

# Lunch Box Detectives

This lesson goes through the problem of waste during lunch time. It explores the waste created in lunchboxes and how to reduce this.

## Objectives

- To understand the environmental impact of landfilling waste.
- To discover alternative ways to pack food which create less waste.
- To enthuse others to create less waste.

## Lesson Outline

Discussion:	Ask the children when they think the most waste is created in their school day (answer: lunchtime!).
	Explain how the waste from lunchboxes goes to landfill (show picture) and briefly explain the problems – e.g. length of time certain materials take to break down, production of methane gas and leachate etc. Introduce the 3 Rs and composting. Explain each one. Show the local recycling scheme.
	Use pictures of common lunchbox contents, ask children to decide what could happen to the waste items once the food has been eaten. They can put them onto a 'reduce', 'reuse', 'recycle', 'compost' sorting sheet. Start as a class and repeat the activity in small groups, taking turns to pick a card and put it in the (one of the) right place(s). This could be taking photos of some of your children's lunches before the session.
	Check the children's work and ask them to consider what types of things would be found in a waste free lunch box. Create a waste free lunch on the board.

Extension/follow up activity:

If time, children could repeat the activity with their own lunches.

\*Check that children do not have any contact with food items they may be allergic to.

Display different materials on a timeline to demonstrate how long different materials will take to break down when buried in the landfill.

Create waste free lunch posters for display in the lunch hall.

Hold a 'waste free lunch' day. Encourage pupils and staff to take part.

### Resources you will need:

- Photo of landfill.\*
- Sorting sheets.\*
- Pictures of common lunch foods (Some examples are below. Adapt/add to suit your class).
- Lunchboxes (If you decide to go through the children's lunches).

\*Photos/pictures attached below for printing.





Reduce

Reuse

Compost

Recycle

