

The Felix Food Fight Lesson 7: What can be done with food scraps and left overs?

<p>Learning objective(s)</p> <p>I am identifying what can be done with food scraps and left overs to avoid food waste. I am setting up an investigation to observe over time.</p>	
<p>Success criteria</p> <ul style="list-style-type: none"> <i>I can identify and explain ways of using food scraps to avoid wasting them.</i> <i>I can explain the process of growing from scraps.</i> <i>I can set up an investigation to observe over time.</i> 	
<p>Resources</p> <ul style="list-style-type: none"> PowerPoint slides Spring onion Romain lettuces Small pots Jugs of water 	<p>Key vocabulary</p> <ul style="list-style-type: none"> <i>food waste</i> <i>food scraps</i> <i>cuttings</i>
<p>Lesson starter (5-10 mins)</p>	<p>Ask children to look at this week's food diary. Pose the questions:</p> <ul style="list-style-type: none"> What do you notice? Were you surprised by anything? Did you notice any patterns? What do you think you could change? <p>Next, ask them to get their previous food diary out and ask children to discuss:</p> <ul style="list-style-type: none"> Has your food waste changed over the last 2 weeks? Is there anything you put in place in order for this change? What do you think could change looking forward? <p>Share the children's successes and share any tips. Remind them that reducing food waste is a long-term goal so not to worry if things don't look different straight away.</p>
<p>Main teaching and learning task (15 mins)</p>	<p>Explain that despite all of the hard work planning and preventing surplus food at home, some food is still left on our plates, in our fridge and eventually in the bin. Why?</p> <ul style="list-style-type: none"> Sometimes we don't eat it quick enough and it begins to go off. Sometimes we don't finish what is on our plate. Sometimes the whole bit of food isn't used. <p>Re-introduce children to the food waste pyramid. Explain that today we will learn some creative ways to prevent food from being wasted:</p> <ol style="list-style-type: none"> Using bananas that have gone brown to make smoothies, banana bread or freeze for later use. <p>Discuss other ways of freezing food to prevent food waste.</p>



	<p>2. Feeding left overs to animals. Discuss when this might be appropriate. E.g. farms. Remind children that not all food is safe for dogs but cooked meat scraps often are.</p> <p>Ask children what a leek, spring onion, lettuce and celery is. Share their ideas.</p> <p>Reveal that they can all be grown by using food scraps and explain that today we will set up an investigation to explore this.</p> <p>Explain that although food is commonly grown from seeds in soil, this is not always quick or accessible to everyone. Growing from scraps is a creative, quick and inclusive way of using food that would be wasted to re-grow food!</p>
Activity (20 mins)	<p>Children set up an investigation to see how different vegetables grow from scraps. Working in pairs with 1 x vegetable each.</p> <ol style="list-style-type: none"> 1. <i>Cut 1-2cm from the bottom of the vegetable using a knife.</i> 2. <i>Pour enough water to cover most of the cutting but with the top poking out.</i> 3. <i>Label the pot with your name and vegetable name.</i> <p><i>Before setting up the investigation, explain that the scientific skill they will be using is observing over time. Each day they will observe how the cutting has grown, changing the water regularly to stop it from becoming mouldy.</i></p>
Plenary (10 mins)	<p>Share the two home tasks:</p> <ol style="list-style-type: none"> 1. Continue with food diary. 2. Encourage someone at home to get creative with their food scraps. <p>Share that even after all these creative methods, there is inevitably some food that cannot be used. Explain that next week, in our final lesson on food waste unit, we will learn about a final method to prevent food waste.</p>
<p>Suggested follow up activities</p> <ul style="list-style-type: none"> • Weekly Food Waste Diary • Follow up from investigation with daily observational drawings and weekly discussions about the growth of cuttings. • Research on growing from scraps • A more in-depth science investigation exploring the differences between growing from seeds and growing from scraps. • Ink from food scraps art 	

