

# Making sure food waste doesn't go to waste

**The lesson at a glance:** Food is something we all take for granted and it is easy to forget how much food we waste. This exercise encourages students to take a closer look at the food they throw away and think of alternative uses for unwanted meals.

**Learning outcome:**

- This activity is designed to get pupils thinking about how much food is wasted in the UK.
- The discussion should make pupils think about the effect food waste has upon the environment, and encourage them to consider ways to reduce and discourage the amount of food waste sent to landfill.

**Resources needed:**

- Whiteboard and pen
- Leftover vegetables (carrot, potato, onion etc...)

**Key words:**

- Landfill
- Harmful gases
- Food waste
- Leftovers
- Re-use
- Throw away

**Please see overleaf for detailed lesson plan.**



# Making sure food waste doesn't go to waste. The lesson steps:

## Step 1: Try starting the conversation with the following facts:

Every year the UK generates over 14 million tonnes of food waste. To give you an idea, that's about:

- 6.2 million apples.
- 9.8 million slices of bread.
- 700,000 eggs.

Every day. All thrown in a big hole in the ground. This waste gives off methane gas, which is really bad for the air, bad for people and bad for the environment.

## Step 2.

Ask your students to think about what they've eaten in the last week and what leftovers they have had - write these down on the board.

## Step 3.

Now ask them to reflect on the total food waste from just their class - and what that list would look like for the full UK.

## Step 4.

Following this - bring out the leftover vegetables. Explain that these were leftovers that you had in your fridge. Ask the class if you should throw them away - and if not, what else could you do with them (prompt: make soups or casseroles, feed them to a pet rabbit etc...)

## Step 5.

End the discussion with the fact that food waste has a negative effect on the environment (landfill, methane gases and the resources used to make each meal). Ask your students to think of ways of reducing waste. e.g. checking sell-by dates - or just doing as your mum and dad tell you and finishing all the food on your plate!