

## The Felix Food Fight Lesson 3: Wonky veg

<b>Learning objective(s)</b> I am persuading others to consider their supermarket choices.	
<b>Success criteria</b> <ul style="list-style-type: none"> <li><i>I can explain why food waste and surplus food are a problem.</i></li> <li><i>I can identify ways of using up surplus food.</i></li> <li><i>I understand the meaning of different food labels.</i></li> </ul>	
<b>Resources</b> <ul style="list-style-type: none"> <li>PowerPoint slides</li> <li>Video links:  <a href="https://www.youtube.com/watch?v=BPJ990-cRDw">https://www.youtube.com/watch?v=BPJ990-cRDw</a> </li> <li>ITV news Wonky Veg video:  <a href="https://www.youtube.com/watch?time_continue=3&amp;v=o7EWL9MKgfA&amp;feature=emb_logo">https://www.youtube.com/watch?time_continue=3&amp;v=o7EWL9MKgfA&amp;feature=emb_logo</a> </li> </ul>	<b>Key vocabulary</b> <ul style="list-style-type: none"> <li><i>food waste</i></li> <li><i>surplus food</i></li> <li><i>consumption</i></li> <li><i>greenhouse gases</i></li> <li><i>pollution</i></li> <li><i>climate change</i></li> </ul>
<b>Lesson starter</b> (5 mins)	<b>Memory and recall starter:</b> Give the children thinking time to look at the 5 images on the slide. Ask them which of the images is the odd one out.  Give them time to talk with their partners, explaining their thinking. Refer back to last lesson's learning, where children considered ways of fighting climate change. Explain that growing trees, recycling litter, reusing materials and electric cars all help towards reducing climate change.  Encourage children to use these sentence frames when explaining their answers: <ul style="list-style-type: none"> <li>In some ways __ and __ are alike. For instance, they both... Another feature they have in common is that...</li> <li>However, they also differ in some ways. For example, ... while... Another difference is...</li> </ul> Therefore, the odd one out is ...
<b>Main teaching and learning task</b> (10 mins)	Begin by showing the children images of vegetables and fruit that are imperfect and well-formed. As you reveal the images, ask the children which out of the two foods they would prefer to eat.  Explain to the children that because these foods look less appealing, they are often thrown away and therefore contribute to the 15 million tonnes of food and drink waste we produce each year even though many are safe to eat and tasty.  We know that food waste and surplus food is a big problem, so how can we encourage others to eat surplus foods? What simple choices can we make in



supermarkets to help us avoid surplus foods? Explain to the children that we are going to look at 4 ways, focussing mainly on food imperfections:

**1. Remember imperfections can be tasty!**

Explain that 'wonky veg' has been a problem in supermarkets particularly for a long time. Consumers have become used to seeing food look a certain way and as a result, the food is often not sold.

Show video 1 – [ITV news clip](#) about food imperfections and surplus food. Discuss the impact of wonky fruit and vegetables being wasted. Explain that not only does it add to the problem of food waste, it also could be used to feed many people who do not have access to fresh food.

Explain that some major super markets have made the conscious decision to stock wonky fruit and vegetables to stop it from being wasted. Encourage children to look out for it and talk to adults at home about why they should choose them.

Click on the image to watch "From Food Surplus to Desserts" video. After watching, ask the children:

- What problem does Giselle identify?
- What solution does Giselle come up with?
- How does she encourage others to eat surplus food?
- What challenges does Giselle face?
- What can we learn from Giselle's business?

**2. Think before you throw!**

Explain to the children the importance of reading labels and understanding what they mean, before disposing of foods. Use the slides to go through the 3 different types of labels and what they mean.

- **"Use-by" – A Deadline**  
"Use-by" dates refer to food safety and so are very important to pay attention to. Food can be eaten up to the end of this date, unless you have frozen it in time. However, it should be used up quickly once it has been defrosted. Freezing acts like a pause button, *not a restart!*
- **"Sell-by" and "Display until" – Not for the consumer**  
These are used by shops for stock rotation and **can be ignored at home**. Food is often safe to eat for several days after this date.
- **"Best-before" – A Guideline**  
"Best-before" dates refer to food quality. "Best before" dates are just a guide and although food that has passed its "best before" date may not taste as nice; it can still be safe to eat. Food manufacturers have to guarantee the quality of their products up to a certain point and after this date, there is no guarantee.



	<p>Explain to the children that – with an adult at home’s help – they can use their senses to judge whether such foods are still safe to consume – does it smell and taste ok? One exception to this is eggs, but an easy test for egg freshness is to place them in water and see if they float (eggs have gone bad) or sink (eggs are still fresh).</p> <p><b>3. Save it for later!</b></p> <p>Explain to children that they can use their leftovers to create new recipes, but emphasise that when food is being saved to be eaten at a later date, it must be stored correctly in packages in the fridge, freezer or cupboard.</p> <p>Tell the children that many people lack confidence in the kitchen and because of this don’t want to be adventurous with food surplus, but there are lots of help out there to build a bank of ideas and your confidence. You may wish to show the children the following websites, which enable you to search for recipes based on the ingredients you have to hand:</p> <ul style="list-style-type: none"> <li>• Love Food Hate Waste</li> <li>• FoodCombo</li> <li>• Supercook</li> <li>• BBC Good Food</li> </ul> <p><b>4. Give it to someone else!</b></p> <p>Sometimes it’s not possible to finish off all of your food – say you are going on holiday, unwell or your fridge is full. One alternative to throwing surplus food away is to give it away to someone who might want it, for example a friend, neighbour or charity.</p>
<b>Activity</b> (25 mins)	<p>Children design a poster to persuade people to ‘buy wonky’. The poster should be fun and eye-catching.</p> <p>Try to include:</p> <ul style="list-style-type: none"> <li>• Modal verbs: must, should, could, will</li> <li>• Rhetorical questions</li> <li>• Facts and statistics</li> </ul> <p>Hand out sheet of wonky vegetable and surplus food facts to support children with their poster.</p>
<b>Plenary</b> (5 mins)	<p>Click on <a href="#">BBC video link</a> and watch with children.</p> <p>Ask them to think of some names for different types of wonky vegetables. Remind children to share their learning with adults at home and feedback what they noticed on their next supermarket trip.</p>



### Suggested follow up activities

- Display posters around school.
- Art work around theme of imperfect fruit and vegetables
- D&T lesson where children use wonky vegetables to make different food.
- Comparison of 'perfect' and 'imperfect' fruit or vegetables. Blind folded taste test.

