



RUBBISH REBELS

Action Pack

name:

class:

Where does our waste go?

Why is it bad for the environment if waste isn't disposed of correctly?

Write or draw your answer.

What are the 4 Rs? Put them in the right order for the waste hierarchy.

- R
- R
- R
- R

Recycling!



What items can you recycle in your recycling bins?

List or draw 6 items:

What 3 things did you correctly put in the recycling bin?

- 1.
- 2.
- 3.

Did you get any wrong? Write about what you learnt about recycling.

Blank box for writing about what was learnt about recycling.

Reducing!



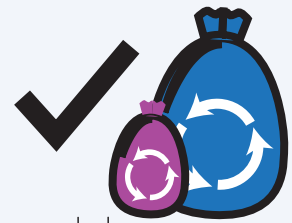
Lunch box waste challenge

Write down the items you would have for a packed lunch or a picnic. Or draw and label them.

Suggest 2 ways to reduce any waste from your lunch.

1.
2.

Homework!

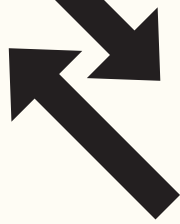


Draw a recycling poster showing what can and can't be recycled.

Check your bins at home. Was everything correctly sorted?

Write 2 observations:

1.
2.



Sharing & Swapping

Write down the key environmental reasons for swapping things and write or draw why each one helps the environment.

Give some examples of how you could share things.

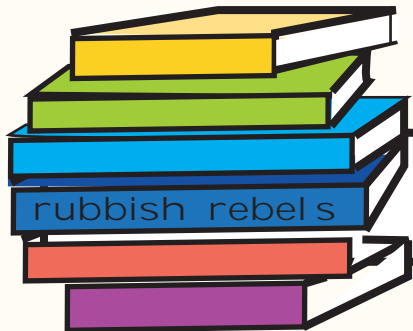
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Draw or stick in your graph here!

What is the most common disposal method?

.....

Why do you think that is?



How much does your 'new to you' book (or books) weigh in grams?

Using the tree diagram that your teacher will show you, work out how much water you have saved by getting a second-hand book instead of a new one.



How much carbon dioxide have you saved?



As a class, how many books were swapped?



How much water was saved?



And how much carbon dioxide?



WELL DONE EVERYONE!
KEEP UP THE GOOD WORK

Freegle & Re Use



How does using Freegle help the environment?

List as many points as you can.

.....
.....
.....
.....

What kind of things can you put on Freegle? Write some here.

Stick your Freegle advert here:

Homework!

With a parent or guardian, decide whether you'd like to give something away or ask for something on Freegle. Tick which one:

Give something

Ask for something

Show your parent or guardian these instructions on how to post a message on Freegle!

Go to www.ilovefreegle.org and then click on either Give stuff or Find stuff. Follow the instructions on the screen.

Freegle
Don't throw it away, give it away!
Got stuff you don't need? We'll find someone to come and take it.
Looking for something? We'll pair you with someone giving it away.
All completely free. Freegle: it's like online dating for stuff.

Give stuff Find stuff

What item did you put on Freegle?

UPCYCLING

List 5 items that could be upcycled.
For each one, write what it could be upcycled into.

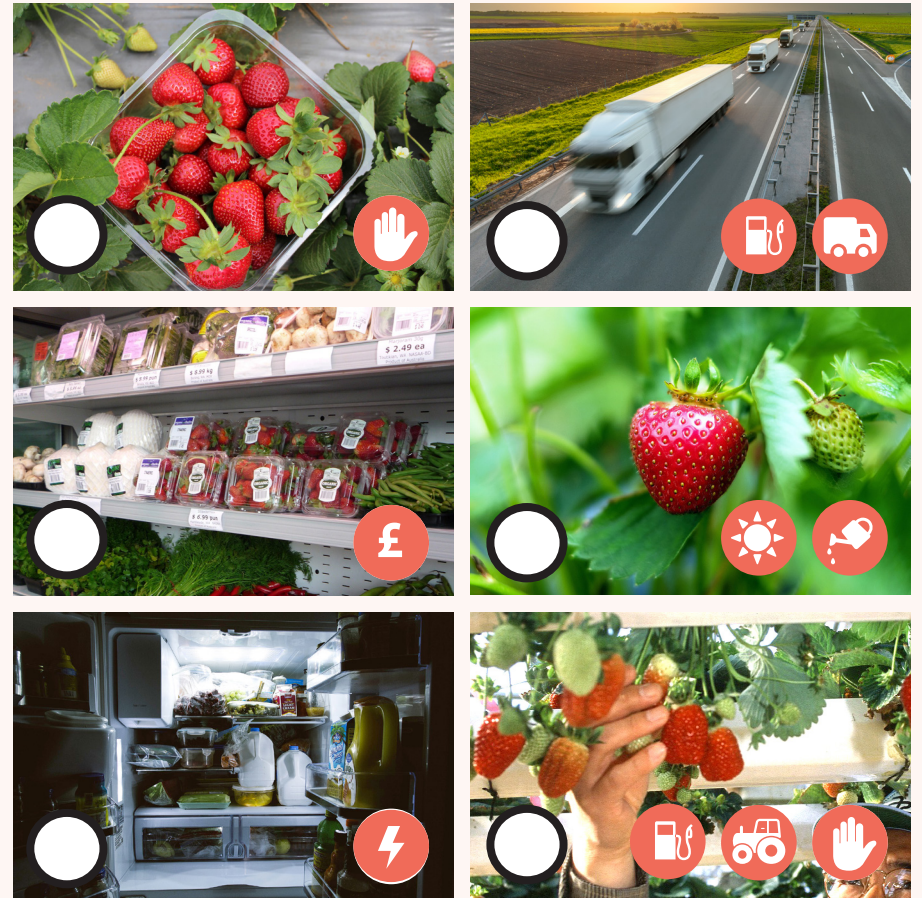
ITEM TO BE UPCYCLED

1. → **UPCYCLED INTO WHAT**
2. →
3. →
4. →
5. →

Staple a photo of your upcycled mascot onto this page.
Label what materials the different parts are made from.

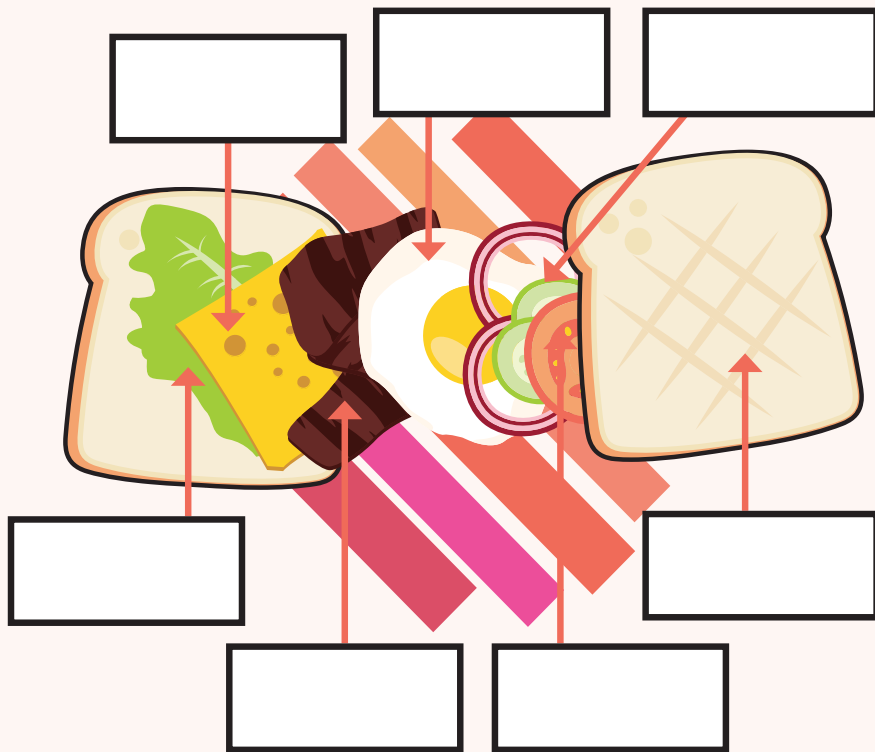
FOOD WASTE

Think about all the steps to produce strawberries for us to eat. Number the pictures from 1 to 6, to show the order of the steps, with 1 as the first step and 6 as the last.



Sort your sandwich!

Here are some of the processes that happen, to make the different ingredients in a sandwich. Label the ingredients to show which process happens for each one: **GROW | COOK | BAKE | MAKE**



What other processes would have been involved in getting the ingredients for the sandwich? List them here.

.....

.....

.....

WAYS TO REDUCE YOUR FOOD WASTE

List some ways you could reduce food waste.

.....

.....

.....

Where to store your food

Here are some different places to store food:

Fridge

Freezer bag & clip

cupboard

sealed container

Fruit bowl

Write the correct place to store each of the foods below.

Food	Where to store	Food	Where to store
Biscuits		Tomato	
Cheese		Chicken	
Eggs		Bread	
Oranges		Ham	
Yoghurt		Tinned beans	
Cooked pizza		Bacon	
Ice cream		Bananas	
Crisps		Pasta	
Frozen pizza		Apples	
Fresh juice		Grapes	
Milk		Butter	

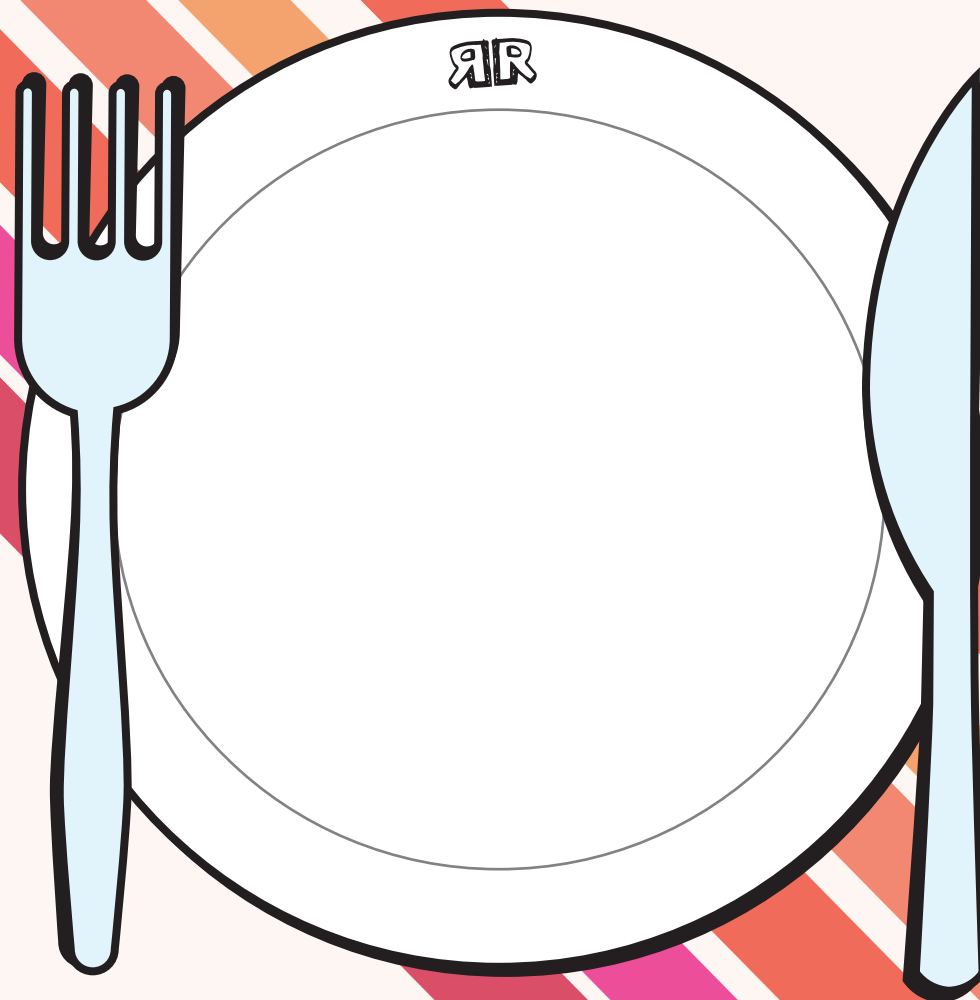
Homework!

Write down the leftovers you have after your dinner each night this week. Write 'None' if you don't have any. Write what happened to them.



Could you make something with the leftovers? Look up some ideas online if you can. Make something using the leftovers. Draw it on the plate and label the ingredients.

	Food item left over	What happened to it (e.g. bin, fridge)
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		



Estimate how much money the leftovers cost.

£

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Describe 2 of the critters you found. What do they look like?
What habitat do they live in?

critter 1:

critter 2:

Homework!

Write down items thrown away at home that you currently compost, or that could be composted.

	Item that is or could be composted
Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	

What 3 things did you learn about composting that you didn't know before the lesson?

1.
2.
3.

Do you compost at home?



Yes	No
Is everything in the compost bin correct? Have a look! Any observations?	Have a chat with your parent or guardian about starting a compost bin at home. What are their thoughts?

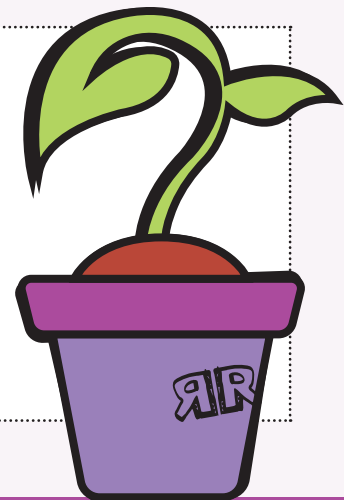
VEG FROM SCRAPS!

Some food scraps from the kitchen can be used to grow more food! Look online to find three kitchen scraps that will work and write them here:

1.
2.
3.

Choose one, and try to grow more food from it. Write down how you do it.

Paste a photo here if you can!





 **recycle** for Cumbria

Made by:

