

## Teacher Resource

# Food Rescue

### FOCUS QUESTIONS

1. What issues were raised in the *Food Rescue* story?
2. What is the name of the organisation that is helping save food from being thrown out?
3. Where is the food collected from?
4. Who receives the food that's collected?
5. About how many tonnes of food does OzHarvest pick up each month in South Australia?
6. What did a recent study find about food wastage in Melbourne?
7. How are kids getting involved in the OzHarvest program?
8. Gives some reasons why food is thrown away.
9. Brainstorm a list of things you could do to help reduce food waste at home and school.
10. What was surprising about this story?

### ACTIVITY

#### Brainstorm

Hold a class brainstorm about food waste. Use the following questions and suggested responses to guide the session:

- What is food waste?
- How much food is wasted in Australia each year?
- Why is food wasted?
  - We buy too much food
  - We cook too much food
  - We don't know how to use leftovers
  - Food is 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
- What can you do to reduce food waste?
  - Make a meal plan
  - Use a shopping list when you buy food so you don't buy too much
  - Check what you have at home before you shop for food
  - Measure serving sizes

### KEY LEARNING

Students will investigate ways to reduce food waste at home and school.

### AUSTRALIAN CURRICULUM

#### Geography – Year 4

The use and management of natural resources and waste, and the different views on how to do this sustainably ([ACHASSK090](#))

#### 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 ([ACSHE100](#))

#### 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](#))



- Buy the quantities you actually need
  - Use your leftovers for lunch the next day or freeze them for another time
  - Store food correctly
- Why do we need to care about food waste?
    - Environmental, social and economic reasons

## ACTIVITY

### Reducing food waste

Students will investigate ways they can reduce the amount of food they throw away. To get an idea of how much food is wasted, students will keep a food diary for one week recording the foods they throw away after each meal and at other times of the day. For each day of the week students will record:

- What food they are throwing away
- How much they are throwing away
- Why they threw the food away
- Where they threw the food away (bin, compost etc)

At the end of the week add up how much food you threw out. 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?

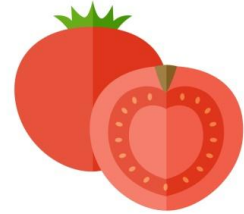
Discuss in small groups ways that you could reduce food waste. For example:

- Making a meal plan. Watch [this video](#) to find out more
- Portion planning. Watch [this video](#) to find out more
- Making a shopping list
- Storing food properly
- Thinking of creative ways to use leftover ingredients. For recipe ideas [look here](#)

Have a go at the [following interactive](#) which has ideas about ways of reducing waste.

Visit the Foodwise website and take a look at their [Food Waste Tool Kit](#) for tips and tricks on how to reduce your food wastage.

Ask students to implement some or all of the ideas for reducing food waste. They can then repeat the food diary activity to see if there was a difference in the amount of food thrown away.





## ACTIVITY

### Landfill

Watch the BtN [Landfill](#) story to gain a deeper understanding of the issue of sending food waste to the dump.

1. What is landfill?
2. What sorts of materials are banned from landfill?
3. What is the landfill compactor's job?
4. What do the nets do?
5. The waste is buried about \_\_\_\_\_ metres underground.
6. What is between each layer of rubbish?
7. What gases are released as rubbish decomposes?
8. In some countries, methane is being used to generate what?
9. About how many years do landfill sites last?
10. What do you think is the long term impact of using landfills?



Ask students to investigate:

- What happens when food decomposes in landfill?
- How does it impact on the environment?



## ACTIVITY

### Reducing landfill – Composting and worm farms

Some food waste is unavoidable. Composting and worm farming, at home or at school are a great way to ensure that the food you can't use doesn't end up in landfill. It also provides your garden with fertiliser.

#### Worm farms

Worm farms are a great way of turning food scraps into organic fertiliser for your garden. Watch this [video](#) to find out more about setting up your own worm farm – at school or home. This [website](#) gives some great worm farming tips.



#### Composting

Why put food waste in landfill when it can be turned into rich, organic material for your garden. Watch this video <http://www.foodwise.com.au/the-first-steps-to-composting/> to find out more about setting up your own compost – at school or home. This [website](#) gives some great composting tips.



## ACTIVITY

Growing your own fruit and veggies is a great way to reduce food wastage because you pick food as you need it. Get your class involved in a range of hands-on planting, harvesting and cooking activities. Refer to BtN's [Food Garden](#) story and [teacher resource](#).

**Summer activity – Grow a pizza garden**

**Autumn activity – Making compost**

**Spring activity – Sprouts in jars**

**Winter activity – Food miles**

## ACTIVITY

Watch the BtN [OzHarvest](#) story to find out more about the work OzHarvest does in the community.

1. What is the name of the organisation that is helping save food from being thrown out?
2. What are the two main issues that this organisation is tackling?
3. Approximately how many kilos of fruit and vegetables has Four Seasons donated so far?
4. List and illustrate some of the produce that Four Seasons has donated.
5. Why does Paul enjoy volunteering with OzHarvest?
6. Each year the average home throws away more than \_\_\_\_\_ dollars worth of food.
7. At school what percentage of kids lunches end up in the bin?
  - a. 10%
  - b. 24%
  - c. 85%
8. What type of food did Nathan and Paul pick up from the Adelaide Convention Centre?
9. What charity did they deliver the food to?
10. Brainstorm a list of things you could do to help reduce food wastage at home and at school.



## USEFUL WEBSITES

Behind the News – Waste Ban

<http://www.abc.net.au/btn/story/s4243694.htm>

Behind the News – Food Waste

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

Behind the News – OzHarvest

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

OzHarvest – Food Rescue

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

ABC News – Recycling food waste: Melbourne precinct reduces rubbish by 90pc  
<http://www.abc.net.au/news/2016-06-03/recycling-food-waste-melbourne-precinct/7474714>

NSW EPA – Love Food Hate Waste  
<http://www.lovefoodhatewaste.nsw.gov.au/>