

EUMIND – PHASE IV

GO GREEN

MY GREEN MEAL

Phase III – Comparison and Reflection

Participants

- 1. Aditya Daga
- 2. Aarush Sangave
- 3. Jayshree Sharma
- 4. Yesha Agarwal
- 5. Janavi Devrukhkar

Comparison

- **Similarities**
 - The students of India and Netherland are conscious that it is their duty to reduce the carbon footprints in the atmosphere.
 - Both of them are trying to save the environment in their own way.
- **Differences**
 - The Students of Netherland prefer more protein based food as their climate is totally different from that of India.
 - Indian food habits generally contribute much to the safety of the environment whereas the preference of Netherlandians is always processed or packaged one which increases carbon footprints in their atmosphere.
 - The food habits of Indian students can be considered as Green Meal. But the food of Netherland is quite a different one.
- **Conclusion**
 - Through Eumind the students of India and Netherland took a decision to reduce Green House Gases in the atmosphere.

- They are ready to share their thoughts and implement them in their day-to-day life.
- They practically started following the Green Meal.

Project Reflection Time

Aditya Daga – Captain

- I Aditya Daga the leader of the Eumind Group- My Green Meal would like to share some of the things that I experienced while working with the students of Netherlands. I have learnt many things from them and the topic too. Because of this topic now I have a rough idea of the things that are healthy for us and the environment also. I also learnt about the carbon footprint and the ways to reduce it. The students of Netherlands are very interactive and cooperative. Though this year was a tough one, we were able to manage it only because of hard work and team work.

Jayshree Devrukhkar - Writer

- My name is Janavi and I am the writer of the Eumind group 'MY GREEN MEAL'. I would like to share my thoughts on how I enjoyed working with all my classmates in this project. I really loved working with everyone. Everyone in the group was very cooperative. In this project, we had a task of interviewing different people. It was such a great experience. We got to know many things. We were also very happy to know that people were comfortable sharing their thoughts on our topic 'GREEN MEAL'. We visited each other house to discuss many things. It was always a playful environment. Even our teachers were very supportive in completing our project. They helped us in each and every part of the project. And the most exciting thing was meeting the students from the other side (Netherland). We had a video conference call. They were also very cooperative. I am so happy that I took part in this project. I would love to thank my teachers and my group members for working hard and being so supportive in the project.

Yesha Agarwal - Photographer

- This year as we were locked inside four walls, we understood the importance of health. Importance of exercising and eating right, which helped in forming a better routine of our day to day life. I understood that eating green leafy meal is so essential.
- Green leafy vegetables are part of a healthy diet. They're packed with loads of vitamins, minerals and fibre but low in calories. Eating a diet which is rich in green leafy vegetables can offer numerous health benefits including reduced risk of obesity, heart diseases, high blood pressure and mental illness.
- Initially it was strenuous for me at the start, for having green leafy vegetables on regular basis. Eventually I adapted the taste and it was a great opportunity to eat what is right.
- Eumind project has also taught us how to work in a team, even though we could not do together physically but as it is said "SOMETHING IS BETTER THAN NOTHING" so we have learnt many new things virtually which hardly we would have thought of.

Jayshree Sharma - Interviewer

- Myself Jayshree Sharma a member of Eumind group “ My Green Meal” . I enjoyed the innovative research in which I acquired a great deal of knowledge on ‘Carbon footprint ‘. I was the Interviewer of the group . I enjoyed taking interviews , knowing people and gaining knowledge from them. In this research, we found that the people of Netherland also have a similar diet like us. Even they are mostly dependent upon vegan and vegetarian food. Their diet includes unprocessed biological food but our diet also includes cereals, lentils, vegetables, flat bread made of wheat, buttermilk, etc.
- But the aim of both the countries is to help reducing the increase of carbon footprint in the environment.
- I am glad to have such supportive and co-operative Teachers and Team members.

Aarush Sangave- Editor

- The most important thing I learnt from the Eumind activity was that , Green meal means choosing ethically raised meat, chicken, eggs, and fish. While **eating** a diet rich in plants is key, if we do choose to consume animal products it is important to choose those which are raised ethically and sustainably. Some popular green foods include spinach, broad beans, peas, cabbage and broccoli. Using a wide variety of these foods is the best way to ensure that we’re consuming enough of them.
- I thoroughly enjoyed the process of interaction with people here and also our partner team.
- A simple philosophy, called “Eat The Rainbow”, can help us diversify our diet by consuming different coloured fruits and vegetables. These edible plants contain naturally-occurring phytochemicals that support your immune system and prevent chronic disease.

Conclusion

- In order to make the planet greener it is important that we have to reduce the emission of carbonic gases not just by reducing our dependency on fossil fuels but also by making conscious choices of our food intake.
- We need to make the right decisions and plan while hoarding up food thereby reducing wastage of food and saving the leftovers. Avoid plastic for storage of food, carry own grocery bags, replace bottled water with reusable water bottles. Limit meat consumption and switch to vegetarian diet. Stop eating processed and canned meat. For protein requirement shift to plant based proteins like legumes, nuts, seeds in place of meat. Replace dairy products with soy milk or almond milk. Eat more fibre-rich food as it keeps us full for long duration. Avoid overheating the food repeatedly as it loses the nutrients. As far as possible eat locally produced fresh fruits and vegetables as they suit our environment and health.
