

## Food waste

### Worksheet 1 Teacher's notes

1. What have you eaten for lunch today? Have you eaten it all? What do you normally do with your uneaten sandwich? Have you ever thought of food waste on a global level?

*students' own answers*

2. Go to <http://www.fao.org/nr/sustainability/food-loss-%C2%ADand-waste/en> and watch the first video about food wastage footprint. Answer these questions:

- What do these numbers relate to:

*1/3- amount of food wasted each year*

*28%- agricultural land used to grow food that will be wasted*

*250 cubic km- water wasted to water those crops*

*3.3 gigatons- of greenhouse gases emitted during production of the food that will be wasted*

- What solutions are suggested to reduce the food wastage?

*better harvest and storage technology, reduce prices of imperfect vegetables, donate unsold produce, reuse produce to feed animals*

- What solutions are suggested for the individual shopper to adopt?

*shop more carefully, store and recycle leftovers, order smaller portions in restaurants*

3. Look at the infographic about food waste in UK, what do you think?

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

*students own answers*

4. Divide into three groups, go to <http://greatist.com/health/how-to-ways-reduce-food-waste>, read and prepare a short presentation to the rest of the class how to reduce food waste:

- at the store

1. **Shop smart.** Plan meals, use grocery lists, and [avoid impulse buys](#). This way, you're less likely to buy things you don't need and that you're unlikely to actually consume. Buy items only when you have a plan for using them, and wait until perishables are all used up [before buying more](#). Check out [these apps](#) for extra-easy meal planning.

2. **Buy exactly what you need.** For example, if a recipe calls for two carrots, don't buy a whole bag. Instead, buy loose produce so you can [purchase the exact number you'll use](#). Likewise, try buying grains, nuts, and spices from bulk bins so you can measure out exactly what you need and don't over-buy (Just note that there's a difference between buying in bulk and buying from bulk bins; the first one can actually create *more* waste if we buy more than we can realistically use). Bonus: This tip will save some cash, to boot.

3. **Be realistic.** If you live alone, you [won't need the same number](#) of apples as a family of four (unless you *really* like apples). If you rarely cook, don't stock up on goods that have to be cooked in order to be consumed (such as baking supplies or dried grains and beans).

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4. **Buy funny-looking produce.** Many fruits and vegetables are thrown away because their size, shape, or colors don't quite match what we think these items "should" look like. But for the most part these items are perfectly good to eat, and buying them at a farmer's market or the grocery store helps [use up food](#) that might otherwise be tossed.
5. **Have a Plan B.** Let's say you buy Camembert to make a fancy dish for that fancy dinner party — and then the dinner party is canceled. Don't toss the cheese! Instead, come up with a [backup recipe](#) and use it in a different dish (or just eat it plain, because c'mon — it's cheese).
  - at home
6. **Practice FIFO.** It stands for [First In, First Out](#). When unpacking groceries, move older products to the front of the fridge/freezer/pantry and put new products in the back. This way, you're more likely to use up the older stuff before it expires.
7. **Monitor what you throw away.** Designate a week in which you [write down everything you throw out](#) on a regular basis. Tossing half a loaf of bread each week? Maybe it's time to start freezing half that loaf the moment you buy it so it doesn't go stale before you're able to eat it.
8. **Take stock.** Note upcoming expiration dates on foods you already have at home, and [plan meals around the products](#) that are closest to their expiration. On a similar note, keep a list of what's in the freezer and when each item was frozen. Place this on the freezer door for easy reference and use items [before they pass their prime](#).
9. **Designate one dinner each week as a "use-it-up" meal.** Instead of cooking anew meal, look around in the cupboards and fridge for leftovers and other food that might otherwise get overlooked.
10. **Eat leftovers!** Brown-bag them for work or school for a free packed lunch. If you don't want to eat leftovers the day after they're cooked, freeze and [save them for later](#) (just remember to note when you froze them so you can use them up in a timely fashion).
11. **Use it all.** When cooking, [use every piece](#) of whatever food you're cooking with, whenever possible. For example, leave the skin on cucumbers and potatoes, sauté broccoli stems along with the florets (they taste good too; we promise!), and so on. Bonus: Skins and stems often have provide [additional nutrients](#) for our bodies.
12. **Store better.** If you regularly throw away stale chips/cereal/crackers/etc., try [storing them in airtight containers](#) — this should help them keep longer (or, of course, just buy fewer of these products).
13. **Repurpose leftovers scraps.** Use vegetable and meat scraps in homemade stocks, and use citrus fruit rinds and zest to [add flavor to other meals](#). Want more ideas? Check out [these resources](#) for using up food scraps.
14. **Check the fridge.** Make sure it's [functioning at maximum efficiency](#). Look for tight seals, proper temperature, etc. — this will ensure that the fridge keeps food fresh as long as possible.

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15. **Preserve produce.** Produce [doesn't have to be tossed](#) just because it's reaching the end of its peak. Soft fruit can be used in smoothies; wilting vegetables can be used in soups, etc. And both wilting fruits and veggies can be turned into delicious, [nutritious juice](#).
16. **Donate what you won't use.** Never going to eat that can of beans? [Donate it](#) to a food kitchen before it expires so it can be consumed by someone who needs it. Check out [this resource](#) to locate a food bank near you.
17. **Donate the gross stuff, too!** Many farmers happily [accept food scraps](#) for feeding pigs or adding to a compost heap. To find farms near you, check out [one of these resources](#).
18. **Store food properly in the fridge.** Learn [how and where to store specific products in the fridge](#), and they're likely to keep longer.
19. **Store things properly in the freezer.** Same as above: How and where we [store products in the freezer](#) makes a difference in how long they'll last.
20. **Can it.** Got more fruit than you know what to do with? Try [canning it](#) so it'll last for months to come. (Plus, who doesn't love eating "fresh" peaches in winter?)
21. **Pickle it.** Both fruits and vegetables can be preserved through an [easy pickling process](#).
22. **Understand expiration dates.** Turns out those [expiration dates](#) don't always have to do with [food safety](#); rather, they're usually manufacturers' suggestions for peak quality. If stored properly, most foods (even meat) stay fresh [several days past the "use-by" date](#). If a food looks, smells, and tastes okay, [it should be fine](#). If any of these elements are off, then it's time to toss it.
23. **Compost!** Hate potato skins? Don't feel like turning wilted vegetables into soup stock? No worries; food scraps *still* don't need to be tossed. Just start a compost pile [in the backyard](#) or even [under the sink](#), and convert food waste into a useful resource.
  - during mealtime
24. **Check in with your belly.** Here it is, ladies and gentlemen: The solution to the "clean your plate!" issue. Simply take a moment to ask your body what it wants to eat, and how much — and then serve yourself that. Or simply [start with less food on your plate](#). If you want more, you can always go back for it — but this way you won't find out that you're full and still have a heap of food in front of you. In fact, one study found that reducing portion sizes is an easy way to reduce food waste.
25. **Split the dish.** If eating out, [split a dish](#) with a friend so you don't waste half of the giant portion sizes found at many restaurants.
26. **Take home leftovers.** Even if you're not into splitting meals, those portion sizes don't have to be wasted. Just ask to [take leftovers home](#) (bonus eco points if you bring your own reusable container!), and you've got yourself a free lunch the next day.
27. **Share.** Made a quadruple recipe of a casserole you ended up disliking? [Gift it](#) to friends, family, or neighbors — they're likely to be grateful for the saved money and time.

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28. **Go trayless.** When eating in a cafeteria, skip the tray. Doing so is [associated with a reduction in food waste](#), possibly because it's harder for people to carry more food than they can actually eat.
29. **Educate other people.** Sure, nobody likes a Debbie Downer at the dinner table. But turns out simply being aware of the issue of food waste can help make people more attentive to wasting less

Can you add any more ideas?

*students' own answers*

5. You will watch a video with Grotesque Apple, the Ridiculous Potato, the Hideous Orange, the Failed Lemon, the Disfigured Eggplant, the Ugly Carrot, and the Unfortunate Clementine. Can you guess what it will be about?

Check: [http://www.youtube.com/watch?v=p2nSECWq\\_PE](http://www.youtube.com/watch?v=p2nSECWq_PE)