

## The Felix Food Fight Lesson 6: reducing food waste at home

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| <p><b>Learning objective(s)</b></p> <p>I am identifying ways of reducing food waste at home.</p>   |   |
| <p><b>Success criteria</b></p> <ul style="list-style-type: none"> <li><i>I understand the problem of food waste.</i></li> <li><i>I can explain ways of reducing food waste at home.</i></li> <li><i>I can think creatively to solve problems.</i></li> </ul>   |   |
| <p><b>Resources</b></p> <ul style="list-style-type: none"> <li>PowerPoint slides</li> <li>Video link:<br/><a href="#">Food Waste Prevention - YouTube</a></li> <li>Teacher example of a poster</li> <li>Equipment for making posters:<br/>paper<br/>coloured pencils<br/>pencils<br/>rulers</li> <li>Images for children to refer to when drawing</li> </ul> | <p><b>Key vocabulary</b></p> <ul style="list-style-type: none"> <li><i>food waste</i></li> <li><i>surplus</i></li> <li><i>consumption</i></li> <li><i>greenhouse gases</i></li> <li><i>pollution</i></li> <li><i>natural resources</i></li> <li><i>habitats</i></li> <li><i>compost</i></li> <li><i>nutrient</i></li> </ul>   |
| <p><b>Lesson starter</b><br/>(15 mins)</p>   | <p>Spend time discussing the children's Food Diaries and ask the following questions:</p> <ul style="list-style-type: none"> <li>Can you share what you recorded?</li> <li>What did you notice?</li> <li>Were you surprised by anything?</li> <li>Did you notice any patterns?</li> <li>What do you think you could change?</li> </ul>  |
| <p><b>Main teaching and learning task</b><br/>(15 mins)</p>  | <p>Begin by reminding the children of what food waste is and why it is a problem.</p> <p>Watch the video on food waste and discuss how we can help to reduce food waste. Ask the children the following questions:</p> <ul style="list-style-type: none"> <li>Why is food waste a problem?</li> <li>What is the impact of wasted food?</li> <li>How can we reduce food waste?</li> <li>Why is it important to reduce food waste?</li> </ul> <p>Emphasise that not only does food waste have a big impact on the environment, but also on our purses and wallets. The cost of living is rising and many families have less money than they have had in previous years. Make links to their learning on food poverty.</p> <p>Discuss 4 ways of reducing food waste:</p> <ul style="list-style-type: none"> <li>Plan out your meals.</li> <li>Only buy what you need.</li> </ul> |



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|  | <ul style="list-style-type: none"> <li>• Buy loose fruit and vegetables instead of multibuys.</li> <li>• Use left over ingredients.</li> </ul> <p>Explain to the children that next lesson we will learn ways to use scraps and left overs to reduce food waste even further. The aim of today's lesson was to explore the way we can plan to prevent food waste.</p>   |
| <b>Activity</b><br>(20 mins)   | <p>Explain that the children are going to work in pairs to design a shopping list template for their families to use to plan a weekly food shop.</p> <p>Discuss why it's important to include a weekly food plan on their shopping list.</p> <ul style="list-style-type: none"> <li>- To only buy needed ingredients</li> <li>- To consider batch cooking and repeated ingredients</li> </ul> <p><b>Children work in mixed ability pairs to complete the templates.</b></p> <p>All children can be give a blank template to fill in with days of the week, illustrations and their own ideas for their shopping list if there is not time to create their own or for those children who are unable to.</p> <p>When they have completed them, explain that their task is to share this with parents/adults at home to spread the message of food waste and to have an impact from their own homes.</p> |
| <b>Plenary</b><br>(10 mins)  | <p>Remind children of the weekly food waste diary and give second copies if needed. Explain that they can fill in their daily food consumption and this will be a working document that they come back to later in the term.</p> <p>Explain that hopefully with today's learning, they will see improvements on last week's food diary.</p>   |
| <p><b>Suggested follow up activities</b></p> <ul style="list-style-type: none"> <li>• Children could enter a competition with templates to be sent home in school news letter.</li> <li>• Parent workshops with school council or class assembly on food waste</li> <li>• Continue Food Waste Diary</li> <li>• Test your knowledge on food waste by taking this quiz: <a href="https://www.bbc.com/food/quiz/food-waste-quiz">Food waste - BBC Bitesize</a></li> </ul> |   |

