



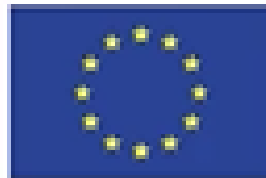
Innovative Education towards
Sustainable Food Systems

A personal approach to sustainable diets

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Outline

- Introduction
- Ingredients
- Recipe
- Sustainability and health aspects
- Improvement strategies
- Conclusion
- References



Introduction

- **Name:** Biryani
- **Origin:** Indian subcontinent¹
- **Ingredients:** Rice, Meat, vegetables and spices
- **Varieties:** Sindhi biryani, Hyderabadi biryani, Bombay biryani, Navratan biryani
- **Served:** with Raita, chutney and salad
- **Cultural context:** famous and prepared on special occasions



1



Ingredients



Recipe



1. Marinate the chicken



2. Fry the onion



3. Till it turns brown



4. Add chicken and fry it



5. Add tomato and cook it



6. Boil the rice



7. Layer them



8. Steam for 10 min

3



Sustainability aspects

- Rice crop causes the greatest emissions of GHG¹
- Rapeseed oil have less of an impact on the environment than palm oil¹

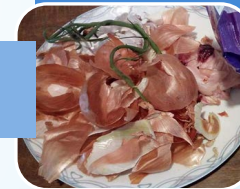
Water needed for food produce (Litre per kilogram)²

Chicken meat	4325
Rice	3000
Oil crops	2364
Vegetables	322

4

Amount of waste

Food waste



Before cooking 180g



Left over 150g

Packaging material



Plastic 5g



Carboard1g

Health aspects

Vegetable reduces the risk of obesity,
cardiovascular disease and cancers¹

Food composition²

Ingredients	Energy Kcal	Protein g	Fat g	Carbohydrate g	Fibre g	Calcium mg	Phosphorus mg	Iron mg
Chicken	233.75	23.5	22	0	0	18.75	233.75	2.375
Rice	450	8.375	1.125	99.375	0.5	22.5	160	1.875
Oil	418.5	0	49.95	0	0	0	0	0
Yogurt	35.5	1.75	0.6	2.65	0	83	71	0.2
Tomato	15.75	0.825	0.15	3.075	0.375	10.5	20.25	0.525
Onion	44	1.4	0.2	9.8	0.7	29	47	0.7
Garlic	16.94	0.518	0.042	3.598	0.112	3.64	17.08	0.196
Ginger	7.42	0.238	0.098	1.582	0.238	2.38	8.26	0.238
Lemon	0.75	0.0175	0.0175	0.2125	0.0175	0.9	0.475	0.01
Chillies	0.7	0.036	0.006	0.186	0.042	0.26	0.56	0.012
Total	1248.31	36.65	74.18	120.47	1.9845	170.93	558.375	6.131

Rice increases the risk of putting weight¹

Chicken provides a lot of iron and protein¹⁰

1. Livsmedelsverket (2015)
2. Food composition table for Pakistan(2001)



Improvement Strategies

- Portion size is reduced
- Cooking method is altered
- Chicken can be replaced with fish
- Eco-friendly products are used



6



Conclusion

- Made me curious about transparency of products
- Broadened my view about the environmental impact of food production and consumption
- Made me more careful and responsible towards sustainability
- I strongly feel, small steps at individual level can definitely help to achieve the UN sustainability goals of reducing future economic, environmental and social costs and also helps to reduce poverty¹

7



References

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Thank you



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