



ENERGY. CLIMATE.
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World Food
Programme

A STUDENT'S BOOKLET TO A HEALTHIER PLANET

COOKING CLEAN, LIVING GREEN



STUDENT BOOK FOR ENVIRONMENT WORLD AND CLEAN COOKING

SUPPORTED BY



DEVELOPED BY

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Sustainable Energy for All (SEforALL) is an international organization that collaborates with governments, private sectors, and civil society to accelerate progress toward Sustainable Development Goal 7 (SDG7), which aims for universal access to sustainable energy by 2030. Achieving this goal requires a transformation in how energy is produced, distributed, and consumed, ensuring that no one is left behind.

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CHAPTER 1:

OUR AMAZING EARTH AND WHY WE NEED TO PROTECT IT



Why the Earth is Special

The Earth is our home. It gives us air, water, and food. We need to keep it healthy!

- **Fun Fact:** Trees are like the Earth's lungs—they help clean the air!

What Makes the Earth Sad?

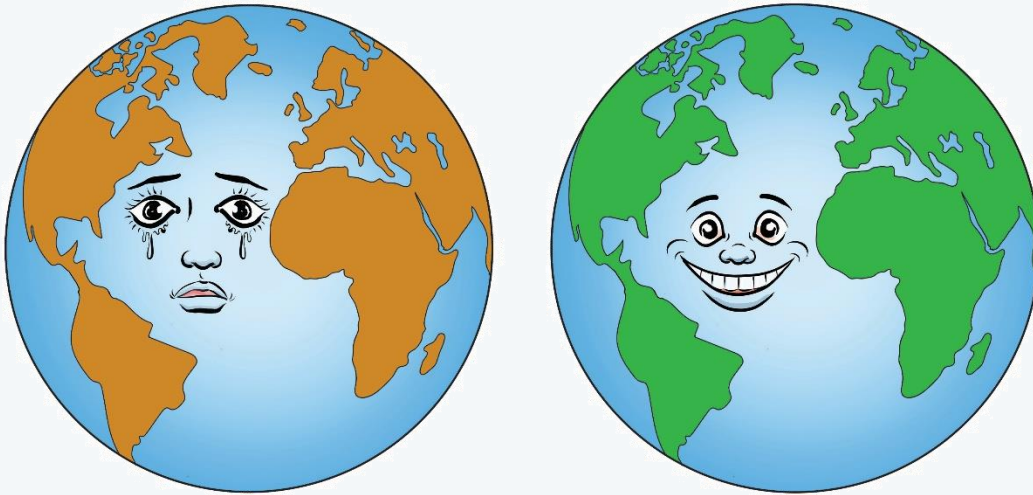
- Cutting down too many trees.
- Burning fuels that pollute the air.
- Wasting water and energy.
- Throwing trash on the floor.

How Can We Help the Earth?

- Plant trees.
- Use clean energy like electricity, solar and wind power.
- Save energy by turning off lights and using clean cooking methods.
- Throw away trash in designated bins.

Activity:

Draw Your Happy Earth: Create a drawing of a clean, green Earth with trees, animals, and clear skies.



CHAPTER 2: WHAT IS ENERGY AND WHY DO WE NEED IT?



What is Energy?

Energy makes everything work! It powers our homes, schools, and even helps us cook.

Clean Energy vs. Dirty Energy

- **Clean Energy:** Comes from the sun, wind, and water. It's good for the planet!
- **Dirty Energy:** Comes from burning coal, charcoal, and wood. It makes the air dirty and harms nature.
- **Fun Fact:** The sun is like a giant battery that powers our world!

How Can We Save Energy?

- Turn off lights when not in use.
- Use energy-saving tools like the Electronic Pressure Cooker (EPC).

Activity:

Energy Hunt: Find things at home that use energy. Write down one way to save energy for each item.



CHAPTER 3: WHAT IS CLEAN COOKING?



What Does Clean Cooking Mean?

It means using tools that cook without harming the Earth or making smoke.

Why Clean Cooking Matters

- Keeps the air clean.
- Saves trees.
- Helps the Earth stay cool and healthy.
- Helps people who cook like our mums and the school cooks from not getting sick. Getting sick from burning wood, coal, plastic, and other forms of waste looks like coughing a lot and getting watery and red eyes. Also protect the health of the children who sit in the kitchen while mothers are cooking.
- Save time as it cooks faster.

The Problem with Smoke

Smoke from firewood and charcoal can make people sick and pollute the environment.

- **Fun Fact:** An EPC can save more trees in a year than you can count on your fingers and toes!

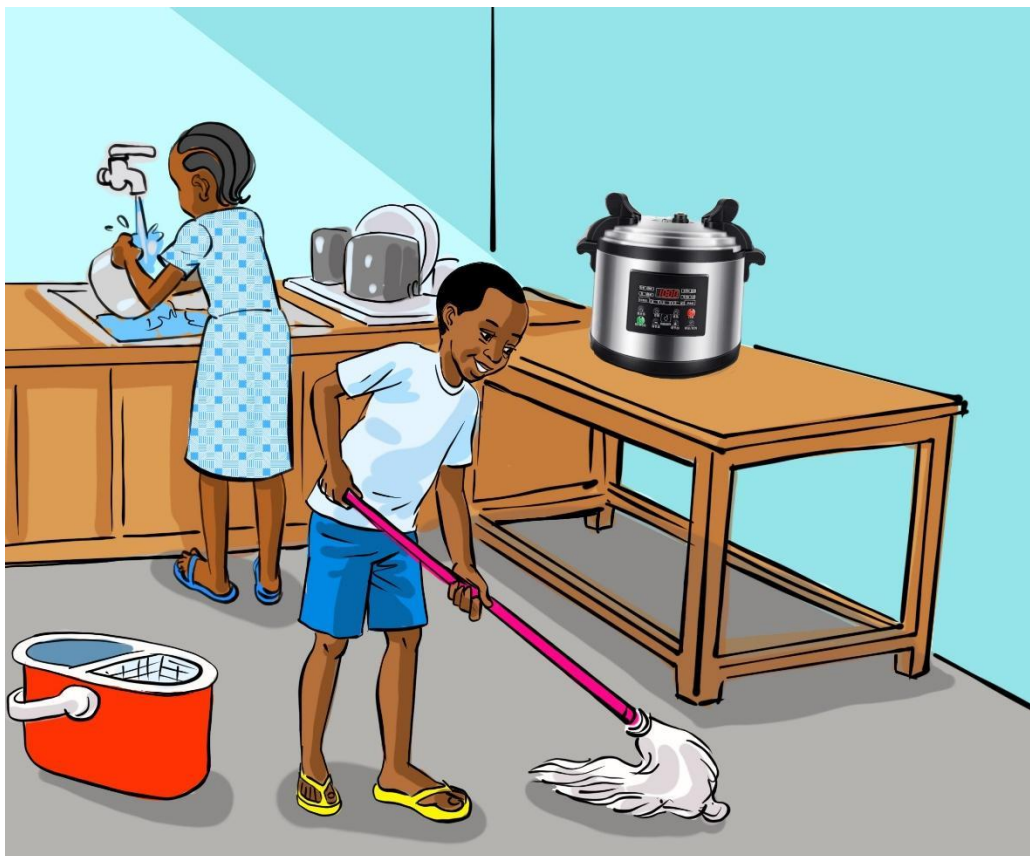
Activity:

Cooking Detective: Find out what your family uses to cook. Is it clean cooking or not? Write down one way to help make cooking cleaner and how it can help your family.



CHAPTER 4: CLEAN COOKING WITH ELECTRONIC PRESSURE COOKER

– A New Way to Help Our Planet and Ourselves



What is an Electronic Pressure Cooker -EPC?

An Electric Pressure Cooker (EPC) is like a magic cooking pot that uses electricity.

Why is an EPC Amazing?

- It doesn't make smoke.
- Saves time and energy.
- Safe and easy to use.
- Preserve nutrients.
- Cost effective.

Storytime: "The Magic Cooker"

A family switched to an EPC after learning about it at school. Their kitchen became smoke-free, and they felt healthier and happier!

Activity:

Design an EPC Poster: Create a colorful poster showing why the EPC is the best cooking tool. Use fun slogans like “Cook Clean, Live Green!”



Happy family with health Cooking – No Smoke- No Problem

CHAPTER 5: BE A CLEAN COOKING CHAMPION!



What is a Clean Cooking Champion?

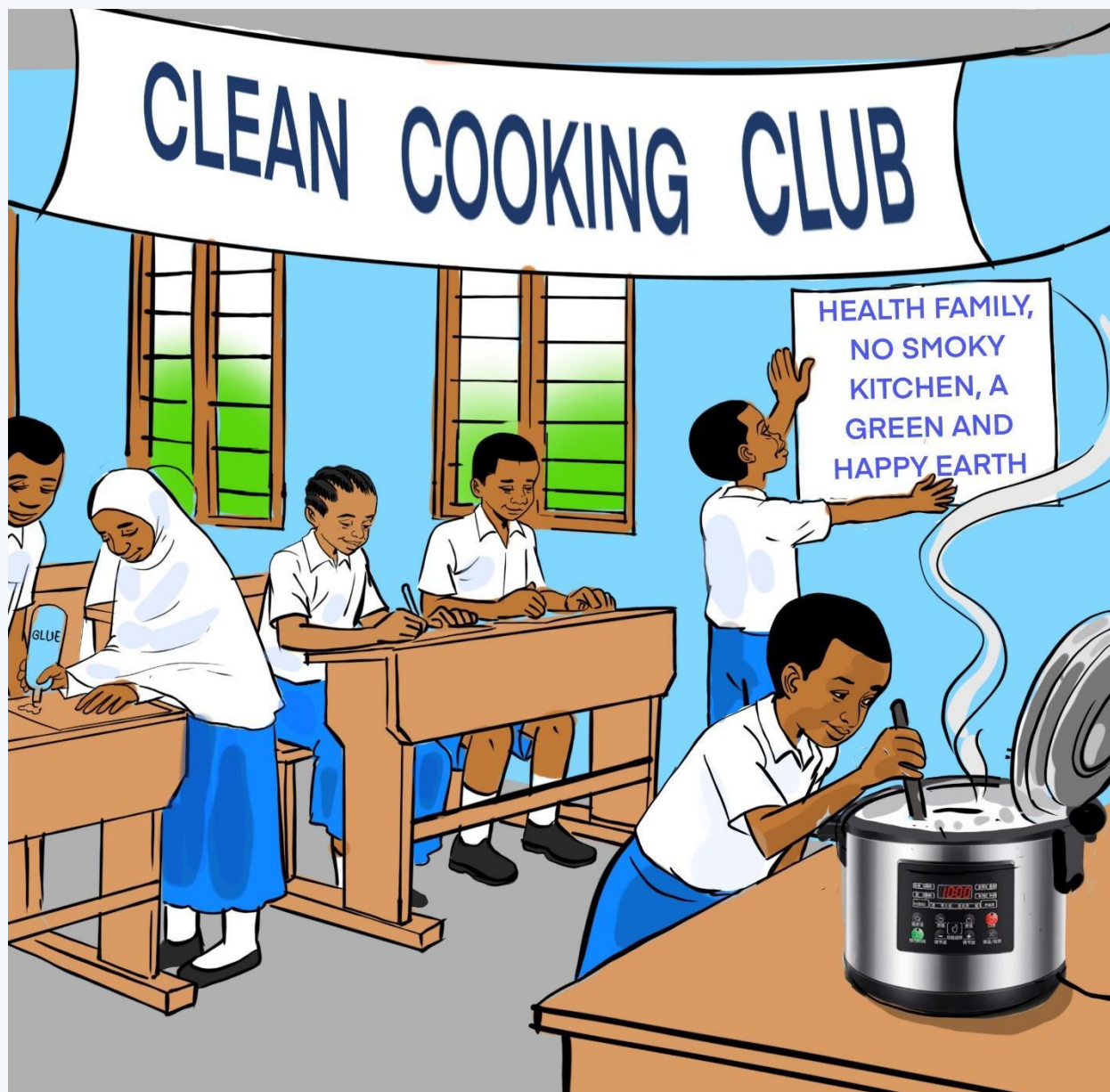
Someone who is an ambassador of clean cooking and teaches others about clean cooking solutions and helps the community and the Earth.

How Can You Help?

- **At Home:** Talk to your family about the EPC.
- **At School:** Share clean cooking facts with friends.
- **In the Community:** Spread the word about clean cooking.
- **Fun Fact:** If every student became a clean cooking champion, we could save thousands of trees every year!

Activity:

Clean Cooking Club: Start a club at school to teach others about clean cooking. Plan fun activities like skits or games.



CHAPTER 6: OUR CLEAN COOKING FUTURE



Imagine a Clean Cooking World

- No smoky kitchens.
- Healthy families.
- A green and happy Earth.

Your Role in the Future

- **Learn Today:** Understand clean cooking and why it matters.
- **Act Tomorrow:** Share your knowledge and use clean cooking tools.
- **Lead the Way:** Help save the Earth by promoting clean cooking!

Activity:

Clean Cooking Pledge: Write down one promise to help the Earth.
Example: "I will teach my family about the EPC."

CONCLUSION: BE THE CHANGE



By using tools like the EPC and learning about clean cooking, you can make a real difference. You have the power to protect your health, help your family, and save the planet.

Start today—the Earth is counting on you!



ABOUT SEforALL

Sustainable Energy for All is an independent organization, hosted by UNOPS, with a global mandate to accelerate progress on the energy transition in emerging and developing countries. We work at the intersection of energy, climate, and development. We collaborate with governments and partners worldwide to end energy poverty, accelerate the deployment of renewable energy solutions, and combat climate change.

Our vision is a world where everyone, everywhere, can lead a dignified life on a healthy planet, powered by sustainable energy. We promote this vision by pushing for higher ambitions, stronger policies, greater finance flows, increased localization and green jobs, and faster results toward an energy transition that leaves no one behind.

For more information, visit www.SEforALL.org

