

Lesson	Food Smart Not Food Waste	60-minute session
Learning Outcomes	<ul style="list-style-type: none"> • To understand the difference between food waste and wasted food • To know how to reduce and avoid wasted food • To be able to relate wasted food to the impact it has on the environment • To be able to grow food from food waste <p><i>(Potential links to Citizenship & Science)</i></p>	
Resources Needed	<ul style="list-style-type: none"> • Food Smart Not Food Waste Quiz • Teacher Resource • Pen Paper • Food Waste Diary • Food Waste & Harvested Seeds • Dishes/Plates/Jars & Water • Pots & Soil (if required) • Growing Instructions • Waste From Plates Audit 	

Adaption maybe required for needs and age. Consideration must be given to any allergy or dietary requirements.

	Outline	Resources
Introduction/ Activity 1 20mins	<p>Students should individually complete the Food Smart Not Food Waste Quiz. Use the information below to discuss their answers.</p> <ol style="list-style-type: none"> 1. Food Waste – is the result of preparing food for eating e.g. egg shells, peelings, bones etc Wasted Food – is food that could have been eaten but was otherwise thrown away e.g. an apple left to go past its best, food left on the plate, crusts cut off bread etc 2. By edible we mean that it is wasted food which could have otherwise been eaten and is the equivalent of 10.5billion meals 3. In total households across the UK throw away £13.8billion worth of edible food 4. 1.6billion fresh potatoes are thrown away every year in the UK, bread is next with 24million slices being wasted and third is milk with 490million pints thrown away 5. 75% of the food wasted in schools is avoidable. Over half is made up of vegetables and fruit. This waste equates to around 22p per meal meaning that if you had a meal every day you could save £43per year 6. Simply adding less to your plate or preparing food in the correct portion sizes would resolve this issue 7. All of these answers are true, just think of what your school could do with the money saved through reducing wasted food 8. This is the same as removing every 1 in 4 cars from the road. 20% of all the UK's emissions is associated with food production, distribution and storage 9. India wastes the most food on the planet, throwing away 67million tonnes per year. The US is second with 49.7million while China, Pakistan, Brazil & Indonesia all waste 36million 10. One third of all food produced for human consumption is wasted each year. That adds up to 3 trillion meals. 820million people suffer from chronic undernourishment which is 10% of the global population. If the worlds wasted food was distributed to these populations that would provide each person with 3,659 meals per year / 10 meals per day 	Quiz Sheet

	<p>Invite the students to discuss or debate their answers and the information provided.</p> <p>Additional information can be found at – www.wrap.org.uk or www.lovefoodhatewaste.com</p>	
<p>Activity 2 – What can you do to make a difference? 15mins</p>	<p>Activity Working in pairs/trios/small groups see if the students can list the different ways to reduce food waste / wasted food. They might think of -</p> <ul style="list-style-type: none"> • Portion Controls • Plan meals for the week • Grow your own food from food waste • Buy local & seasonal food wherever possible • Donate leftover food to neighbours or good causes • Get creative with your meals – use up leftovers • Have a use up day where you only use leftovers, open packets or partially used food • Freeze extra portions when cooking large meals • Compost • Complete a food waste / wasted food audit to monitor what is being thrown away • Check the label – use close dated fresh food first before processed or long dated food <p>Discuss answers as a group</p> <p>Do you know the difference between ‘Use by dates’ ‘Sell by dates’ & ‘Best before dates’?</p> <p>Use by dates – this is used on food that goes off quickly such as fish, meat or salad. You must not use any food or drink after this date even if it looks and smells fine. You may be able to freeze the food to extend its life but you will need to do this according to the instructions on the packet and it must be eaten as soon as it is defrosted.</p> <p>Sell by dates – retailers sometimes use these for stock control purposes. These are not required by law and are instructions for shop staff and not customers.</p> <p>Best before dates – this will appear on many processed foods such as frozen, dried and tinned. These are about quality and not safety. When the date has passed this does not mean the food cannot be eaten or will be harmful, but it might mean that it has begun to lose its flavour and texture.</p>	<p>Pen & Paper</p>
<p>Activity 2 – Growing from Food Waste 15mins</p>	<p>Set Up Make sure you have all the equipment ready and to hand prior to the lesson. You will not need anything specialist to begin with as these can be started off on a windowsill. You will need to transfer the plants into soil once growth has begun.</p> <p>Activity Growing from food waste is relatively simple and easy to do. As with everything some foods are easier than others so here are our top ones to get you started. Follow the growing instructions –</p> <p>Food Waste –</p> <ul style="list-style-type: none"> • Celery / Cabbage / Lettuce • Carrots • Spring Onions / Leeks / Fennel <p>Seed Harvesting –</p> <ul style="list-style-type: none"> • Tomatoes / Peppers • Apples / Strawberries • Pumpkins 	<p>Food Waste Dishes / Plates / Jars Water (if planting harvested seeds, you will need pots and soil) Growing Instructions</p>

	<p>Wasted Food –</p> <ul style="list-style-type: none"> • Potatoes – if your fresh potato has started to sprout plant it outside and let it grow • Peas – if your fresh peas have started to shrivel or sprout plant them outside and let them grow <p>See our ‘Grow The Seasons’ lesson plan on when to plant</p>	
<p>Plenary 10mins</p>	<p>Do you think there is anything you could do in school to reduce the amount of food waste or wasted food it produces?</p> <p>As a class, discuss some actions you could take and make an action plan to present to your Eco Council, School Leadership or School Catering provider. Remember food waste / wasted food doesn’t just exist in the food provided by school, packed lunches also produce wasted food!</p> <p>(As part of this resource we have included a couple of school Food Waste Audits which the students can use in the canteen to monitor the waste from plates, choose the one most suitable for your students)</p>	<p>Pen & Paper Waste From Plates Audit</p>
<p>Home Extension Task – What is your contribution to Wasted Food?</p>	<p>Keep a food waste diary over a week to understand your own personal impact.</p> <p>Look at what steps you could take to reduce or eliminate the wasted food identified.</p> <p>Challenge others in your family to do the same.</p> <p>Check out this awesome waste clock to see what your food waste is from the time you were born until now! – Waste Clock - Education (biffa.co.uk)</p>	<p>Food Waste Diary</p>