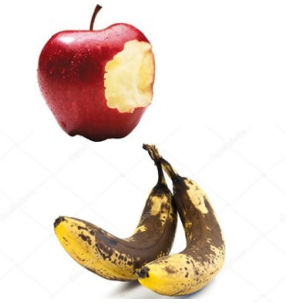
Fab Food - KS2

Your food isn't rubbish

1. What is food waste? ……

……

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



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Reduce, reuse, recycle

3. 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?





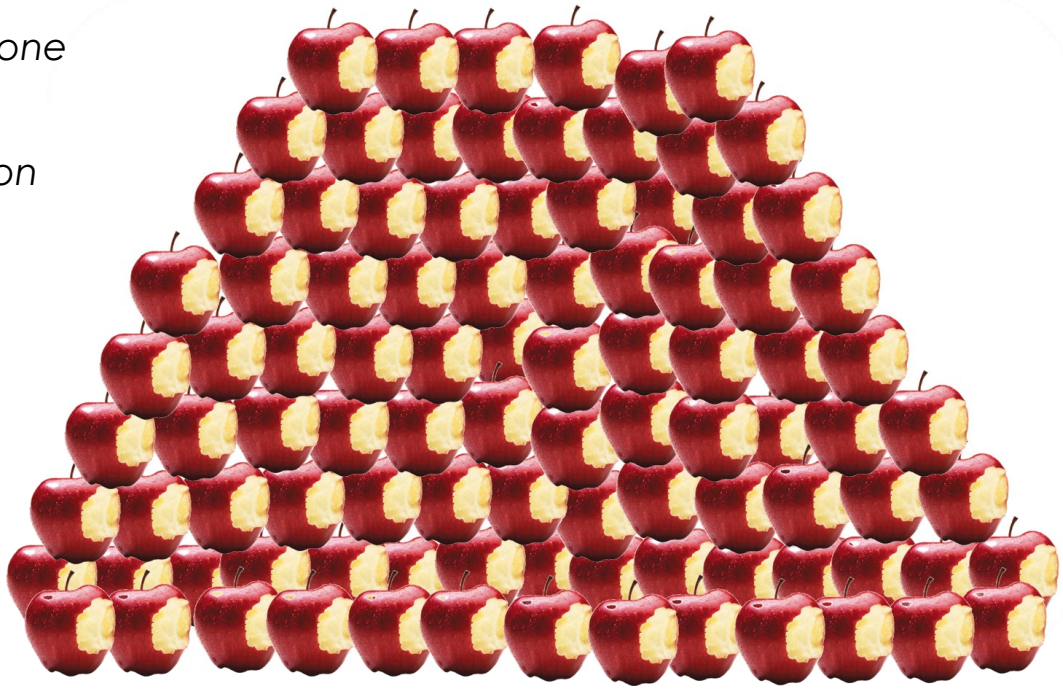


Why does it matter?

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

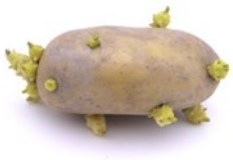
Can you find out or guess how many of these food items, the UK, as a country, throws away every single day?



a. 44

b. 440,000

c. 4,400,000



a. 51

b. 510,000

c. 5,100,000



a. 16

b. 1,600,000

c. 160,000,000



a. 24

b. 24,000

c. 2,400,000

Do you think there might have been any changes to food waste in general when we are in lockdown?
What do you think the changes might be and how have you and your family made changes to the amount of food you throw away?

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 ? Can you also find out why food waste has an affect on climate change?

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

   E.g. making a strawberry yoghurt . Look at the pictures on the next page, do you know what goes into making a fruit yoghurt?
   Can you see some of the processes involved?
   Can you find out any more of these processes?

Reduce, reuse, recycle

Processes involved from farm to 'plate'



Processes involved for making packaging



Electricity

Water

Oil for making the plastic pot



5. You can also save money by not wasting food.
Can you work out how much you could save by not wasting food?

If you were to spend £45 on food each week and you wasted 1/3 how much would you save?

1/3 food wasted per week = £ .....

1/3 food wasted per month = £ .....

1/3 food wasted per year = £ .....



What would you spend your annual savings on instead?

Reduce, reuse, recycle

What can I do?

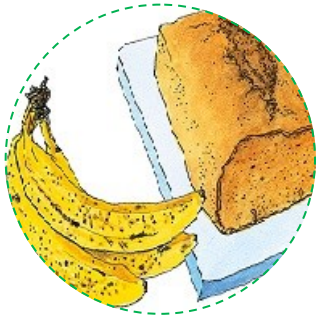
Here are some ideas. Tick the ones you or your family do already.
Can you think of any more?
Why do you think it helps in reducing food waste?





- ○ 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?

Further suggested reading on Food waste:

https://www.worldwildlife.org/stories/fight-climate-change-by-preventing-food-waste

https://www.bbc.co.uk/food/articles/food_waste_recipes

I WILL

Share what I can't eat

or save it for later.

