



إكسبو 2020
دبي، الإمارات العربية المتحدة
DUBAI UNITED ARAB EMIRATES



المجلس العالمي لأجيال المستقبل
NEXT GEN WORLD MAJLIS

in collaboration with



Expo 2020 Dubai

NEXT GEN WORLD MAJLIS PROGRAMME

Food, Agriculture, and Livelihoods Week
17 – 23 February 2022



Next Gen | You Are What You Eat: The Role of Food in Our Lives
In collaboration with the Expo School Programme

Monday February 21, 2022

10.00 – 13.00

The Conversation Topic

You Are What You Eat:

The Role of Food in Our Lives

Changing what and how we eat can benefit both ourselves and our planet.

We all have up to 100 trillion cells in our bodies, each one demanding nutrients to function. Food affects all of these cells, and by extension, every aspect of our being: mood, energy levels, thinking capacity and sleeping habits.

Recent research has shown that the brain and the gut are intimately connected. A person's stomach can be the cause as well as the product of anxiety and stress.

What we eat has changed the planet. Forests have been devastated to rear cattle and grow crops, while the oceans become barren as they are trawled and over-fished. Food production does not only contribute to climate change, it is also the greatest single driver of wildlife loss.

As more meat is eaten across the planet, greenhouse gas emissions from agriculture and food production – which already account for about a third of the overall total – could rise by as much as 80 percent between now and 2050.

- How do we help each other make healthy food choices?
- How is the planet's diet changing today?
- What does an ideal diet look like?
- How can sustainable diets go from being a rich country trend to a true planetary gamechanger?

Participants

Hawraa Ahmed Adan

Al Nahda National School for Girls, Abu Dhabi

Yi-jin Chang

Dwight School, Dubai

Emerald Choi Cortez Domingo

Apple International School, Dubai

Mohammed Marwan Ghazali

Sharjah American International School, Dubai

Mobin Karimi

Adab Iranian Private School for Boys, Dubai

Raneem Fadi Mobarrak

AlMaaref Private School, Dubai

Aryan Saboo

Cambridge International School, Dubai

Fatima Al Shennawy

Al Mawakeb School - Al Garhoud, Dubai

Moderator



Ross Burrill

Radio presenter and producer

“Big Rossi”, also known as Ross Burrill, is a co-host on Virgin Radio Dubai’s “The Kris Fade Show”, and is an extremely versatile, friendly, and fun host who tailors his stage presence to any event or occasion.

He has a wide range of experience working at different types of events, from high profile engagements to boutique functions.
