

What's on my plate?

A comic about food and the environment

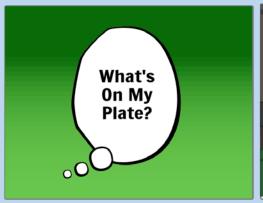
Written and illustrated by Jamie Cohen

Jamie Cohen is a senior at Rutgers University, graduating May 2020 with a major in Environmental Policy Institutions and Behavior and a minor in Science Communication. As a GH Cook Honors Scholar she has been researching the effectiveness of different ways to communicate science to fourth and fifth grade students (advisor Professor Mary Nucci). She selected science comics because comics create a storytelling atmosphere and are a 'fun' way to communicate. In addition, she took a class in the Fall of 2018 called *Advanced communication in the sciences* with Professor Nucci where Jamie partnered in creating a comic about what scientists do. Her research into scientific comics is hopefully helping with a new program to create science comics at the Rutgers School of Environmental and Biological Sciences!

Based on the article:

How do our food choices affect the environment?

By Lukasz Aleksandrowicz, Rosemary Green, Edward Joy, Pete Smith and Andy Haines https://sciencejournalforkids.org/articles/how-do-our-food-choices-affect-the-environment/















Greenhouse gases are gases that contribute to global warming.
They are produced by lots of things, like tractors, cow manure, and from when cows burp and fart!

The gases trap the heat from the sun in the Earth's atmosphere, warming the planet!



That's right Beatrice! The way animals are raised, and the way that food is produced, can create greenhouse gases..

But lets see what the students say. Do all foods create greenhouse gases? And how does that relate to what we eat?

Lets listen in some more...



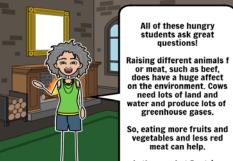


I am a vegan, which means I don't eat anything from animals. Does that help the environment?

I only eat vegetables



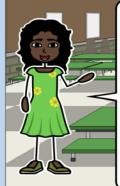




dents ask great questions!

g different animals f leat, such as beef, have a huge affect environment. Cows d lots of land and produce lots of eenhouse gases.

Let's see what Beatrice says......



Guys don't be upset! Just think a bout this. A diet of sugary sweets and oils is better for the environment because it produces less greenhouse gas. But that is NOT good for our health.

David, you don't have to give up eating hamburgers! Just eat in moderation! Have a hamburger once a week, not once a day!

And we can have donuts or other sugary treats, but not all the time! Its all about having a balanced plate of all foods, including veggies and fish!





