

Spodbujanje trajnostnega načina prehranjevanja z različnimi didaktičnimi pristopi

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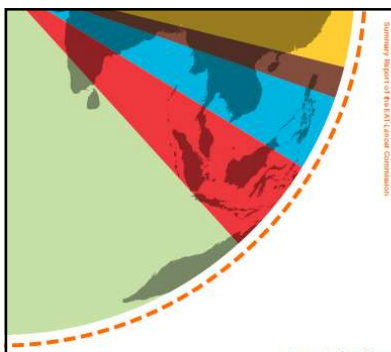
Laško, 16. in 17. april 2025

8. konferenca učiteljev/-ic naravoslovnih predmetov – NAK 2025





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Summary Report of the EAT-Lancet Commission

Healthy Diets From Sustainable Food Systems

Food Planet Health



Summary Report of the EAT-Lancet Commission, 2019

[VIR: https://eatforum.org/eat-lancet-commission/](https://eatforum.org/eat-lancet-commission/)

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Planetarna prehrana



Vir: Summary Report of the EAT-Lancet Commission, 2019

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	Macronutrient intake grams per day (possible range)	Caloric intake kcal per day
Whole grains Rice, wheat, corn and other	232	811
Tubers or starchy vegetables Potatoes and cassava	50 (0–100)	39
Vegetables All vegetables	300 (200–600)	78
Fruits All fruits	200 (100–300)	126
Dairy foods Whole milk or equivalents	250 (0–500)	153
Protein sources		
Beef, lamb and pork	14 (0–28)	30
Chicken and other poultry	29 (0–58)	62
Eggs	13 (0–25)	19
Fish	28 (0–100)	40
Legumes	75 (0–100)	284
Nuts	50 (0–75)	291
Added fats		
Unsaturated oils	40 (20–80)	354
Saturated oils	11.8 (0–11.8)	96
Added sugars All sugars	31 (0–31)	120

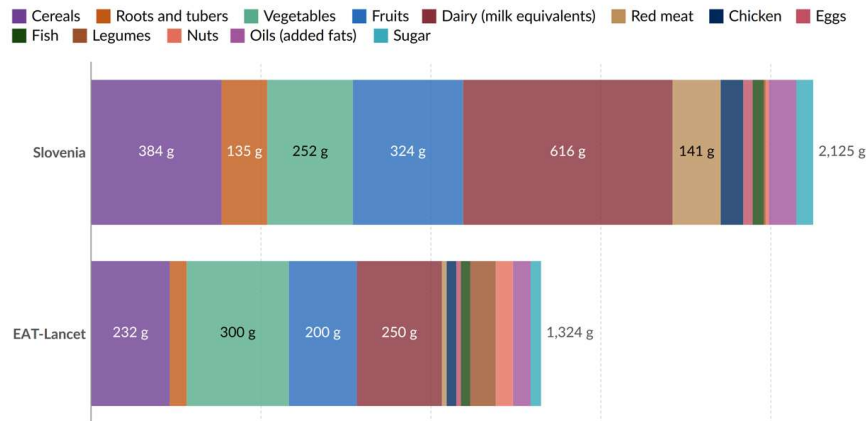
Table 1
Scientific targets for a planetary health diet, with possible ranges, for an intake of 2500 kcal/day.

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How do actual diets compare to the EAT-Lancet diet?

Our World
in Data

Diets are shown as average daily per capita supply of different food groups, compared to the EAT-Lancet diet. The EAT-Lancet diet is a diet recommended to balance the goals of healthy nutrition and environmental sustainability for a global population.

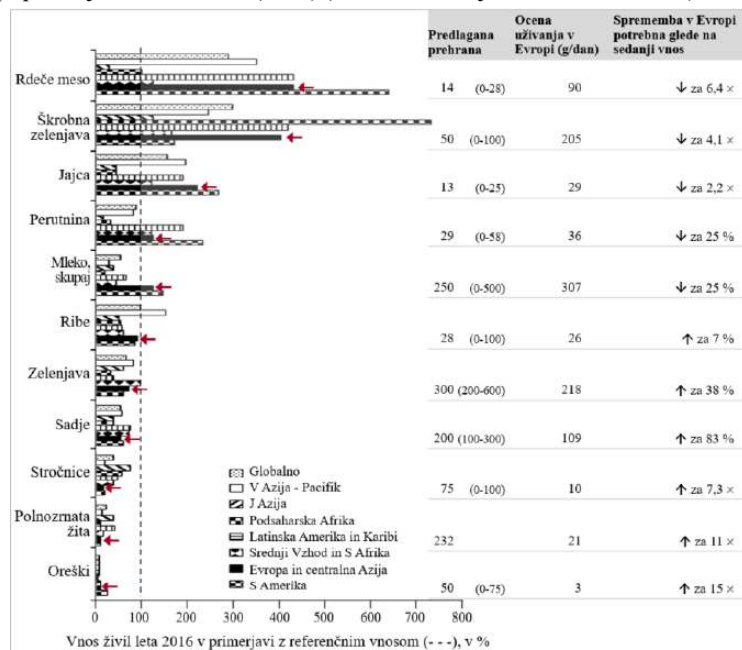


Data source: Food and Agriculture Organization of the United Nations; EAT-Lancet Commission

Note: Diets by country are given as food supply – this is higher than actual intakes because it does not correct for consumer waste. OurWorldInData.org/diet-compositions | CC BY

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Prehranski razkorak med sedanjim uživanjem posameznih skupin živil in modelno prehrano, ki jo priporočajo Willett in sod. (2019) (Vir: Salobir, Pajk Žontar, BŽD, 2019)



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AKTIVNOST

Primerjava prehrane po priporočilih EAT-Lancet

Cilj: Primerjava prehrane prebivalcev različnih držav s priporočeno planetarno dieto (EAT-Lancet).

- **Spoznavajte priporočila EAT-Lancet**
Osredotočite se na priporočene količine skupin živil (žita, korenovke in gomolji, zelenjava, sadje, mlečni izdelki, rdeče meso, piščanec, jajca, ribe, stročnice, oreščki, olja in sladkor).
- **Izberite dve državi za primerjavo** – eno, kjer prebivalci v povprečju zaužijejo več hrane, kot jo priporoča EAT-Lancet, ter drugo, kjer je prehrana skromnejša oz. vsebuje manjšo količino določenih skupin živil.

- **Primerjajte ugotovljene količine posameznih skupin živil s priporočili EAT-Lancet.**
- **Razmislite, katere spremembe bi bile potrebne**, da bi prehrana v obeh državah postala bolj skladna s temi priporočili.
 - Pri tem upoštevajte tudi morebitne vplive kulturnih, ekonomskih in okoljskih dejavnikov na prehranske navade prebivalcev.