



Lesson 5 – Food Waste

Lesson plan

Delivered by:	Class teacher
Year groups	5 and 6
Session length	60 mins

Curriculum links:
D.T. – Cooking & Nutrition
PSHE
Computing
Maths
See Teacher Overview for more detail

Learning objectives covered	<p>The session will introduce the value of food and the process of producing it</p> <p>By the end of the session, the students understand:</p> <ul style="list-style-type: none">• The value, perception and process of producing food• The availability of seasonal products and the transportation from its origin• That not everyone has access to adequate food• How to reduce food waste• The correct way of storing food• Ways to transform food
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Introduction film

The film for this lesson will cover the following points:

Activity	Activity brief	Teacher activity	Resources and notes
So, how does food reach our table?	Looking at steps involved with getting food to us		Film
What happens if we just throw food away?			Film
How else is food wasted?			Film
Why do fruit and vegetables come from other countries?			
Does everyone have enough food?			

Activity	Activity brief	Teacher activity	Resources and notes
Main part of session with range of activities dependant on time			
Life of a strawberry	Number the pictures in order of process		Rubbish Rebels Action Pack
Ways to reduce waste	<p>The importance of having a shopping list – what might go wrong if you don't (e.g. you start to bake a cake and then find you don't have one of the ingredients, or you could waste some food because you don't have everything you needed to make a meal with it – not good!)</p> <p>Planning meals for the week</p>	<p>Discuss how they could reduce food waste</p> <p>Discuss portion size. Think about why adults eat more.</p>	
Build a sandwich	<p>Looking at how much work goes into producing a sandwich roll</p> <p>Use the picture in the Action Pack – label the</p>		Rubbish Rebels Action Pack

	items and think about how much effort has gone into it		
Correct way of storing food	Use the Rubbish Rebels Action Pack to label where food should be stored		See PowerPoint for the answers
Ways to transform food	Research online how you could transform food, making a list of recipes for using up different foods	Recipe ideas (e.g. soup, banana cake)	

End of session summary

Activity	Activity brief	Teacher activity	Resources and notes
Key important things to remember when reducing food waste	Planning meals Portion control Storing food correctly Transforming leftover food	Use the Rubbish Rebels Action Pack to check all sections have been covered	

Homework

Activity	Activity brief	Teacher activity	Resources and notes
Food waste diary	Using the Action Pack to fill out what happens to leftover food		To complete in Action Pack
Make a meal out of leftover food	Record what food was left over and how it was transformed into another meal		To write up in homework This will help towards the Gold award activity

Activity	Activity brief	Teacher activity	Resources and notes
Silver award activity			
Produce a recipe book	Collect together recipes that help use up leftover food or food 'on the turn', or recipes to use up surplus food like windfall apples	In the recipe book, add information about healthy eating, portion size and not taking too much, so that it can also help people reduce food waste	<p>Start collecting recipes early on from the homework task</p> <p>Produce a nice little book that could be sold at a school craft fair</p> <p>Use L5 Silver Award food waste activity sheet</p>
Gold award activity			
Monitor the whole school for food waste	Carry out a food waste audit on your class and then the school, providing solutions		See L5 Gold Award food waste activity sheet