-students-about-future-green-jobs-part-singapores-green-plan>
3. Walking the talk: Oliver Chua, 11, takes shorter showers, buys used toys, and aims to convince peers to do the same. (2019). TODAYonline. <https://www.todayonline.com/singapore/walking-talk-oliver-chua-11-takes-shorter-showers-buys-second-hand-toys-and-aims-convince>
4. Food Waste. (2021). Towards Zero Waste. <https://www.towardszerowaste.gov.sg/foodwaste/>
5. Peeris, J. (2021, March 8). About 744 million kg of food waste – the equivalent of 51,000 double-decker buses - was generated in 2019. One company is hoping its army of insects will be able to help chomp through that problem. Money Mind reports. CNA. <https://www.channelnewsasia.com/news/singapore/insects-solution-food-waste-money-mind-1434902>