

**Mark scheme** Data on the environmental impact of different food groups.

Use this data to suggest 5 features of a sustainable diet for the planet. Note that the bars indicate the range of impact based on different agricultural practices. Some data is not yet available.

*There are differing points which could be drawn out from the data. Examples include those below but other valid points should be credited. (1 mark per point up max 10)*

*All the foods shown in green are those which are more sustainable.*

*The amount consumed per person affects the sustainability. (People in developed countries will need to eat less).*

*Qualitative factors such as the inclusion of protein and fat are also important to consider in providing nutritional balance.*

*Choosing foods which have a consistent impact regardless of agricultural practice (ie small range bars) might be helpful.*

*A sustainable diet for the planet would be largely plant based with an emphasis on cereals, legumes and nuts.*

*The inclusion of fish in the diet will be an important source of protein and oils for some people.*

*Small amounts of eggs, chicken and dairy could also be included where best practice is used. The substitution of plant based milks eg soya, oat would have a lower impact.*

*The production of ruminant meat eg cows and sheep has a higher mean impact in every category than any other foods making it unsustainable to include large amounts of these in a sustainable diet.*

