

Too Much on Your Plate

This lesson covers how to reduce food waste and why it is important.

Objectives

- To understand the consequences of putting food waste in the bin.
- To discuss ways to reduce food waste and the impact on the environment.

Lesson Outline

Discussion/talking points:	<p>What types of food get thrown away? Ask children to share a few examples of food they may have thrown away recently.</p>
	<p>Explain what happens to food when it's thrown away and explain the problems associated with this. Show photographs of landfill to illustrate.</p>
	<p>Each <u>day</u> in the UK we throw away the following (whole and untouched):</p> <ul style="list-style-type: none">12 double decker buses of apples (4.4 million)10 double decker buses of bananas9 double decker buses of potatoes4 double decker buses of tomatoes4 double decker buses of oranges <p>(this could be illustrated with large bus pictures)</p>
	<p>Ask children to consider the time and energy involved in making food. Give example of cheese - feeding and milking the cows, cooling and transporting the milk, processing it into cheese, packing it, transporting it to the shops, keeping it at the right temperature. If it then gets thrown away it will probably end up in landfill where the time and energy involved in the making will be wasted.</p>
	<p>Each year a typical family will spend £420 on food that they throw away.</p>
	<p>Ask the children to identify the reasons why food might get thrown away (e.g. we don't eat it in time and it goes bad, we buy too much or cook too much).</p>

	<p>Ask children to come up with some ways to prevent food being wasted (these could be listed on a whiteboard for use in follow-up activities)</p> <p>e.g.-</p> <ul style="list-style-type: none"> • Encourage adults to think about meals they will prepare and make shopping lists. • Check dates when buying food. • Store food carefully (put fruit (not bananas) and vegetables in the fridge) so that they last longer. • Calculate portions (use scales, cups, spaghetti measures etc) to ensure you cook the right amount. • Use up leftovers in new dishes.
Activity:	<p>Make an eye-catching front cover for a shopping list booklet (made of recycled/reused paper). Include a slogan or a fact about food waste e.g. 'Love food hate waste' 'Don't be a squishy tomato – finish your food!' Stick a magnet on the back so that the pad can be kept on the fridge/freezer.</p>

Resources you will need:

- Photo of landfill.*
- Shopping list booklets and materials for decorating.
- Cups, scales, spaghetti measures etc.
- For more information see: <http://www.lovefoodhatewaste.com/>

*Photo/picture attached below for printing.



