

Food Waste or Wasted Food? - Activity Card

Is there a difference? -

Actually, yes there is a difference -

Food Waste is the part of the food we can't eat, such as egg shells, bones and certain food skins or peelings.

Wasted Food is food that could be eaten but gets thrown away, such as the crusts of bread, leftovers on our plates or food we have left to spoil or go out of date.

Did you know that nearly 31% of all food purchased in the UK is thrown away every year! That equates to 6.5 million tonnes of which, 4.5 million was still edible!

The Challenge -

What can you do to reduce the amount of food you throw away?

Have a look at the different foods and think about how else these can be used rather than throwing them into the bin - match them to one of the solutions.

Are there any other foods you could do the same thing with or any other ways you can think of to reduce wasted food?

Can you help others to understand wasted food and how to reduce it?

Extension Home Learning - Food Waste Diary



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Save for later



Share with others



Freeze



Check the Label



Remember your
portion size



Compost

Anything else?



Soup



Cake



Takeaway



Apple
Core



Yogurt



Big Plate
of Pasta



Leftover
Dinner



Banana
Skin



Chicken



Bread



Milk