# Climate Justice, SWB and Diet Psychology Assignment

## By Deepti Karkhanis

### **Vegetables | Producing food to support 9 billion people by t… | FlickrThe Food We Eat Can Have a Positive Impact on Climate Justice**

#### **Instructions:**

In this Real-Life Field Investigation and Analysis, the goal is to identify your diet, its source of origin (where it was grown, where was is packaged, shipped from, etc.) and its impact on your health as well as its carbon footprint, which directly influences climate change. **Climate change** refers to long-term shifts in temperatures and weather patterns. **Climate justice** means recognizing that climate change has negative effects on most people in the world, but impacts the poor and vulnerable the most – those who have done the least to contribute to the problem.

#### ***Preparation:***

Follow the following steps to prepare yourself for this assignment:

1. Read the NOBA unit on Happiness: The Science of Subjective Well-Being (link: <http://noba.to/qnw7g32t>)
2. Learn more about Climate Change, read <https://www.un.org/en/climatechange/what-is-climate-change>
3. Next, **watch** a short video as an Introduction to Climate Justice -- <https://www.youtube.com/watch?v=5PQKYt6H4Fw>
4. Watch a Ted talk on Fighting Climate Change (<https://www.ted.com/talks/katharine_hayhoe_the_most_important_thing_you_can_do_to_fight_climate_change_talk_about_it?language=en>)
5. Calculate your carbon footprint by going here -- <https://www.carbonfootprint.com/calculator.aspx>

#### **Assignment and Reflection Questions:**

This assignment’s goal is for you to **investigate** your carbon footprint, reflect on your current dietary choices, and consider food ingredients that might be detrimental to your well-being.

1. Keep a food journal for one week, documenting all your meals, snacks, and beverages; their ingredients (e.g., high fructose corn syrup, additives, preservatives), and their sources (how far did the food travel?). You could also record how you have felt (energy level; irritability etc.) after consuming the various foods.

2. Then, conduct research on at least **one** potentially problematic ingredient that you frequently ingest. How might a particular food or food ingredient be impacting your **carbon footprint** as well as your vulnerability to certain diseases such as COVID-19, cancer, diabetes, etc.?

3. a) What country do you eat like? To learn more read - <https://phys.org/news/2020-07-g20-carbon-food-print-highest-meat-loving.html>

3. b) What does your carbon footprint and your diet tell you about climate justice? For further understanding, read this article titled **You want to reduce the carbon footprint of your food? Focus on what you eat** found here -- <https://ourworldindata.org/food-choice-vs-eating-local?fbclid=IwAR30B_-b47kQ2xZI9vWnVoQF-OS_4jPh8k3D237tKdMnYY4QMGZdoPrczhQ>

4. Does the information (from 2 and 3) motivate you to reconsider your dietary choices? Why/ why not? Do you recognize being caught in a *contingency trap*(i.e., short-term enjoyment trumping longer-term health risks and environmental damage)? Can you identify and describe a few steps that you might take to **reduce** your footprint?

5. How is your subjective well-being (SWB) affected now that you are aware of your own contribution to climate change?

#### **Write-up and Infographic:**

Write a report to share a) your reflections on your “food diary” and the research you did on the one problematic food ingredient; and b) your carbon footprint score, and detailed answers to the questions 3, 4 and 5 listed above.

Your work will be graded using the following rubric –

**Criteria 🡪 Observations and Insights**

Full points (15) – detailed and thoughtful observations, high degree of insight and analysis of the carbon footprint, responses to questions provide evidence that information is processed and deeply reflected upon.

Moderate points (10) – adequate degree of observations, some insights with an incomplete analysis for carbon footprint, and responses show reflection but lack depth.

Partial/low points (5) – simplistic observations, little to no insight, carbon footprint is not calculated, and responses are descriptive not reflective.

Then,

1. Create an **infographic** to –a) to show you understand the content of this investigation of climate justice and dietary choices and can relate it to your lived experience AND b) to share it effectively with the larger community.
   * You can find templates on [canva.com](http://canva.com/)
2. Use your infographic to **talk** to friends and family about what you are learning about climate change and climate justice.