



Lovely Leftovers

Plan

In the quiz we discovered that the Blue Zone countries have the highest track record for long and healthy lifestyles. Set yourself the challenge to eat like someone in the Blue Zone for one week. Did you know what we eat can have positive impacts on our well-being and the health of the planet too?

Do

Have a look at the different recipes you could consider as part of the Blue Zone countries – try something you would not normally have! The [Blue Zone Meal Planner](#) can help you decide.

Commit to substituting one meal a day for one week with your new Blue Zone recipe

Take photos to log of your delicious food throughout the week to share with your section and pick your favorite recipe to share.

Top Tip: You can create a Jam board sheet and click 'share'. Everyone can log their photos and recipes in this space throughout the week.

Review

- What did you think of this activity?
- Did anything surprise you?
- Is there anything you learned from the activity?
- What kind of community activities could we do this year?
- Is there anything you'd like to do a project on or learn more about?

