Fab Food - KS1

Your food isn't rubbish

1. What is food waste? ……

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2. Why might these have been wasted, and what could you do with them instead?



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Reduce, reuse, recycle

In the UK, on average, we throw away one third of good food away. That's the same as if you bought 3 big bags of shopping and threw one straight away into the bin! Is that a good idea?





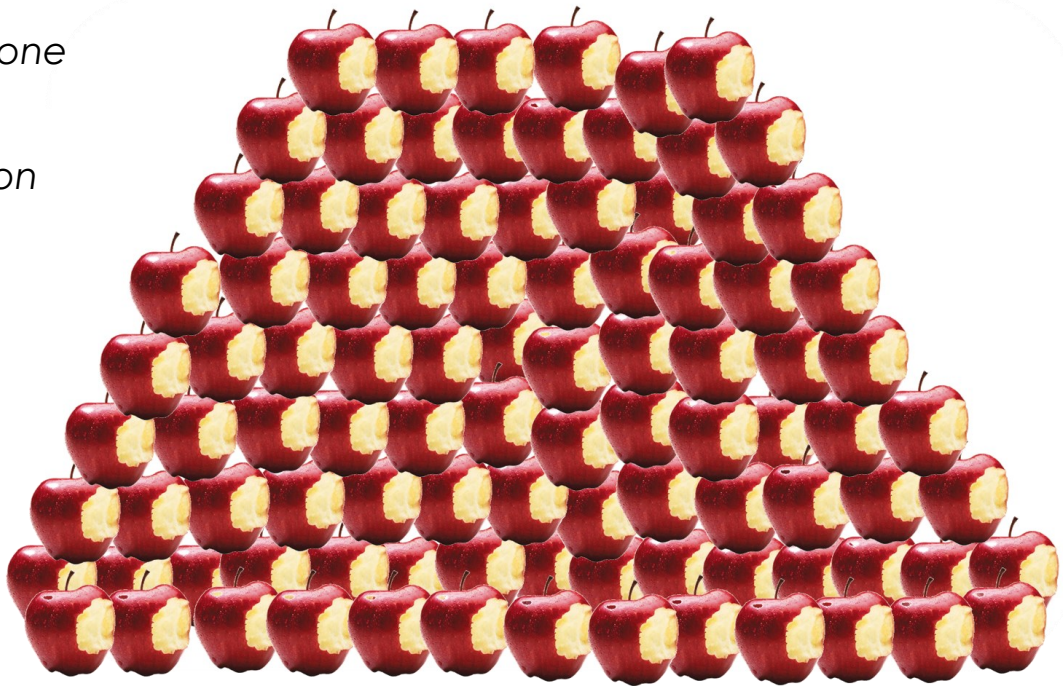


Why does it matter?

1. It matters because even if everyone throws only a small amount of food away, that could have been eaten, it creates a much bigger amount.

e.g. "It's only one apple"

… said 8 million people



Reduce, reuse, recycle

2. It matters because it has a big affect on climate change. Do you know what climate change is and if not, can you find out ?

3. It matters because it costs money and uses up water, electricity and diesel ('resources') to grow, make and transport food from the farms to the factories to the supermarkets to your homes.

   E.g. making a strawberry yoghurt .
   Do you know what goes into making a fruit yoghurt?
   Can you see some of the processes involved below?
   Can you find out any more of these processes?

Processes involved from farm to 'plate'



Processes involved for making packaging



Electricity

Water

Oil for making the plastic pot





What can I do?

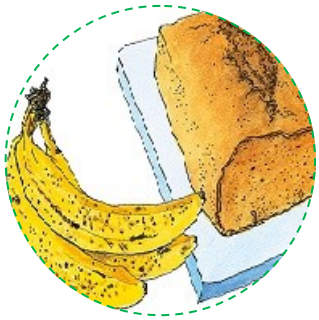
Here are some ideas. Tick the ones you or your family do already.
Can you think of any more?
Why do you think it helps in reducing food waste?





- ○ Plan your meals
- ○ Take a shopping list
- ○ Check your fridge
- ○ Only buy what you need





- ○ Make smoothies or bake with aged fruit





- ○ Store fresh food correctly
- ○ Store leftovers in the fridge to eat later





- ○ Use leftovers in sandwiches
- ○ Compost what you can't eat

Reduce, reuse, recycle

If you have a printer you can print off and colour in the pledges (promises) on the next page. If you don't have a printer why not draw/write some ideas of how you can **reduce** food waste? Why not keep it in your kitchen to remind everyone in your house?

