

The Felix Food Fight Lesson 5: What is food waste and why is it a problem?

Learning objective(s) I am exploring what food waste is and why it is a problem.	
Success criteria <ul style="list-style-type: none"> • <i>I can explain what food waste is.</i> • <i>I can identify why food waste is a problem.</i> • <i>I am beginning to consider ways of reducing food waste.</i> 	
Resources <ul style="list-style-type: none"> • PowerPoint slides • Video link: Food wastage footprint - YouTube • Teacher example of a note • Weekly Food Waste Diary • LA children's sentence starters • LA and MA children's key vocabulary 	Key vocabulary <ul style="list-style-type: none"> • <i>food waste</i> • <i>surplus</i> • <i>consumption</i> • <i>agri-food system</i> • <i>greenhouse gases</i> • <i>natural resources</i> • <i>habitats</i> • <i>biodiversity</i>
Lesson starter (5 mins)	Memory and recall starter: Remind children about their learning on surplus food. Pose the question: At what different stages from growth to our plates can surplus food be an issue? Give children chance to remember the different areas before revealing them. Lead into the lesson by asking what happens if surplus food is not used? It is wasted. Food waste is what we will be looking at in this unit of work. Share the new learning journey with the children.
Main teaching and learning task (15 mins)	Ask the children what they already know about food waste and jot these down on flipchart paper. Once you have gathered the children's initial thoughts, explain to them that food waste is food that is intended for human consumption that is wasted and lost. Gather some reasons for why food ends up in the bin, discussing the ideas from the slides and any additional thoughts from the children. Contextualise this information by asking the children: <ul style="list-style-type: none"> • Have you ever opened your lunch box or picked up your lunch tray and found food you don't like or aren't hungry for? • What do you do with that food? Go through the examples of food waste or surplus food to ensure children understand the difference. Watch Food Wastage Footprint video to begin exploring the problem of food waste. You may wish to watch the film a second time, asking the children to jot down notes to organise



	<p>the information given in the video. Pay particular attention to the beginning 1.18mins, which focus on the problem rather than the solution - which we will unpick next lesson.</p> <p>Once they have watched the video, ask the children the following questions:</p> <ul style="list-style-type: none"> • What is food waste? • Why is food waste a problem? • Who is food waste a problem for? • Who is responsible for food waste? • What did we learn from the video? • Were you challenged/surprised by anything in the video? <p>Work through the slides to explore 3 negative effects of food waste (as mentioned in the video):</p> <ol style="list-style-type: none"> 1. Wasted natural resources Explain that an agri-food system is a set of actions that are all linked. It includes farming, processing, packaging and transporting the products that arrive at our table and the things we eventually dispose of back into the environment. The actions taken to produce a commodity, service or object have negative effects on the planet. 2. Loss of forest and marine habitats (along with their biodiversity) Emphasise the importance of keeping a variety of species alive. It's important to limit monoculture, or growing a single species, by continuing to cultivate plants and grains that are native to local territories. This provides a variety of food for a healthy diet and benefits the land too. Biodiversity also attracts bees and birds, which are the natural enemies of parasites, meaning fewer pesticides are needed. 3. Wasted foods emit greenhouse gasses Rotting food can produce greenhouse gases, which are damaging to the environment. We want to reduce this where possible. <p>Note:</p> <ul style="list-style-type: none"> • Food is wasted even though people in the world don't have enough to eat (we will look at this in more detail later in the sequence) • We are facing a future of more people and fewer resources so the problem of food waste is increasingly concerning.
<p>Activity (20 mins)</p>	<p>Explain to the children that they are going to be writing a short note to a friend explaining what food waste is and why it is a problem.</p> <p>Begin by showing the children the teacher example on the slides. Provide children with a handout of the note as they may wish to underline and annotate as you unpick the features.</p> <p>Discuss the structure of the note:</p> <ul style="list-style-type: none"> - Greeting - Reason for writing - What food waste is - Why food waste is a problem - Concluding sentence - Sign off <p>If time, you may also want to reference the following grammatical choices:</p> <ul style="list-style-type: none"> - Rhetorical question



	<ul style="list-style-type: none"> - Coordinating - Subordinating conjunctions - Time connectives <p>LA children: Write a note to a friend about food waste using sentence starters handout and key vocabulary handout to support writing</p> <p>MA children: Write a note to a friend about food waste using a key vocabulary handout to support vocabulary choices</p> <p>HA children: Write a note to a friend about food waste</p>
Plenary (10 mins)	<p>Introduce the Weekly Food Waste Diary to the children. Give each child a copy/several copies of the weekly table (depending on how many weeks you would like them to complete). Explain that they can fill in their daily food consumption and daily food wastage. This will be a working document that they come back to later in the term.</p> <p>Encourage students to measure leftover food after their evening meal. If they have a kitchen scale, they can use that. If they don't have a scale at home, they can fill a plastic container with leftover food, mark the "leftover line" and jot down the measurement. They can then compare their "leftover line" each day.</p> <p>Note: when discussing this document with the children, be aware of sensitivity around food, particularly for children who may have unhealthy relationships with food or eating disorders. Ensure that eating is talked about in a positive way and the nutritious value of eating enough of each food category is noted. Emphasise also that this exercise is not about how much or little we eat but <i>how much we waste</i>.</p> <p>Finish by asking the children how we can reduce food waste individually and collectively. Gather children's contributions and questions and explain that next session we are going to be unpicking this further.</p>
<p>Suggested follow up activities</p> <ul style="list-style-type: none"> • Weekly Food Waste Diary • Create a comic strip: Create the story of a vegetable, including growing, processing, packaging, transporting and consuming. • Food waste quiz: Take the Food Waste Quiz Pages WWF (worldwildlife.org) • Research Itamar Gilboa's Food Chain Project • Create your own artwork based on food waste • WWF activities: Be A Food Waste Warrior Educators Toolkits WWF (worldwildlife.org) 	

