



Lesson 5 – Food Waste Teacher Overview

Activity: So, how does food get to our table?

Aim for the activity:

- To understand the amount of work involved with producing food
- Identify the different stages of getting food from the farm to their plate

Curriculum links for this activity:

D.T. – Cooking and nutrition:

Understand seasonality, and know where and how a variety of ingredients are grown

Resources:

- Rubbish Rebels Action Pack
- PowerPoint

Activity outline:

After watching the film, use the Rubbish Rebels Action Pack and number the process on page 12 in order, from farm to plate. See below for the answers:

- 1) Growing in the field
- 2) Picking the strawberries
- 3) Packing them up to go
- 4) Transporting the strawberries
- 5) Selling the strawberries in the shop
- 6) At home in the fridge

Once the pictures have been numbered, go through what energy has been used to produce a punnet of strawberries. Use the word reminders below, which relate to the symbols on the photos. The class can label the pictures with key words if they want. There is a prompt list on the PowerPoint if the students need it.

Word reminders:

- Fuel – to drive lorry
- Energy from the sun – to grow plants
- Human energy and time spent – to pick the strawberries
- Packaging – energy to make that
- Cooler – keeping food fresh in transit needs energy
- Human time and energy to display food in the shops
- Money spent on buying the strawberries
- Electricity at home to power the fridge to keep the strawberries fresh

Now show the class the picture on the PowerPoint with a bin and all the symbols from their pictures in the bin. Ask them why would all those symbols be in the bin if they let the strawberries go off and you had to throw them away.

Once the class has understood why all the symbols have been put in the waste bin, let them have a look at the picture of a sandwich in their Rubbish Rebels Action Pack. Let them work with a friend and try labelling the picture with the key words, then get them to think about what energy, time and processes would have gone into the items.

Where to store your food?

Here are the answers to the list in the Rubbish Rebels Action Pack. These can also be found on the PowerPoint:

Biscuit	Sealed box	Tomato	Fridge
Cheese	Fridge or freezer	Chicken	Fridge & sealed container
Eggs	Fridge	Bread	Bag & clip
Oranges	Fruit bowl	Beans	Cupboard
Yoghurt	Fridge	Bacon	Fridge
Cooked Pizza	Fridge & cling film	Bananas	Fruit bowl
Ice Cream	Freezer	Pasta	Cupboard
Crisps	Cupboard	Apples	Fridge
Frozen Pizza	Freezer	Grapes	Fridge or freezer
Milk	Fridge or freezer		

Notes about storing food:

- Cooked food needs to be cooled and sealed then put in the fridge to keep fresh
- Cooked food can also be saved in the freezer if we want to eat it another day
- If bananas are stored in the fruit bowl it makes other food go off faster, so would be best to keep bananas separate

Evaluation

With your Evaluation and Award Application, please submit some photos of the students' drawings of their meal made using leftovers, which was completed as a homework activity.

Silver Award

Submit a copy of the recipe book you have made.

Gold Award

Submit a copy of the waste audit you conducted.