



TRAINING MODULE MEATLESS MONDAY YOUTH ACADEMY



Module Development Team

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Authors

Aditya Putra
Basra Ahmad Amru
Bayu Kresna Wiratama
Dhea Mangun
I Putu Wirasatya Eka Putra
Lesti Kaslati Siregar
Marcelvina Mutiara Putri
Savero Dwipayana

Editor

Meatless Monday Indonesia Team

Design & Layout

Fajar Waksi

Published by

Yayasan Jalin Komunikasi Indonesia
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Navigating Meatless Monday Indonesia Training Module

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Session 1:
Greenhouse Gas Emissions And
Their Effect on The Environment



Session 2:
MMeatless Monday
Feeds the World

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Meatless Monday Indonesia
Jalin Foundation

The CEO Building 5th Floor
JL. TB Simatupang 18 C, Cilandak Barat
Jakarta 12430 - Indonesia



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FOREWORD

This book is a training module on Meatless Monday (MM) that serves as a facilitator's guide in facilitating an interactive, easy-to-understand Meatless Monday training for teenagers and young people. Through this training, participants will gain an in-depth understanding about the Meatless Monday movement, its background and impact, and how it can be implemented in day-to-day life. By reducing our meat consumption one day a week, we can promote a healthy lifestyle and help protect the environment. Let us learn together and contribute to creating a healthy and sustainable lifestyle.

INTRODUCTION

In the last few decades, global food consumption patterns have changed tremendously. High meat consumption has brought about a number of problems, including increased risks of non-communicable diseases, environmental degradation, and greenhouse gas emissions. Various initiatives have therefore emerged with an aim to encourage people to reduce their meat consumption, and one such initiative is the Meatless Monday campaign.

First introduced as part of a public health campaign, the Meatless Monday movement has grown into a global movement that is present in more than 40 countries. Support from various institutions such as school, hospital, restaurant and communities, has helped expand the reach and impact of this movement in helping people be more aware about the benefit of a plant-based diet. Going meat-free one day a week, specifically on Mondays, can have a positive impact on our health and the overall health of our environment.

In this module, we will discuss various aspects of Meatless Monday, its health benefit, environmental impact, also practical steps for adopting a plant-based diet in our day-to-day life. The objective of this module is to provide an understanding about the Meatless Monday movement, and motivate people to start adopting a healthier and more environmentally-friendly diet.





ABOUT MMI

Meatless Monday is a global movement that encourages people to reduce meat in their diets for their personal health and the sustainability of the planet. The campaign was initiated in 2003 by Sid Lerner, the Founder of the Monday Campaigns, in collaboration with the Johns Hopkins Center for a Livable Future. Today, Meatless Monday has been accepted by a wide range of groups, including chefs, educational institutions, hospitals, restaurants, media, and communities in over 40 countries worldwide. In Indonesia, the movement started to gain recognition in late 2021.

Extensive research by the Johns Hopkins Center for a Livable Future reveals that reduced meat consumption provides a number of health, environmental, and nutritional benefits that include:

1. Health

Switching to a plant-based diet is a cost-effective strategy to reduce the risk of chronic diseases such as type-2 diabetes, obesity, and cardiovascular disease.

2. Environment

Meat production contributes to increased greenhouse gas emission, deforestation, and significant use of natural resources, including water, land, and energy. Reducing meat consumption and incorporating more plant-based options into people's diet can help reduce agricultural land use by up to 80%, and support healthier and more sustainable farming practices..

Eating less meat and more of healthy plant-based foods can help lower the risk of chronic diseases, preserve valuable land and water resources, as well as contribute to combating climate change. This movement also promotes Indonesia's local plant-based foods by encouraging the consumption of healthier and more sustainable local agricultural products, such as tempeh, tofu, and various nutrient-rich vegetables and fruits. Thus, Meatless Monday not only contributes to individual health but also strengthens food security and supports local farmers. The main message of this movement is "Skip Meat ONCE a Week," which provides a regular cue to take action every Monday. Research shows that Monday is the day people are most open to making positive changes to their lifestyle. By substituting meat-based meals with plant-based alternatives one day a week, we can create a healthier and more environmentally-sound dietary pattern.

Navigating Meatless Monday Indonesia Training Module

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Session 1:
Greenhouse Gas Emissions
And Their Effect
on The Environment



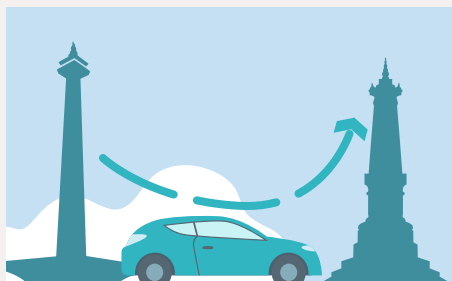
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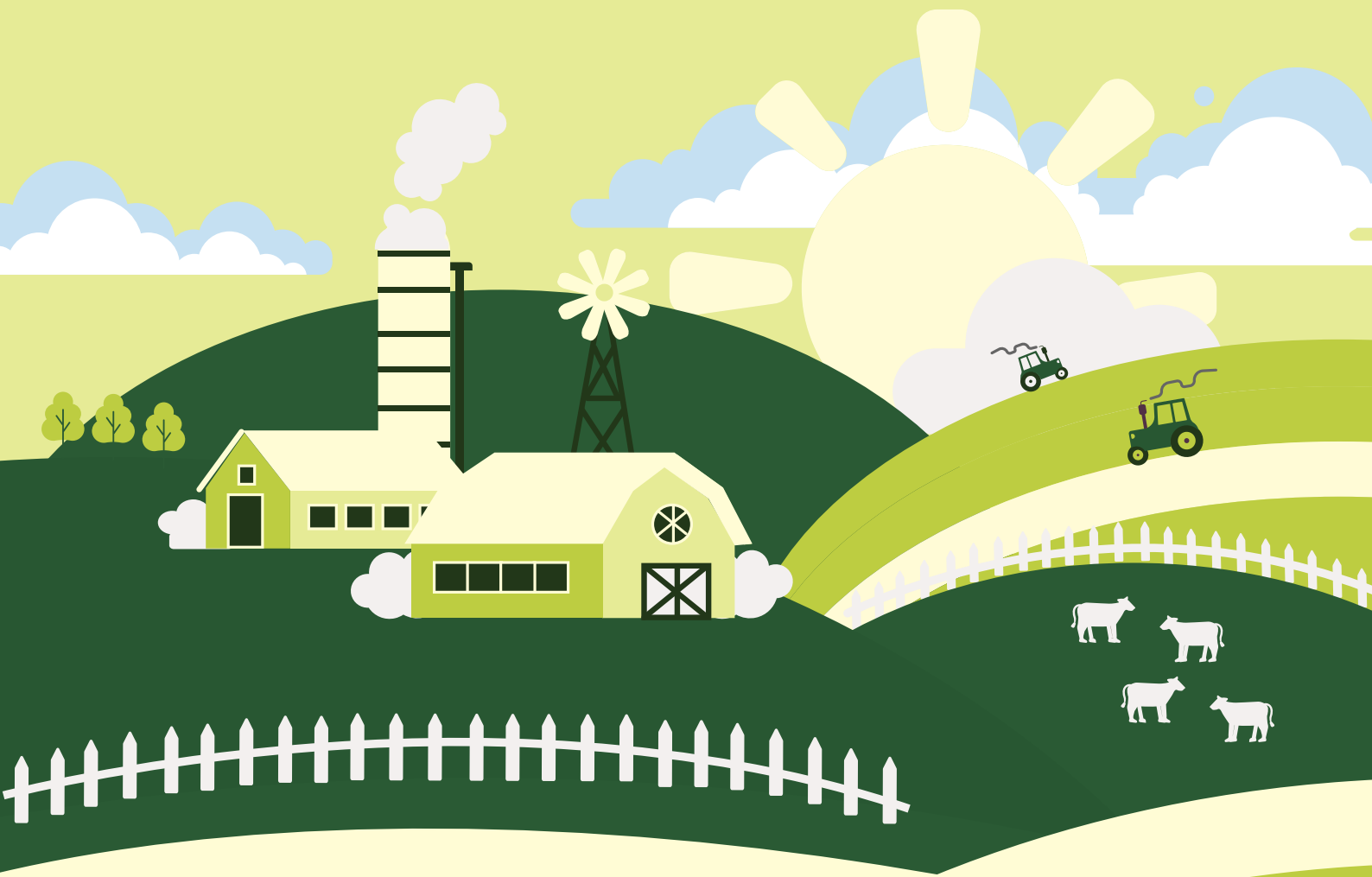
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Session 5:
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Meatless Monday
on Motor Vehicles



Session 6:
Signature Meatless
Dish of Indonesia



1

Greenhouse Gas Emissions and their Effect on the Environment

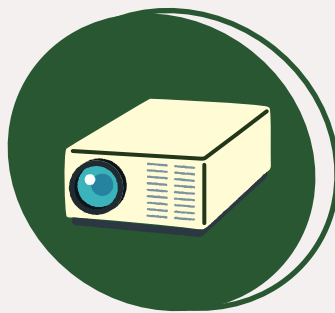
Learning Objectives

1. Participants understand how greenhouse gas emissions influence the environment around us.
2. Participants understand how livestock production releases gases that adversely affect the earth.

Key Points

1. Release / emission of excess greenhouse gases leads to a rise in the earth's temperature.
2. The livestock industry produces greenhouse gases that are harmful to the environment.
3. The Meatless Monday movement is an effort to reduce meat consumption for the purpose of health and environmental sustainability.

Training Aids



LCD Projector



Presentation materials



Sheets of paper

Durations: 35 minutes



STEPS IN LEARNING ACTIVITIES

Opening and Introduction to the Topic (10 minutes)

1. To start the session, facilitator greets the participants and introduces him/herself in an engaging and pleasant manner.



Assalamualaikum, good morning! My name is Adit. You know there is Sopo, Jarwo and A...? That's right, I'm Adit, so what's my name?"

Let participants respond to set the stage

2. For a more lively atmosphere, facilitator can invite participants to play a simple game/an ice breaker.



"Before we begin, let's warm up! Does anyone know the Marina Menari game? Let's try it together!"

Movement guide is in the

3. Facilitator introduces the game's movement and the plan to hold two Meatless Monday Indonesia meetings.



Everyone, I have great news. All of you here will have an opportunity to learn about the Meatless Monday movement. This is a global movement that encourages people to reduce meat in their diet for their personal health and the sustainability of the planet. We will learn the details together in 2 meetings."

4. Afterwards, facilitator introduces the issue of greenhouse gas emission using Grand tour - Mini Tour participatory questioning technique.
- Ask a broad general question to guide the conversation to the topic that will be discussed



Everyone, how's the weather

Expected answers: Hot, Cloudy, Cool, Rainy, etc.
Perform mirroring and paraphrasing.

- Ask a follow-up question to delve deeper into certain aspects of the Grand Tour answers.



"True-true, now who knows what causes the weather around us to change?"

Expected answers: the sun, clouds, pollution, etc.
Perform mirroring and paraphrasing

- Discuss the topic as planned.



Exactly! Weather is indeed influenced by many factors, one of which is gases in the air. So today we will discuss something that often makes the weather hotter and more unpredictable. It's called greenhouse gases. Has anyone heard of them?"

Answers will vary: never to ever) (Perform mirroring and paraphrasing

- Explain what greenhouse gases are using a metaphor/simple



"Imagine being inside a car parked under the blazing sun with all the windows rolled up. It'll feel hot and muggy inside the car. It's obviously uncomfortable. That's what's happening to our earth, gases trap the sun's heat rays inside the earth, the way tightly-closed car windows trap heat inside a car. These gases are called greenhouse gas, while emission means 'release'. Greenhouse gas emission is the release of gases that makes the earth hotter, more uncomfortable, and has damaging effects on the earth."

B. Playing 'Myth or Fact' (20 minutes)

1. After setting the session's tone, facilitator invites participants to play an educational game to spark their curiosity about **greenhouse gas emission**



Where do these greenhouse gases come from? Let's first play a game to find out about the origin of greenhouse gas, also known as greenhouse gas emission"

2. Then, facilitator invites participants to stand.



"Everyone, let's stand up and form a line at the back!"

If the room condition does not allow participants to form a line, conduct this session with participants remaining in their seats. Distribute sheets of myth-fact to all participants and tell them: "Everyone, I'm going to distribute sheets containing the word

3. Facilitator explains the rule of the game.



"We'll be playing 'Myth or Fact'. I'm going to read a statement about greenhouse gas emission. If you think that statement is a myth, please move to the right. If you think it is a fact, please move to the left. Later, I'll ask one of you who chooses myth or fact to explain his/her reasoning".

If the myth-fact game is played using sheets of paper, tell participants the following rule:
"We'll now play 'Myth or Fact'. I'm going to read a statement about greenhouse gas emission. If you think that statement is a myth, hold up the sheet that says 'myth'. If you think it's a fact, hold up the sheet that says 'fact'. Later, I'll ask one of you who chooses myth or fact to explain why"

4. Incorporate question-and-answer sessions periodically during the game so participants can better understand the information

Access the Myths X Facts
Sheet here or visit
bit.ly/ModulMMI-MitosFakta



MYTH OR FACT STATEMENTS:

Excess greenhouse gases can make the earth warmer, and make the weather more unpredictable. They also cause crop failure, floods, drought, pollution, and diseases.

FACT

Greenhouse gases like carbon dioxide (Co₂), methane (Ch₂), trap heat in the earth's atmosphere and contribute to global warming. The impact of global warming includes:

Rising Earth's Temperature

The weather becomes unpredictable, accompanied with extreme weather events such as storm, heavy rain and heat waves.

Crop Failure and Food Shortages (Food Crisis)

Changing rainfall pattern and extreme temperature can damage crops and reduce yields.

Flood and Drought

Melting polar ice and rising sea levels cause flooding in coastal areas, and drought in other areas due to shifts in rainfall patterns.

Air Pollution

Increased air pollution is harmful to human health.

Diseases

Changing temperature and humidity can increase the spread of vector-borne diseases such as ones that are transmitted by mosquitoes (e.g. dengue fever and malaria).

Excess greenhouse gases therefore have far-reaching and serious consequences that impact ecosystems, human health, and the sustainability of life on earth.

MYTH OR FACT?

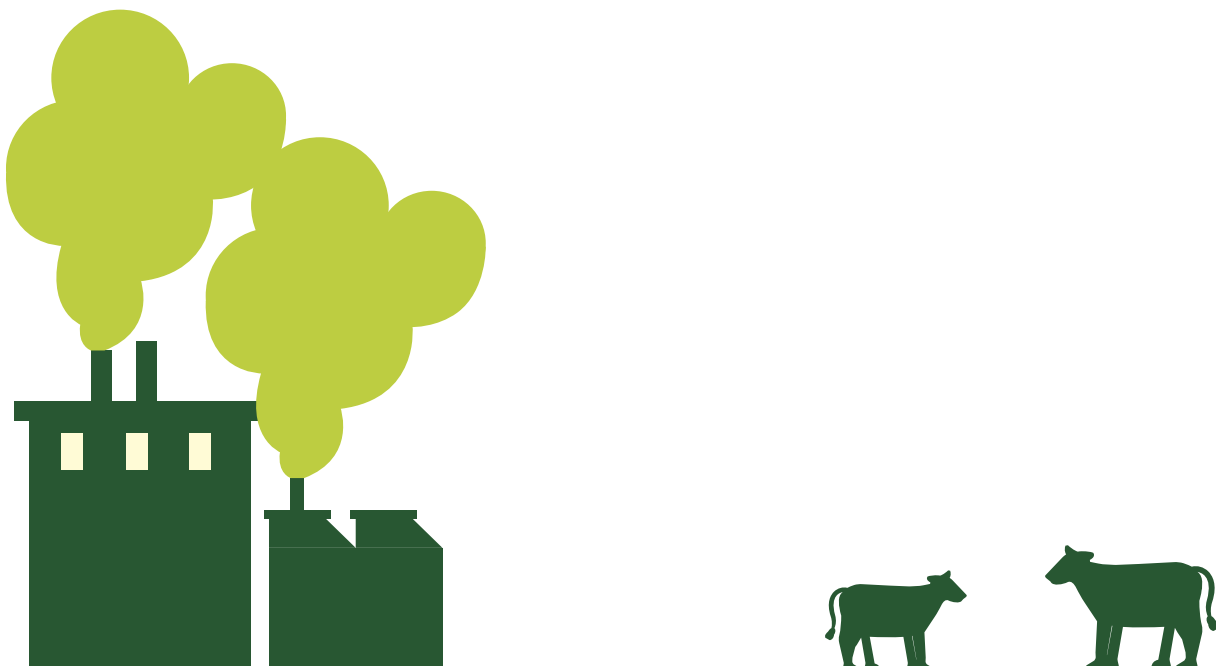
Greenhouse gas emission only comes from motor vehicles.

MYTH

While transportation is a major source of greenhouse gas emission, other activities also contribute to the emission, for example:

- **Cattle farming:** The livestock industry, such as cattle farming, uses agricultural land and forests for grazing and feed production, leading to increased gas emission. Switching to a plant-based diet potentially reduces land use by up to 80%.
- **Deforestation:** Cutting down trees reduces the earth's ability to absorb CO₂, while burning forests releases the carbon that is stored in trees into the atmosphere.

Greenhouse gas emission therefore comes from various sources, not just motor vehicles.



MYTH OR FACT?

Cow farts can cause global warming.

FACT

Cow farts contain methane (CH_4), a greenhouse gas that is more potent than carbon dioxide (CO_2) at trapping heat in the earth's atmosphere.

As cows digest their food, primarily grass and high-fiber feed, the digestion process in their stomach produces methane that is released through farts and burps. Considering the large number of cows worldwide, the methane gas they produce contributes significantly to global warming and climate change.



MYTH OR FACT?

Reducing meat consumption can help decrease greenhouse gas emissions.

FACT

Meat production, particularly beef, produces very high level of **greenhouse gas emissions**, like:

- **Methane (Ch₄):** it is produced during the digestion process of livestock, particularly cows and sheep. Methane is a greenhouse gas that is much more potent than carbon dioxide (CO₂) at trapping heat.
- **Carbon dioxide (Co₂):** It is released during fossil fuel use for transportation, feed processing, and livestock farm operations.
- **Nitrous Oxide (N₂O):** It is emitted as a result of chemical fertilizer use on animal feed crops.

In addition, livestock farming also contributes to deforestation as land is cleared for pastures and for growing feed crops. This reduces the earth's ability to absorb Co₂.

Lower meat consumption will reduce the demand for meat production, which in turn will reduce greenhouse gas emissions and help address climate change.



MYTH OR FACT?

There is a high level of greenhouse gases in areas with buildings that use a lot of “glass”

MYTH

Greenhouse gases have nothing to do with building materials such as glass. The term “greenhouse” refers to the warming effect that occurs when certain gases in the atmosphere, such as carbon dioxide (CO₂), methane (CH₄), and water vapor, trap/retain heat from the sun, much like the glass in a greenhouse traps heat from plants.

These gases spread across the earth’s atmosphere and originate from human activities like meat consumption, farm management and transportation using fossil fuel such as gasoline, coal, etc.



Add Relevant Humor



"and you know what? A major producer of greenhouse gas is cow fart! Yes, it's true. Who would have guessed, cows can make the earth warmer, not just through spicy beef in balado sambal! "

Discussion then flows smoothly to the next session, which is a deeper exploration of greenhouse gas emission.

5. Summarize the take-home message of the game



"So everyone, the change in the climate/weather around us is the effect of greenhouse gases. One action that we can do is to go meat free one day a week, specifically on Mondays. This action helps lower greenhouse gases emission that can make the planet hotter and causes various environmental and health problems."

* Adapting the game to the class condition:

The game can be adapted to the class condition. For example, in most school classrooms there is not enough space for people to form a long line because of neatly-arranged desks and chairs in the room. So the game can be adjusted by asking participants to raise their right hand when they think the facilitator's statement is a "Myth", and their left hand when they think the facilitator's statement is a "Fact". Another adjustment is by using sheets of paper labeled with Myth and Fact.

C. Closing (5 minutes)

1. Ask questions to prompt participants to repeat the key



"So, how do you keep the earth from becoming hotter?"

Expected answer: Eat less meat

If the expected answer is not obtained, facilitator can give a clue: the food we mentioned earlier, one that we need to eat less?

2. Emphasize key take-home messages. Read key points of session 1 as reference.

3. Insert Humor using Relevant Examples



"That's great that you remember. Everyone, your small step today can have a large impact on the planet in the future. It's like putting money in your piggy bank, they may seem like small change, but over time you'll be able to buy concert tickets with the money, right? Assalamualaikum!"

Together, we can make small changes that have a large impact on the earth!

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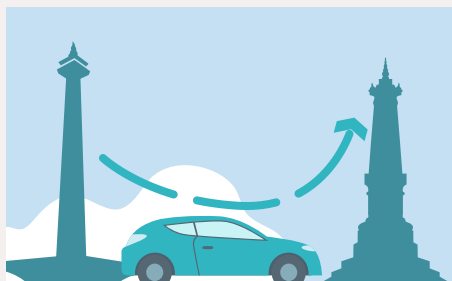
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Session 4:
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Meatless Monday
on Deforestation



Session 5:
Measuring the Impact of
Meatless Monday
on Motor Vehicles



Session 6:
Signature Meatless
Dish of Indonesia



2

**Meatless Monday
Feeds the World**

Learning Objectives

1. Participants understand the link between the meat industry and world hunger
2. Participants understand what it means to be a global citizen
3. Participants understand that individual actions can have global implications

Key Points

1. Rapid increase in meat consumption has led to hunger in various countries including Indonesia.
2. Livestock farming spends more land and water resources than growing food for human.
3. A concerted effort is necessary to promote a more sustainable and environmentally-friendly diet, for example, one with reduced meat consumption.

Training Aids



Handouts



Mobile phone/laptop



Paper (size A4) and colored markers

Duration: 40 minutes



STEPS IN LEARNING ACTIVITIES

A. Warming up and Introduction (5 minutes)

1. Open the session with an exciting introduction or do a variation of a previous ice breaker activity, if the topic is part of a topic series in a series of sessions.
2. Introduce the topic that will be discussed:



“Next, we will learn how meat production leads to world hunger and waste of resources. I’ve prepared an article for us to study together.”

B. Brainstorming & Literature Study (30 minutes)

1. Facilitator divides participants into groups of 5 people. (You can use a game to form groups).

Facilitator asks each group to appoint a group leader. (You can

2. use the “tunjuk demokrasi” (democracy pointing) game to appoint a group leader).

Facilitator distributes an article titled Ayam Goreng: Nikmat di

3. Lidah, Dampak di Bumi (Fried Chicken: Enjoyable to the Tongue, Impactful on the Earth) to each group.

4. Facilitator distributes a list of missions that participants should study, and introduces the session:

“Everyone, I’m distributing a list of missions that we should learn from the article you’ve been given. Group leader, please assign a mission to each member in your group”

The list of missions contains 5 questions:

List of Missions:

- What negative consequences does large-scale chicken production have on the environment?
- How is chicken consumption related to world hunger?
- What role do individuals play in addressing the negative impact of excess chicken consumption?
- Why does eating less chicken help reduce pollution?
- What does “global citizen” mean in the context of the article?

5. Facilitator asks participants to gather with others who have been assigned the same mission to study the article and propose a solution. Give participants 10 minutes to study the article.



“Those who are assigned mission number 1, please raise your hand and gather with others who have been assigned the same mission. The same thing with the other missions. Please discuss and study the article you’ve been given to propose a solution to the mission.”

6. Facilitator observes each group during the discussion session and asks if they need clarification or have questions.
7. When the participants are finished, facilitator requests each participant to return to their original group. Ask them to take turns explaining the result of their discussion. Give them 10 minutes to do so.
8. Facilitator asks each group to take turns presenting their answers. For example, group 1 answers question number 1, group 2 answers question number 2, and so forth. In between presentations, facilitator can enhance participants’ understanding by emphasizing key points of the mission.

What negative consequences does large-scale chicken production have on the environment?

Answer: Large-scale chicken production leads to deforestation for feed production, depletion of water resources, pollution of rivers by livestock waste, and greenhouse gas emissions that contribute to climate change.

How is chicken consumption related to world hunger?

Answer: Land that should be used for growing crops for human food is then dedicated to producing animal feed. By eating less chicken, we reduce pressure on agricultural land, allowing more resources to be allocated to meeting the food needs of people.

What role do individuals play in addressing the negative impact of excessive chicken consumption?

Answer: Individuals can play a role by lowering their chicken consumption and diversifying their diet. Each individual action has far-reaching implications and can bring about positive change globally.

Why does eating less chicken help reduce pollution?

Answer: Less demand for chicken will reduce chicken production, which in turn, reduces the environmental pollution that is caused by large-scale chicken production.

What does “global citizen” mean in the context of the article?

Answer: “Global Citizen ” in the context of the article refers to an awareness that every individual has a global responsibility to preserve the environment, address the problem of hunger, and understand that individual actions have global implications.

C. Closing (5 minutes)

Facilitator briefly reemphasizes the key points of the session. **Read key points of session 2 as reference.**

ASSIGNMENT



Group Homework

1. Divide participants into 5 groups (or use existing discussion groups). Ask each group to create a simple educational poster about the article and the mission they have worked on while at the same time campaign for Meatless Monday.

Example :

- What are the consequences of excess meat consumption?
- What can be done to reduce meat consumption?
- Why is this action important and beneficial?

2. Posters can be created as:
 - A digital poster using the canva application
 - If point 1 is not possible, participants can make a simple poster by manually drawing on a blank sheet using simple drawing tools such as pen, pencil, or other available tools.
3. The poster made by each group is collected by facilitator on the second day of training.
4. Participants display their poster, printed from canva or manually drawn, on their school's wall magazine.
5. Facilitator asks participants to upload their poster to social media platforms and tag the @meatlessmondayindonesia account using the following hashtags:
#SeninTanpaDaging, #MeatlessMonday, #MeatlessMondayIndonesia, #MeatlessMondayWarrior.



Fried Chicken: Enjoyable to the Tongue, Impactful on the Earth”

Fried chicken, its savory taste, affordable price, and widespread availability, has become an integral part of the Indonesian culinary culture. From street food stalls to upscale dining establishments, chicken-based dishes are always a favorite. However, behind this enjoyment, there is an environmental impact that we need to be aware of. Large-scale chicken production, to meet consumers demand, unfortunately has negative consequences.

Large-scale chicken feed production gives rise to extensive deforestation, which reduces the earth's ability to absorb carbon dioxide and exacerbates global warming. Furthermore, chicken farming consumes a significant amount of water, leading to depletion of water resources and pollution of rivers by livestock waste. The resulting greenhouse gas emissions also contribute to climate change.

As global citizens, we have a critical role to play in addressing this issue. Eating less chicken is a simple yet effective step to preserve the environment. Lower demand reduces production, which in turn reduces pollution. This is a form of mutual cooperation, a responsibility of the young generation to preserve the

Large-scale chicken industry is not merely an environmental issue, but is also closely linked to world hunger. Land that should be used to grow food for humans is often diverted to produce animal feed. By reducing chicken consumption, we help reduce the pressure on agricultural land, allowing more resources to be allocated to meeting people's food needs. A simple choice like diversifying your food menu is a concrete form of caring for others. Every individual action has far-reaching global implications, and the accumulation of positive actions by many people can bring about significant national change.

By understanding the link between the meat industry and world hunger, we realize that our food choices affect not just our personal health but also the well-being of the global community. Therefore, let us be wise in eating chicken, for a more sustainable planet and a more just world.

The soft copy of the article & references, as well as supporting documents for this session, can be accessed at bit.ly/ModuIMMI-ArtikelSesi2



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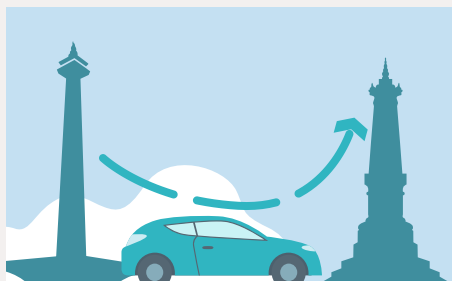
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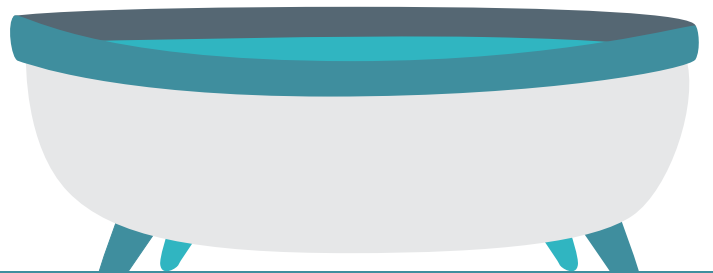
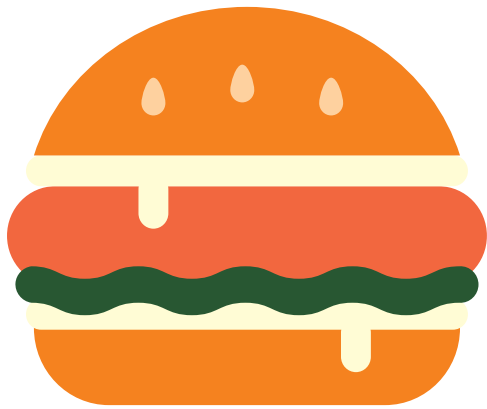


Session 5:
Measuring the Impact of
Meatless Monday
on Motor Vehicles



Session 6:
Signature Meatless
Dish of Indonesia

120 gr = 10 x



3

**Measuring the Impact of
Meatless Monday
on Water Availability**

Learning Objectives

1. Participants understand the link between meat consumption and water usage.
2. Participants understand the positive impact of reduced meat consumption on the environment, specifically water.

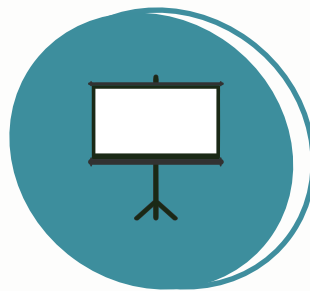
Key Points

1. Excess meat consumption uses a lot more water since the meat industry needs water to raise livestock, irrigate crops for animal feed, and process meat, all of which have adverse consequences on the environment specifically on water availability.
2. Each food choice of ours has an impact on the water in the environment, so it is important to select a more environmentally-friendly menu.

Training Aids



Sheets of paper containing food information



Flipchart paper
10 sheets or as needed



Colored markers
for each group
or as needed

Duration: 40 minutes



STEPS IN LEARNING ACTIVITIES

A. Warming up and Introduction (5 minutes)

1. Open the session with an exciting introduction or do a variation of a previous ice breaker activity, if the topic is part of a topic series in a series of sessions.
2. Introduce the topic that will be discussed:



“Next, we will learn how meat consumption adversely affects the environment.”

B. Apperception/Assimilating existing knowledge with new information that will be learned (5 minutes)

1. Facilitator invites participants to create a linkage with the materials that were learned previously.



“Everyone, remember the story about gas emission?
What is gas emission?”

“How can meat production increase gas emission?”

“When it comes to our food choices, for example if
we choose plant-based food, what are the benefits?
The benefits to the environment?”

2. Facilitator invites participants to learn together about the impact of food choices on water availability.



“Now let’s learn together again, explore more deeply
how the food we eat impacts our environment,
specifically water. Shall we?”

C. Simulation/Introducing new information for learning (5 minutes)

1. Before conveying a metaphor, facilitator can start with a short ice breaker, especially if participants seem bored or less enthusiastic.
2. Facilitator simulates the impact of meat consumption on water utilization using a metaphor.



"Where can we find water?"
(Expected answers: river, sea, lake, etc.)

"That's right, the water that we use every day for drinking, showering, and washing hands, comes from rivers. That water is also used as livestock drinking water and for irrigation of crops like rice, wheat, and other crops grown in rice fields. Water is a basic need for all of us."

"Imagine if the water that we need every day is overused by large numbers of agricultural fields. Vast areas are cleared to make space for growing crops like corn and grass to feed livestock. The water's journey then continues. It is used to water cattle in large farms, then flows to meat processing plants for washing equipment, cleaning floors, and finally turns into waste water that cannot be reused."

"When beef finally becomes food, imagine how much water has been used. A bowl of meatball, beef stew, or a plate of steak involves a long process that requires thousands of liters of water."

"Now imagine that there are millions of people in Indonesia who eat meat daily. For each serving of meat, there will be rivers that dry up faster, and rice fields that run out of water. In the end people will have difficulties obtaining clean water for drinking, bathing and other basic needs."

"Rivers and their clear water that once flowed freely have shrunk as water is used for livestock farming. Rice paddies in villages are facing water shortages because water is increasingly being used for animal feed. Groundwater in cities are continuously pumped and used for meat-based food industry, accelerating the risk of its depletion."

"Each time we eat, we are actually making a choice where the water will go, whether it will continue to nourish the earth, or disappear in one bite."

"So, the next time you drink sweet iced tea at a meatball stall, think how the water that is used to make the ice cube might be luckier because it's directly consumed and does not have to go through a cow's stomach first!"

3. Carry out a question-and-answer session about the above



"After listening to the story, what information about water usage is most surprising to you?"
"If you were water, where would you rather have "an adventure" in? In sweet iced tea, or in corn fields for cattle feed?"

D. Assignment "the Water Footprint in My Plate" (20 minutes)

1. Facilitator divides participants into small groups of 5 people using the "Jongkok Senang Berdiri Senang" (Happy Squatting Happy Standing) game. Game instructions are available at <https://s.id/main-icebreak>.
2. Facilitator asks each group to create a menu for their plate using cards that have been prepared.
 - Prepare cards/paper sheets with pictures or writings of various meat-based dish (e.g. chicken, beef, tofu, tempeh, rice, vegetable, etc.).
 - The amount of water needed to produce each dish is provided based on the MM unitary method.

Beef (per 100 gram beef): 1,541.5 liter = ± 81 water gallons

Lamb (per 100 gram lamb) : 876.3 liter = ± 46 water gallons

Chicken (per 100 gram chicken): 432.5 liter = ± 22 water gallons

Egg (per 50 gram egg): 163.25 liter = ± 8 water gallons

Milk (per 250 ml milk): 255 liter = ± 13 water gallons

Vegetable (per 200 gram vegetable): 64.4 liter = ± 3 water gallons

Cassava (per 200 gram cassava): 77.4 liter = ± 4 water gallons

Rice (per 150 gram rice) : 246.6 liter = ± 12 water gallons

Sweet Potato (per 200 gram sweet potato): 77.4 liter = ± 4 water gallons

Fruits (150 gram fruits): 144.3 liter = ± 7 water gallons

Beans including Tofu-Tempeh (per 100 grams): 405.5 liter = ± 21 water gallons

*Figures reflect the average food consumption per meal, converted into the average liters of water in standard water gallon container in Indonesia (19 liter)

Source: Mekonen & Hoekstra (2010)

- Ask participants to create a lunch menu for them using combinations of foods that they like.
- Once all the participants have set a menu, add up the amount of water that will be used for the foods they have selected for one plate. Present the result.

3. Discuss how their food choice affects water usage.
4. Reflect and conclude by asking participants the following questions:
 - What is your impression now that you know the amount of water that is used?
 - Are there ways to select a more water-friendly menu?
 - How does our daily eating habit affect the environment?
 - Are there food alternatives with a lower water footprint?

E. Closing (5 minutes)

1. Facilitator collects the “water footprint in my plate” game results from each group.
2. Facilitator invites participants to recall the materials they have learned in one day, and conclude what they can do so their food choices make their body healthy and do not harm the environment. Read key points from Session 1 to 3 as reference.



“Today we have learned a lot of important information. We now know that greenhouse gas emission as a result of meat production has a significant impact on the environment. We also learn that going meatless one day a week, namely on Mondays, can be a simple but highly effective way to help our planet. Another thing that is equally important is that we have seen how much our diet affects the world’s water supply.

So everyone, turns out we can protect the environment starting with small actions that we choose to do every day, such as the food on our plate. By choosing plant-based food, we can help lessen the negative impact we have on nature, without making major changes. So from now on, you can help protect the environment starting with what you put on your plate!” Who knows, these small steps can make a big difference to our planet.”

3. Facilitator informs the participants that they can access the Meat Free Monday Calculator to calculate the positive impact of reduced meat
4. Closing greeting.

Access the Meat Free Monday Calculator link
<https://meatfreemondays.com/calculator/>



Navigating Meatless Monday Indonesia Training Module

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Session 1:
Greenhouse Gas Emissions
And Their Effect
on The Environment



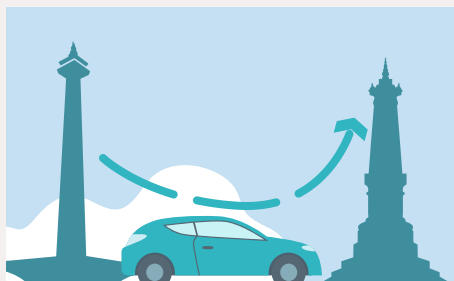
Session 2:
MMeatless Monday
Feeds the World



Session 3:
Measuring the Impact of
Meatless Monday
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Session 4:
Measuring the Impact of
Meatless Monday
on Deforestation



Session 5:
Measuring the Impact of
Meatless Monday
on Motor Vehicles



Session 6:
Signature Meatless
Dish of Indonesia

**MEATLESS
MONDAY = Save Forests the Size
of 73 GBK Stadiums**



4

**Measuring the Impact of
Meatless Monday
on Deforestation**

Learning Objectives

1. Participants understand about deforestation as a result of meat overconsumption.
2. Participants understand how lower meat consumption positively impacts the environment, specifically in the context of deforestation.

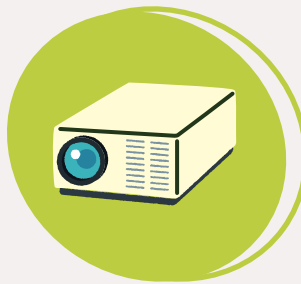
Key Points

1. The livestock industry that produces meat causes deforestation because livestock requires large areas of land.
2. Reducing meat consumption one day a week can prevent extensive deforestation.
3. Reducing meat consumption is beneficial for human physical health and environmental sustainability.

Training Aids



Article for handout



LCD Projector



Presentation Materials

Duration: 30 minutes



STEPS IN LEARNING ACTIVITIES

A. Introduction (2 minutes)

Open the session with an exciting introduction or do a variation of a previous ice breaker activity, if the topic is part of a topic series in a series of sessions.

B. Apperception/Assimilating existing knowledge with new information that will be learned (3 minutes)

1. Facilitator helps participants apperceive by linking the new information with the materials they have learned together yesterday.



“Before going into today’s lesson, let’s review the materials we learned earlier. Does anyone remember the materials that we discussed yesterday?”

(Ask 3 participants to answer).
(Help participants remember by giving them a summary of key points from session 1 to 3).

2. Introduce the topic that will be discussed:



“Today we’ll learn about the impact of excess meat consumption in relation to other environmental damages.”

C. Stimulation/Introducing new information for learning (5 minutes)

Facilitator gives stimulation to participants and invites them to read the following article.

The Dilemma of Meat Consumption and its Correlation with Climate Change in Indonesia

The dilemma of meat consumption and its relationship to climate change in Indonesia involves balancing health, environmental sustainability, and economic factors. As one of the largest meat markets in Southeast Asia, Indonesia's diet continues to evolve, marked by increasing meat consumption, particularly in urban areas. In 2022, consumption of beef and buffalo meat was around 2.5 kilogram per capita. While this was far below the global average of 6.3 kilogram, there is an upward trend driven by urbanization and rising income. This poses some environmental concerns related to greenhouse gas emission and deforestation.

Meat production in Indonesia has a significant impact on the environment, primarily because livestock farming contributes to deforestation and loss of habitat, which exacerbates climate change. The Global Ecological Footprint Network reports that the carbon footprint of meat production has increased nearly 14% in the past 10 years, mostly due to the conversion of more land for cattle grazing and growing feed crops. Deforestation not just destroys Indonesia's vital forest ecosystems but also threatens biodiversity and water quality. As one of the largest greenhouse gas emitters, Indonesia faces challenges in international climate discussions and needs to reform its agricultural practices and consumption patterns to mitigate these negative impacts.

Debates over meat consumption also look at health implications. While meat consumption in Indonesia is still relatively low compared to that in other countries, the increasing trend in meat consumption has raised concerns about nutritional balance and health risks such as heart disease and diabetes, which as research has shown, are on the rise. This raises a question regarding the sustainability of a high-meat diet and its long-term health impact.



The soft copies of the articles, references, and supporting documents for this session can be accessed at bit.ly/ModulMMI-ArtikelSesi4



D. Playing "Pro-Con Debate" (15 minutes)

a. How to Play:

1. Facilitator divides participants into two groups: Pro Team and Con Team.
2. Facilitator states a controversial statement around meat consumption and the impact of deforestation.
3. Each team has 2 minutes to discuss and decide on their argument.
4. Each team takes turn presenting their argument for 1 minute.
5. Facilitator acts as a jury who assesses and determines which argument is more convincing.
6. After each assessment, facilitator provides an explanation about the debate's question.

b. Debate's Trigger Questions:

"Not eating meat one day a week can minimize deforestation."

Lesson: Understand the impact of meat consumption on deforestation.

Explanation:

- Ternak 1 ekor sapi membutuhkan 2 sampai 3 hektar lahan.
- Berat 1 ekor sapi rata-rata 250kg.
- Konsumsi harian rata-rata orang Indonesia adalah 6,85gr.
- Jumlah penduduk Indonesia sekitar 280 juta orang.
- Ada 52 hari Senin di sepanjang tahun.

If one day a week (for example on Monday) throughout the year, all Indonesians do not eat meat, then around 1.66 million hectares of forest can be saved from being turned into land for cattle farming

This is equivalent to saving a forest in Kalimantan the size of **73 Gelora Bung Karno** football stadiums.



"Reducing meat consumption one day a week can be harmful to one's health."

Lesson:

Understand the health benefit of reduced meat consumption.

Explanation:

Reducing meat consumption by having one meat-free day, for example practicing Meatless Monday, offers a variety of health benefits for teens and young people.

- **Reduce the Risk of Diseases**

Adopting a meat-free day can significantly lower the risk of various diseases including heart disease, obesity, and several types of cancer. Research shows that simply eliminating meat one day a week can add approximately three years to one's life expectancy. This reiterates the potential long-term health benefits associated with this modified dietary pattern.

- **Improve Nutrition**

Going meat-free diet one day a week encourages one to eat more plant-based food such as vegetables, fruits, and nuts/beans that are typically richer in essential nutrients. Teens tend to eat more processed food and not enough fruits and vegetables, which can affect their health. By incorporating more plant-based food into their diet, teens can naturally improve their nutritional intake without making major changes into their eating habit. This contributes to increased energy, physical fitness, and overall well-being.



If time permits, facilitator can carry out an additional debate session using the following statement:

“Plant-based food is a sustainable alternative to meat consumption.”

Lesson:

Understand the importance of seeking alternative protein sources that do not adversely impact the environment.

Explanation:

- **Lower Carbon Footprint:**

Plant-based food generally has a much lower carbon footprint than meat, which helps lower greenhouse gas emissions.

- **More Efficient Use of Resources:**

Produksi makanan nabati membutuhkan lebih sedikit air, lahan, dan energi dibandingkan produksi daging. Dengan beralih ke makanan nabati, kita dapat mengurangi tekanan pada lahan dan membebaskan lahan untuk restorasi hutan atau produksi pangan lainnya.

- **Sustainability:**

Plant-based food is a more sustainable solution for meeting human protein requirements without harming the environment.



"Food choice is a fundamental human right. The government does not need to regulate meat consumption."

Explanation:

Individuals and the government can play a role that gives a significant positive impact.

Lesson:

- Every individual does have a right to choose what to eat. This is part of personal freedom. However, this right does not mean neglecting our responsibility to the environment and future generations.
- While the government does not need to directly regulate every bite of food, they have a critical role to play in:
 1. Providing clear and accurate information about the environmental impact of various food choices.
 2. Promoting sustainable agricultural and livestock farming practices.
 3. Creating incentives for more environmentally-friendly food choices.
- Meat production, particularly red meat, leaves a significant carbon footprint. This contributes to: deforestation to create land for livestock farming and animal feed crop growing, greenhouse gas emissions from animals and production processes, as well as excessive use of water.
- Excess meat consumption can further intensify climate change, which ultimately will affect everyone.

c. Insert Humor:



"Remember, this is a civil debate, not a senseless debate. If we're having a senseless debate, we'll end up being hot like the earth as a result of greenhouse gas emission!"

D. Closing (5 minutes)

1. Facilitator invites participants to recall the key lessons learned. Read key points of session 4 as reference.
2. Closing greeting.

Navigating Meatless Monday Indonesia Training Module

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Session 1:
Greenhouse Gas Emissions
And Their Effect
on The Environment



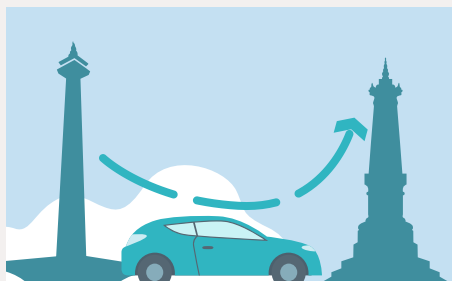
Session 2:
MMeatless Monday
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Measuring the Impact of
Meatless Monday
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Session 4:
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Meatless Monday
on Deforestation



Session 5:
Measuring the Impact of
Meatless Monday
on Motor Vehicles



Session 6:
Signature Meatless
Dish of Indonesia

**MEATLESS
MONDAY**

=

JKT - DIY



5

**Measuring the Impact of
Meatless Monday
on Motor Vehicles**

Learning Objectives

1. Participants understand how excess meat consumption harms the environment, and how transportation affects the environment.
2. Participants understand and compare the negative impact of meat consumption and the negative impact of transportation on the environment.

Key Points

1. The livestock industry globally causes more environmental damage than the transportation industry.
2. The environmental harm caused by the livestock industry specifically affects water, air, and forests.
3. Reducing meat consumption one day a week is beneficial for human health and environmental sustainability.

Materials and Supplies



LCD Projector



Presentation Materials

Duration: 30 minutes



STEPS IN LEARNING ACTIVITIES

A. Introduction (5 minutes)

1. Open the session with an exciting introduction or do a variation of a previous ice breaker activity, if the topic is part of a topic series in a series of sessions.
2. Introduce the topic that will be discussed:



“Next we will learn about the impact of transportation on the environment and how it compares with the impact of meat consumption.”

B. Apperception (5 minutes)

1. Facilitator does an ice-breaker with a short game called "Gerak Emisi" (Emission Movement). Ask participants to stand and move following the facilitator's instructions:
 - When facilitator mentions a food or an activity that has a high carbon footprint (e.g. beef, car, motorcycle, train), participants should squat.
 - When facilitator mentions a food or an activity that has a low carbon footprint (e.g. cycling, walking, jogging, tempeh, tofu, vegetable), participants should stand and raise their hand.
2. Facilitator links this session's material with the topic in the previous session:

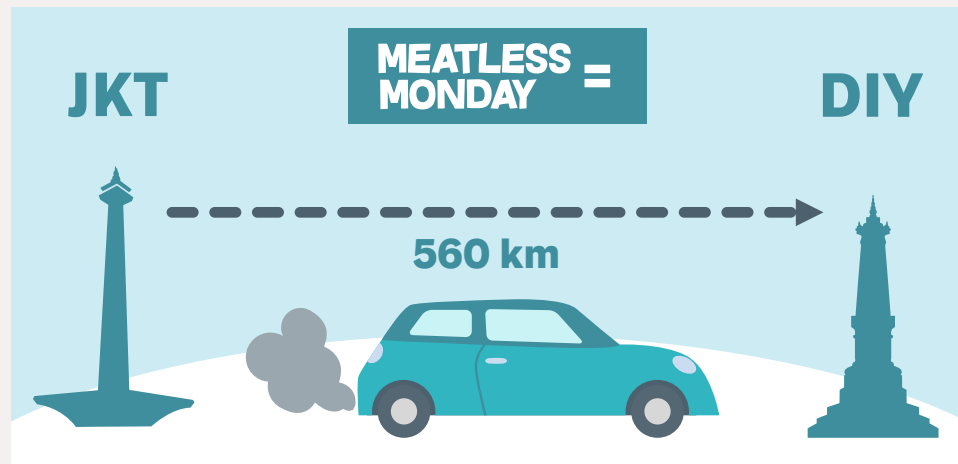


“Remember in the first session we learned that aside from meat consumption, one source of greenhouse gas emission that contributes to climate change is transportation or motor vehicles. Data from the Police Traffic Corps (Korlantas) shows that in 2024, as many as 164 million motor vehicles are operating in Indonesia, and 81% of them or 137.7 million are motorcycles. Let's discuss, which one affects the environment more adversely? Motorized transportation or excess meat consumption?”

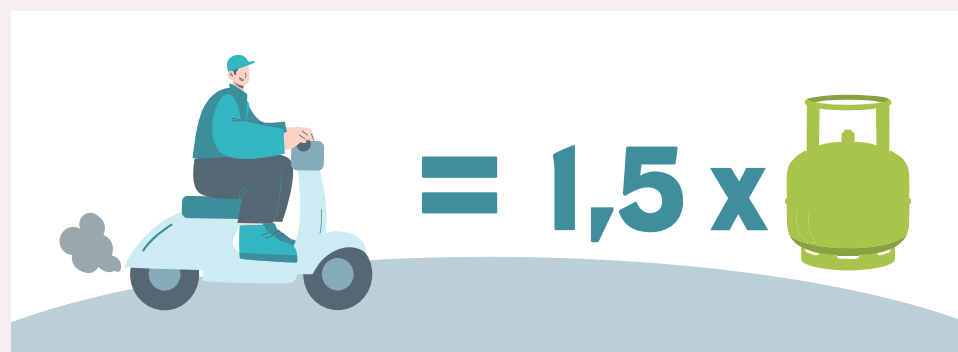
C. Stimulation (5 minutes)

1. Facilitator gives an example that looks at the environmental impact of motorized transportation in Indonesia and compares it with the impact of meat consumption.

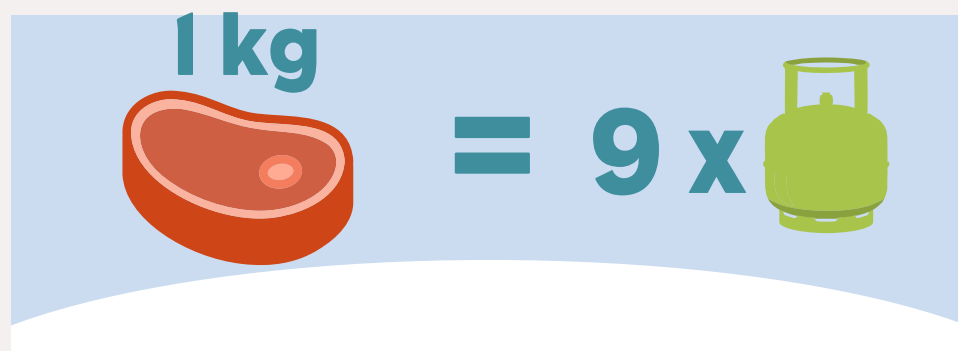
2. (Graph or diagram that shows the amount of Co2 generated in meat production versus the amount emitted by motor vehicles).



- The average greenhouse gas -CO₂- emitted by motor vehicles in Indonesia is around 4.6 kg Co₂ per vehicle per day (as illustration, this is equivalent to 1.5 of 3-kg LPG gas cylinder).



- The average greenhouse gas as Co₂ emitted during production of 1 kg beef is 27 kg. Imagine this is equivalent to 9 cylinders of 3-kg LPG gas.



3. Conclusion:

The environmental impact of eating one kilogram of beef is equivalent to riding a motorcycle for almost a week.

D. Playing "Grab the Finger" (10 minutes)

1. Invite participants to compare the negative impacts in more depth with "Grab the Finger" game.
2. Ask participants to stand in a large circle.
3. Ask everyone to raise their right hand, then put it in front of their belly with the palm facing upward.
4. Next, ask everyone to raise their left hand with the index finger pointing in the air. Then ask them to place their left finger on the palm of the person on their left.

Facilitator explains:



"Your right hand's task is to catch your friend's index finger. Give a command: Grab! Grab! Grab!. The left hand has to escape. Take your index finger off your friend's palm. Give a command: Run! Run! Run!"

"The task is simultaneous, the right hand grabs and the left hand escapes at hearing a key word, in this case "Pain". Invite participants to a trial with a key word "Pain! Pain! Pain!"

6. Ask everyone to listen to a story. When they hear the word "eat", then the right hand has to grab, and the left hand has to escape. Those who have their finger caught will move to the center of the circle and continue the story with their own story.
7. During the game, ask participants to remain focused on the information that is contained in the story.

8. Tell this story:



“This time we’re going to discuss in more depth the environmental impact of transportation and eating meat. First, greenhouse gas production. Livestock farming that is intended for meat production, so we can eat meat, produces a greenhouse gas called Methane. This gas has 25 times greater global warming potential than the greenhouse gas produced by motorized transportation, which is CO₂. Furthermore, the production of meat that people eat, particularly beef, requires 15,000 liters of water per kilogram of meat, while motor vehicles only need small volumes of water for production and maintenance. Livestock farming that enables us to eat meat, causes deforestation. Remember what we learned in the previous session, raising 1 cow needs 2-3 hectares of land.”

9 After the game, facilitator asks 1-2 participants to repeat the information that they have received.

E. Closing (5 minutes)

1. Facilitator invites participants to recall the key messages of the game.

Tell them:



“What important messages did you get from that game?”
Reiterate the information “if we reduce our beef consumption by one serving every Monday for a year, the emission reduction is equivalent to the emission of driving a car 560 km from Jakarta to Yogyakarta! Eating meat and using a motor vehicle both contribute to greenhouse gas emission. So let’s start with a small step! Cut down on meat consumption by practicing Meatless Monday and choose public transportation to be more environmentally friendly.”

2. Facilitator invites participants to recall the key lessons learned. Read key points of session 5 as reference.

3. Closing greeting.

Navigating Meatless Monday Indonesia Training Module

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Session 1:
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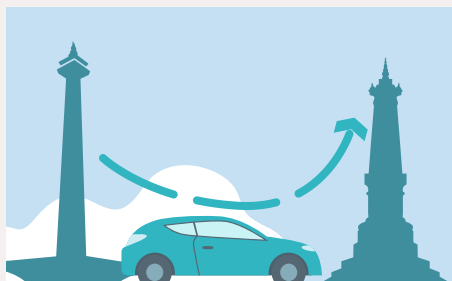
Session 2:
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Session 5:
Measuring the Impact of
Meatless Monday
on Motor Vehicles



Session 6:
Signature Meatless
Dish of Indonesia



6

**Signature Meatless
Dish of Indonesia**

Learning Objectives

1. Increase people's knowledge about locally-sourced plant-based food dishes in Indonesia.
2. Increase participants' awareness about the importance of plant-based foods for human health and the environment.
3. Make effort to preserve the nation's culinary heritage.

Key Points

1. Indonesia has many different types of locally-sourced plant-based foods.
2. Eating local plant-based foods protects and preserves Indonesia's culinary heritage.
3. Cutting back on meat consumption and switching to local plant-based foods support individual health, help sustain the environment and preserve Indonesia's culinary culture.

Materials and Supplies



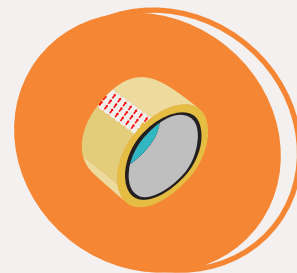
5 Cards With Island Names



5 Sheets of Flipchart Paper



10 Markers of Various Colors



3 Rolls of Tape

Duration: 30 minutes



STEPS IN LEARNING ACTIVITIES

A. Introduction (5 minutes)

1. Facilitator greets the participants, introduces him/herself, and checks whether participants catch the facilitator's name.



Assalamualaikum, good morning. My name is Lesti without Kejora, what's my name?

2. Facilitator explains the session's objectives, duration, and inquires about participants' willingness.



Today we're going to learn how to be a healthy generation who loves our country. We'll learn together for 30 minutes, are you up for it?

3. Facilitator asks how participants are doing and invites them to move and sing.



Is everyone healthy? Let's prove it, let's all stand, sing and dance to the "Pada Hari Minggu" (On a Sunday) song (movement guide is available in the attachment).

B. Group Discussion (20 minutes)

1. Facilitator introduces the session's topic using the following questions:
 - Ask a broad general question to guide the conversation to the topic that will be discussed.



Ask a broad general question to guide the conversation to the topic that will be discussed.

Expected answers: fried Rice, Chicken Soto, Fried Tempeh, Lamb Soup, Gado-Gado, etc.

- Ask a follow-up question to delve deeper.



“Among the foods you mentioned, which ones are derived from plants?”

Expected answers: Tempeh, Tofu, Ketoprak, etc.
(Facilitator can offer prompts if participants do not give the expected answers).

- Explain the discussion’s topic and objectives as planned.



“That’s exactly right. Indonesia has many different kinds of local foods with plant-derived ingredients. In this session, we will discuss in groups Indonesia’s variety of local plant-based foods, and their benefit for health and environmental sustainability.

2. Facilitator divides participants into 5 groups. (this can be done using a game like “Roda Transportasi” (Transportation Wheel) game).
3. Facilitator asks each group to appoint a group leader.
4. All group leaders gather in front of the class and randomly choose an island of Indonesia: Sumatra, Java, Kalimantan, Sulawesi, Papua. Then group leaders return to their respective group.
5. Facilitator invites participants to discuss in their group and compete to find as many answers as possible to the following question:



“What plant-based foods come from the island and what are the foods’ impact on health and on the environment?”

6. Explain that only foods with pure plant-based ingredients are allowed, not ones that contain animal protein, eggs, milk and dairy products. The winner is the group with the most dishes of suitable plant-based foods. Discussion time is 5 minutes, subject to time availability and as monitored by the facilitator.
7. When the time is up, facilitator asks each group leader to read out their discussion result.
8. Facilitator affirms the key messages in each group's discussion result.



“Indonesian local plant-derived foods such as tempeh, tofu, lodeh, and pecel are rich in fiber, vitamins, and plant proteins that help maintain digestive health, lower the risk of heart disease, and strengthen the body's immune system.

In addition, choosing local, plant-based food has a positive impact on the environment. By eating plant-based foods as an alternative to meat, we lessen the negative impact that livestock industry has on the environment, which as we have discussed in previous sessions, adversely affects water, air, and contributes to deforestation.

By prioritizing plant-based food, we not only maintain our personal health, but also participate in protecting our planet.”

C. Closing (5 minutes)

1. Facilitator encourages participants to continue exploring Indonesian traditional cuisines.
2. Facilitator invites participants to recall the key lessons learned. Read key points of session 6 as reference.
3. Facilitator invites participants to watch a video about Meatless Monday (create a barcode for the video).
4. Facilitator gives a closing greeting.

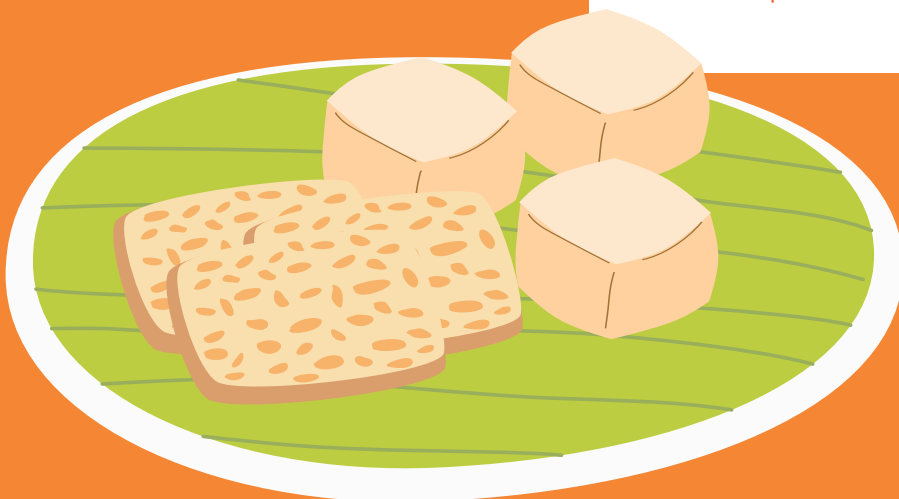
ASSIGNMENT

"Taste Mission"



Group Homework

1. Working in the same group as before, facilitator asks each group to find recipes for the traditional plant-based foods they listed in their previous discussion. (e.g. "Gado-Gado").
2. Facilitator emphasizes that participants should find out about the origin/history of the foods along with recipes. They should seek information from various sources.
3. Participants then present their group discussion result as a video reel and upload it to social media, tagging the @meatlessmondayindonesia account using the following hashtags
**#SeninTanpaDaging #MeatlessMonday
#MeatlessMondayIndonesia
#MeatlessMondayWarrior.**
4. The "Taste Mission" video reel assignment is submitted no later than 2 days after the completion of training (D+2) by uploading the video to each participant's social media account. Each group is required to confirm the upload to the facilitator via group chat.



SUPPORTING MATERIALS

"The Diversity of Plant-based Food Ingredients in Indonesia"

Do you know?

Indonesia, with its thousands of islands and various ethnic groups, is a culinary paradise that offers a wide array of flavorful dishes. This diversity comes not just from the use of meat, but also from the different types of plant-based ingredients that grow in the country's fertile land. Each region has developed its own unique way to turn these ingredients into delicious characteristic dishes.

This lesson will take you on a deeper exploration of Indonesia's rich and diverse meat-free cuisines. We will learn about the origin of these plant-based ingredients, their incorporation into traditional Indonesian food recipes, and the positive impact of plant-based diets on people's health and the environment.

The Origin and Processing Method of Food Ingredients: Exploring Indonesia's Culinary Heritage.

Every plant-based food ingredient in Indonesia is unique in its origin and processing method. Let's explore this in more depth:

- **Vegetables:** Vegetables like spinach, water spinach (kangkung) and bok choy (sawi) are thought to have originated in Southeast Asia, while tomato, eggplant, and chilli originated in South America and were brought to Indonesia through trade. In Indonesia, vegetables are boiled (sayur asem), stir fried (kangkung stir fry), fried (spinach chips), or grilled (grilled eggplant).
- **Fruits:** Fruits such as mango and banana are believed to have come from Southeast Asia, while durian (stinky fruit) and rambutan (hairy fruit) are native to Indonesia. Indonesian fruits can be enjoyed as they are, or they can be juiced, processed into candied fruit, jams, or used as additional ingredient in cooking.

- **Beans:** Soybeans are believed to have come from East Asia, while peanuts come from South America. Mung bean and red bean are also common in Southeast Asia. In Indonesia beans are processed into a variety of foods, for example tofu, tempeh, oncom (made from soybean), rempeyek (peanut crackers), mung bean porridge, and kidney bean soup.
- **Grain:** Rice comes from South and Southeast Asia, corn comes from Central America, while wheat comes from the Middle East. Rice is a staple food in Indonesia. Corn is processed into corn rice, pop corn, or corn flour, while wheat is processed into bread, noodle, or cake.
- **Tubers:** Cassava and sweet potato come from South America, while potato originated in South America and the Andes. Taro is widespread in Southeast Asia. In Indonesia, tubers are processed into a variety of foods such as getuk, tiwul (from cassava), sweet potato dessert soup (kolak), potato chips, and fried taro.
- **Spices:** Indonesia is known as the world's largest spice producer. Spices that are commonly found in Indonesia include turmeric, ginger, galangal, aromatic ginger (kencur), and coriander. Spices are used as seasonings in Indonesian cuisine, giving food dishes their specific flavor and aroma. In addition, some spices are also used as traditional medicine ingredients.

Traditional Plant-based Food Recipe: A Taste of Indonesian Culinary Delights

Indonesia has a variety of traditional cuisines that include many delicious plant-based dishes from different regions throughout the archipelago. These dishes are not only appetizing, but are also loaded with nutrients, a reflection of the local wisdom in utilizing natural resources. Some examples of Indonesian traditional plant-based dishes are:

- **Gado-gado (Jakarta):** Boiled vegetables (kangkung or water spinach, long bean, bean sprouts), rice cakes, tofu, tempeh, hard-boiled egg, and savory, delicious peanut sauce.
- **Pecel (Madiun, East Java):** Boiled vegetables (spinach, kangkung or water spinach, long bean, bean sprouts), spicy peanut sauce, and rempeyek or crunchy peanut crackers.

- Urap (Java): Boiled vegetables (spinach, kangkung or water spinach, long bean, bean sprouts), seasoned and spiced grated coconut giving a savory and fresh taste.
- Lawar (Bali): Chopped vegetables (young jackfruit, long bean, cassava leaves), ground meat (plant-based or animal-based), grated coconut, and flavorful lawar spice.
- Tinutuan/Manadonese Porridge (North Sulawesi): Rice porridge mixed with various vegetables, pumpkin, sweet potato, cassava, and other spices.

The Impact of a Plant-based Diet: Healthy for the Body, Good for the Environment

Maintaining a plant-based diet that includes for example vegetables, fruits, beans, grains, and limiting processed food and animal products provide tremendous benefits to our health. A plant-based diet protects us from chronic diseases such as heart disease, diabetes, cancer, and obesity. In addition, eating more plant-based food also has a positive impact on the environment.

- **Reduce Greenhouse Gas Emission:** The livestock sector is responsible for nitrous oxide emission around the world. By eating less meat, we help lower greenhouse gas emission and slow climate change.
- **Conserve Natural Resources:** Livestock farming requires large areas of land and a significant amount of water. By cutting back on our meat consumption, we help conserve land, water, and biodiversity.
- **Prevent Deforestation:** The majority of deforestation that occurs around the world is done for agricultural purposes, primarily to grow animal feed. We can help prevent deforestation and preserve forests by reducing our meat consumption.

Conclusion

Indonesia has a wide array of plant-based food resources. Let us preserve this invaluable gift by adopting a diverse and healthy plant-based diet for a healthy body and a healthy environment.

ATTACHMENT

A game to form groups: Jongkok Senang-Berdiri Senang (Happy Squatting-Happy Standing)

HOW TO PLAY:

1. Invite participants to stand and explain to them the objective of the game.
2. Tell participants: "I'm going to divide you into group by singing a song."
3. Ask participants to stand in a big circle, then invite them to sing jongkok senang to the rhythm and song of 'di sini senang, disana senang'. The lyric goes as follows:
4. Song's lyric and movement:
Jongkok senang = happy squatting (squatting position)
Berdiri senang = happy standing (standing up)
Berputar-putar mencari teman = turning around looking for friends (turning the body around)
Berkeliling-berkeliling, sambil mencari teman... = going around looking for friends (moving to the right together)

CALL OUT A NUMBER! (ask participants to find that many people to form a group).



Access the KAP Game here or visit
bit.ly/ModulMMI-PermainanKAP

ATTACHMENT

A game to form groups: Rotating Transportation Wheel

HOW TO PLAY:

1. Invite participants to stand and explain to them the objective of the game.
2. Tell participants: “We’re going to break into groups based on the number of transportation wheels that I mention”
Invite participants to stand freely or form a circle.
3. Ask them: “How many wheels does a bicycle have?, What about a pedicab/bemo? Car? Truck? Three-axle Truck?”.
4. Tell participants: “When I say “pancoran statue” all of you will point to the sky and shout “hu..!” I will then mention one transportation mode and you need to group with as many people as the number of wheels of that transport mode.”
5. Start playing the game:



“Pancoran statue.. hu..! (pointing to the sky), becomes a Bicycle (2 people), a Pedicab/ bemo (3 people), a Car (4 people), a Truck (8 people), a Three-axle Truck (12 people)”



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This is a Meatless Monday (MM) training module that serves as a guide for facilitators in facilitating interactive and simple training for youth.

This module is an adaptation of the “**Meat Free Monday**” module, which has been adapted for youth academy training in Indonesia. Among of the adaptation, the module covers the Meatless Monday movement measurement and explores on plant-based foods in Indonesia. In addition, the adaptation focuses more on the environmental topics that are more relevant to the context of school outreach.

Throughout this training, participants will gain deep understanding of the Meatless Monday movement, starting from learning its background and impact, to how to implement it in their daily lives. That by reducing meat consumption one day a week, we can support healthy lifestyle and help to protect the environment. Let's learn together, and contribute to create a healthy and sustainable lifestyle.