

Teacher Resource

Waste Ban



FOCUS QUESTIONS

1. Discuss the *Waste Ban* story with another student. Record the main points of your discussion.
2. How much food gets thrown away each year in Australia?
3. About how much is that food worth?
 - a. 8 Million
 - b. 8 Billion
 - c. 80 Billion
4. Why are some fruit and vegetables rejected by shops?
5. What percentage is rejected?
6. Describe what France is doing to tackle the problem of food waste.
7. What does Oz Harvest do to help reduce the amount of food being thrown away?
8. Brainstorm a list of things you could do to help reduce food waste at home and at school.
9. Should Australian supermarkets be forced to donate their waste food to charities? Why or why not?
10. How has your thinking changed since watching the BtN story?



ACTIVITY

Class discussion

This activity provides the opportunity for students to explore/build their knowledge on, attitudes and values towards food waste. Students will respond to a range of questions before and after watching the BtN story. Teachers will gain insight from students' responses which can be used to plan follow-up lessons.

Before watching the BtN *Waste Ban* story ask students to discuss what they know about food waste. Ask students if they think they need to care about food waste and why.

After watching the BtN *Waste Ban* story ask students to respond to the following questions. Record responses on the class whiteboard.

Why do you think we have so much food waste?

- We buy too much food
- We cook too much food



KEY LEARNING

Students will investigate how much food they throw out and find ways to reduce their food waste.



AUSTRALIAN CURRICULUM

Science – Year 4

Natural and processed materials have a range of physical properties; These properties can influence their use ([ACSSU074](#))

Science knowledge helps people to understand the effect of their actions ([ACSHE062](#))

Science – Year 6

Scientific knowledge is used to inform personal and community decisions

Science – Year 7

Science understanding influences the development of practices in areas of human activity such as industry, agriculture and marine and terrestrial resource management ([ACSHE121](#))

Geography – Year 4

The sustainable management of waste from production and consumption ([ACHGK025](#))

- We don't know how to use leftovers
- Food is mistakenly thrown out before the use by date
- We don't check the fridge or cupboards before buying food
- We buy takeaway instead of cooking the food we have at home

How could you waste less food?

- Make a meal plan
- Use a shopping list when you buy food so you don't overbuy
- Don't go shopping when you are hungry to avoid compulsive buying
- Buy the quantities you actually need
- Use your leftovers for lunch the next day or freeze them for another time
- Compost your food scraps
- Store food properly
- Use up every last bit of your food

Discuss in small groups how your family plans meals at home.

- Do you buy food weekly or daily?
- Do you plan meals so you know exactly what you need to buy at the shops?
- Do you use a shopping list?
- When do you usually have food that is left over? (Christmas or parties)
- What do you do with your leftovers?
- Do you throw much food away?
- How could your family reduce the amount of food they waste?

Why do we need to care about food waste? Think of environmental, ethical and economic reasons and record on a mind map.



Awareness challenge – Do you know how much food you waste?

For one week students (and teacher) will keep a food diary for the food they eat at school (brain food, recess and lunch) to monitor exactly how much food they waste on a weekly basis.

For each day of the week, record:

- What you eat (include weight)
- What you throw out (include weight)
- Why you threw the food out (gone off, made too much)
- Highlight whether the food you eat/throw out is packaged or fresh

Keep a note of all your waste, including liquids that you pour down the sink. At the end of the week add up how much food you ate and how much you threw out. Plot your results on a bar graph. Analyse your results and respond to the following:

- What surprised you about the results?
- Identify the best areas for improvement.
- How could you reduce your weekly food waste?

Day	Recess	Lunch	Snacks
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

ACTIVITY

Make a meal plan

Students will design a meal plan for their school recess and lunch for a week. Menu planning is about thinking through your meals in advance. By planning your meals, noting down what you need and then sticking to your shopping list, you will only buy the food and quantities you need, and that means less food waste.

Background

- You will need to buy enough food to cover your school recess and lunch for one week.
- Think about food portions to make sure you make enough food for your meals without wasting any food.
- Will you eat the same meals everyday or would you prefer variety? How will you make your meals healthy? Consider including nude food in your meal plan to reduce packaging going to landfill.
- Find out what fruit and vegetables are in season at the moment; consider visiting your local farmers market for research.
[Foodwise – What's the Deal with Seasonal Food](#)
Make or download a guide, which lists fruit and vegetables that are available in summer, autumn, winter or spring in your area.
[Seasonal Food Guide](#)
- Find out how you will store your food to keep it fresh and reduce food wastage. For example, will you freeze meals, use airtight containers and check use by dates. Write down a list of simple tips.
[Foodwise - Storage](#)
- Describe in a few paragraphs how you will approach this challenge.

Research

- Collect ideas for your meals online or use your favourite recipes from home.
- Make sure your recipes are healthy and nutritious and include foods from all the food groups. [Australian Guide to Healthy Eating](#)
- Look for meals that use similar ingredients to avoid waste.
- Look for recipes that contain foods that are in season.

Shopping list

- Make a shopping list.
- When deciding on your shopping list, make sure you consider how

	<p>much of each ingredient you need (you will need to identify exactly how much you will need).</p> <ul style="list-style-type: none"> - Organise your shopping list into main food groups –fruit, vegetables, meat, bread and cereals, legumes and dairy.
Costing	<ul style="list-style-type: none"> - Visit an online shopping website. Make smart and sustainable choices and remember to not go ‘food shopping’ when you are hungry. - Find the ingredients you will need and record how much they will cost. - Calculate the total cost of the food that you need to buy.
Presentation	<ul style="list-style-type: none"> - Present the information you have collected in a report, including your recipes, shopping list, quantity of food and cost of food. - Explain in a few paragraphs why you have chosen these meals/snacks for your meal plan.
Share	<ul style="list-style-type: none"> - Share your ideas and what you have learnt. - Make a poster, blog post or short video, which shares the word about food waste and what you’re doing to reduce it. - Give tips for meal planning. - Include some statistics about food waste in Australia. Foodwise – Fast facts on food waste - Make up your own slogan about food waste or use one that already exists. Here are some examples: <ul style="list-style-type: none"> o <i>think, eat, save</i> o <i>love food, hate waste</i> o <i>love leftovers</i> o <i>reduce your ‘foodprint’</i> o <i>make food waste history</i> o <i>waste not, want not</i> - Alternatively, compile a class recipe book of your favourite recess and lunch ideas to share with the school.
Reflection	<ul style="list-style-type: none"> - What did you find interesting? - What was challenging? - What did you enjoy about this activity? - What worked well? - What would you do differently next time? List how you could improve your meal planning to reduce your food waste.



USEFUL WEBSITES

Behind the News – Food Waste

<http://www.abc.net.au/btn/story/s3334662.htm>

Behind the News – Oz Harvest

<http://www.abc.net.au/btn/story/s3885269.htm>

Think Eat Save – Reduce your foodprint

<http://www.thinkeatsave.org/>

Foodwise – Home

<http://www.foodwise.com.au/>

Foodwise – Foodwise tool kit

<http://www.foodwise.com.au/category/food-waste-toolkit/>

Oz Harvest – What we do

<http://www.ozharvest.org/what-we-do/>



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