

### III. The "Cow's milk and plant-based alternatives" progression plan

Sustainability is important - but rarely easy. This is especially true for the perennial issue in the climate debate: milk. How damaging to the climate is cow's milk? And are alternatives - soy, almond, oat or rice drinks - really better?

PHASE	SUB TOPIC	MATERIAL	DURATION
<b>Entry</b>	Who drinks cow's milk and who prefers plant-based alternative products?	Survey 1	20 min
<b>Practice</b>	Make your own oat drink with video tutorial by Nicole Voss	experimental guide	60 min
	Tasting: try different products: Determine test criteria, evaluation	Survey 2	30 min
	Find, list and compare prices from different suppliers	Research	10 min
<b>Group work</b>	<b>Division of the 5 working groups with 4-6 participants</b>		<b>10 min</b>
<b>FACT CHECK</b>	Livestock, growing conditions, water, land requirements	SECTION 1	30 min
	World map: Using the Excel spreadsheets, each group identifies the main producing countries and enters the data on the world map.	World Map Print Template	30 min
	LCA scheme simple - as a mind map	„Value Chain“ Print Template	30 min
LCA	CO <sub>2</sub> -, water footprint, land use of 1 liter of cow's milk and its plant-based alternatives.	SECTION 2	30 min
RESULTS	Fill in fact tables, Rating in the table	SECTION 3	30 min
	<b>Group discussion / expert round / group puzzle</b>		<b>60 min</b>
LCA complex	Statista: <a href="https://de.statista.com/statistik/daten/studie/1198026/umfrage/co2-fussabdruck-von-milchprodukten-eiern-und-milchalternativen-in-deutschland/">https://de.statista.com/statistik/daten/studie/1198026/umfrage/co2-fussabdruck-von-milchprodukten-eiern-und-milchalternativen-in-deutschland/</a>	DATA SET	60 min
	Find, add and compare ingredients: Nutritional values and calorific values - what are they? <a href="https://padlet.com/asiol/ztk2b6eyzkrk0ewk">https://padlet.com/asiol/ztk2b6eyzkrk0ewk</a>	SUPPLEMENTARY INFO via Padlet	30 min
	Packing tetrapack or glass bottle optional...		120 min