



Lesson 5 – Food Waste

Silver Award – Produce a Recipe Book

Aim for the activity:

- To help other people reduce their food waste
- To educate the rest of the school and community about ways to reduce waste
- To provide a helpful little book with ways to reduce food waste and recipes

Curriculum links for this activity:

D.T. – Cooking and nutrition

- Understand and apply the principles of a healthy and varied diet
- Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques

Resources:

- Camera and photos of recipes made
- Computer and internet

Activity outline:

This activity will need a bit of pre-planning, collecting in recipes first and making sure you have a photo of the finished product. Once you have collected in recipes, the class can start planning the layout of the book. The students could ask all parents through the school website or letters home to find out any food-saving tips that parents use.

Once the book has been made, it needs to be shared. This could be done through a craft fair or an event at school. If they sell the book, the money could cover your printing costs, or it could be put towards a project at school.