

Table of Content

List of Abbreviations.....	VIII
List of Figures.....	X
List of Tables.....	XII
Abstract	XIV
1 Introduction	1
2 Theoretical Background	6
2.1 Sustainability and Sustainable Development	6
2.2 The Agenda 2030 and the Sustainable Development Goals.....	8
2.2.1 <i>SDG Implementation and Monitoring</i>	9
2.2.2 <i>SDGs and Nutrition</i>	10
2.3 Sustainable Diets	14
2.3.1 <i>Life-Cycle Assessments of Sustainable Diets</i>	15
2.3.2 <i>Nutrition Ecology and the 7 Principles of Sustainable Nutrition</i>	21
2.3.3 <i>Socio-Ecological Research on Nutritional Styles</i>	23
2.4 Education for Sustainable Development	25
2.4.1 <i>Learning Outcomes in ESD</i>	27

*2.4.2 Simulation Game as an Action and Experiential Learning
Method 29*

3 Methodology.....	40
3.1 Simulation Game Development.....	41
3.2 Game Structure and Course of Play	54
3.3 Data Collection.....	59
3.3.1 Sampling	59
3.3.2 Survey Design.....	61
3.3.3 Survey Piloting	62
3.3.4 Pre- and Post-Game Questionnaires	63
3.4 Data Preparation and Analysis	66
4 Results	69
4.1 Sample Description.....	69
4.2 Simulation Performance	71
4.3 Quantitative Analysis	74
4.4 Qualitative Analysis	80
5 Discussion.....	83
6 Conclusion	93
7 Summary.....	96
8 Glossary	97
VI	

Acknowledgments..... 99

References..... 100