

## Freeganism – a way of life

Topic/language idea: Freeganism- a way of life.

Class: Middle school/high school

Level: Intermediate/ upper-intermediate.

Time : 45 minutes

Aims:

- To learn about global food waste
- To learn about veganism, freeganism and vegetarianism
- To talk about eating habits
- To talk how to reduce food waste
- To look for specific information on the internet
- To read for specific information
- To transfer the information.
- To use web pages

CLIL: ecology, biology

Materials : included photocopies, access to the internet and personal computer, speakers.

STAGE	AIMS	PROCEDURE	CLASSROOM LANGUAGE	TIME	MATERIALS
Introduction	To start the lesson	Check the register /check homework		1 min/ 6 min	
Warm – up activity	To provide students with introduction to the topic	Class brainstorming- ask the students about their eating habits.	What is your favourite food? What food can't you imagine living without ? Do you like Polish cuisine? Do you eat fast food? Have you heard of Slow Food movement?	5 min	
The main part of the lesson	To learn about freegan philosophy	Ask the students about a difference between vegans, vegetarians and fruitarians. Ask if they know who freegans are. Ask the students to read the questions first. Tell the students to watch a video and in pairs write down the answers to the questions.	Do you know what vegetarians eat? vegans? fruitarians? freegans? Go to <a href="http://money.howstuffworks.com/freegan.htm">http://money.howstuffworks.com/freegan.htm</a> , read about freegan philosophy and watch a video	15 min	Worksheet 1 Internet
	To	Tell the students to go	Watch a video to learn more:	10 min	

## Freeganism – a way of life

	watch a video and have a class discussion	online, watch a video and discuss their reactions in small groups. Monitor the time.	<a href="https://www.youtube.com/watch?v=FZoUlekIix4">https://www.youtube.com/watch?v=FZoUlekIix4</a> . In groups discuss your reaction to what you have just learnt.		
Wrap-up	To learn about the scale of food waste in the world	Ask the students to have a look at the data, analyse it, does it change their opinion about freegans and their philosophy?	Now look at the food wastage in the world, does it change your opinion about freeganism? <a href="http://www.fao.org/nr/sustainability/food-loss-%C2%ADand-waste/en">http://www.fao.org/nr/sustainability/food-loss-%C2%ADand-waste/en</a> <a href="http://www.rangemaster.co.uk/media/1343891/Rangemaster_infograph_food.pdf">http://www.rangemaster.co.uk/media/1343891/Rangemaster_infograph_food.pdf</a>	10 min	

Sources:

<http://money.howstuffworks.com/freegan.htm>

<https://www.youtube.com/watch?v=FZoUlekIix4>

<http://www.fao.org/nr/sustainability/food-loss-%C2%ADand-waste/en>

[http://www.rangemaster.co.uk/media/1343891/Rangemaster\\_infograph\\_food.pdf](http://www.rangemaster.co.uk/media/1343891/Rangemaster_infograph_food.pdf)