Unitar Online Catalogue

Sustainable Diet

Planet

□□ :	Course
□□ :	Web-based
□□ :	2 Days
□□□□ :	Climate Change
□□ :	http://www.unccelearn.org
□□ :	US$0.00
□□□□□ email:	uncclearn@unitar.org
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Registration opened at www.unccelearn.org

Be a part of the sustainable food revolution! Learn how your food habits and daily choices are affecting your health and that of the planet. Gain the skills and knowledge to make your diet more healthy and sustainable. After completing the course you will be able to:

- Explain what is at stake: how your food choices affect your health and the environment?

- Make better food choices that consider both human and planetary well-being
- Identify ways in which changing your diet makes a positive impact
- Develop a personal sustainable and healthy diet plan or project

The course will help you take action to counter climate change and lead a sustainable and healthy lifestyle!