

FOOD

Q: WHAT FOOD CHOICES CAN WE MAKE TO HELP OUR FAMILIES AND THE ENVIRONMENT?

LEARNING OBJECTIVES

To understand why it is important to reduce food waste.

To identify some of the ways that we can reduce food waste

To understand how to make cost-effective decisions that benefit our families and the environment

FINANCIAL EDUCATION PLANNING FRAMEWORK LINKS

I know how to prioritise between needs and wants (7-9 years)

I know that some things are better value for money than others (9-11 years)

I understand why we should all be critical consumers, thinking carefully about how we use our money (9-11 years)

ACTIVITY

You could introduce the topic of food waste by showing this *Saving Food EU* video.

<https://www.youtube.com/watch?v=OeqxgvZNn0I>

Explain that the majority of the waste that we produce is food that we do not eat. It takes water, energy and fuel to produce, package and transport the food that we eat and, if we throw it away, we waste not only the food but also all the water, energy and fuel that it takes to get it to us.

Divide the children into small groups. Ask them to come up with a list of some of the ways food might be wasted in their community. Ask for volunteers to feedback to the class. Make a list of the food waste on the board. Discuss why the food might have been wasted and why food is wasted in general. Write down the main reasons on the board. Reasons may include, smells bad, looks bad, lost colour, past its use by date, past its sell by date, made too much for everyone to eat etc.

Discuss possible solutions to avoiding food waste. These could include:

- Planning meals for the week so that you only buy what you need.
- Writing a shopping list before going to shopping.
- Investigating the best way to store food, or leftovers, to keep them fresh.
- Checking the 'best before' and 'use by' dates on food when shopping to ensure that they will stay fresh until used.
- Cooking smaller portions.
- Donating leftover food.
- Deciding whether offers in supermarkets are actually value for money (for example it may be cheaper to buy fruit in bulk but if most of it gets thrown away then it may actually be more expensive!).

In their groups, ask the class to think of 3 ways that reducing food waste can also help people save money. Ask the groups to share their ideas and record these on the board.

CHALLENGE PORTFOLIO ENTRY OPTION

Task the children with designing a poster or a leaflet explaining why we need to avoid food waste and providing helpful hints on how we can do this. Once they've created their campaign material, remind them to complete their *Challenge Summary Sheet* too.