

Freeganism – a way of life

Worksheet 1

1. 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?

2. Do you know what vegetarians eat? vegans? fruitarians? freegans? Go to <http://money.howstuffworks.com/freegan.htm> , read about freegan philosophy and watch a video. Answer these questions:

❖ Who are freegans? How is the name created?

❖ Is freeganism only about food?

❖ What is urban foraging?

❖ What is gorilla gardening?

❖ What was gleaning?

❖ Would you consider being a freegan even if for a day?

3. Watch a video to learn more: <https://www.youtube.com/watch?v=FZoUlekIIX4>. In groups discuss your reaction to what you have just learnt.

4. Now look at the food wastage in the world, does it change your opinion about freeganism?

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

http://www.rangemaster.co.uk/media/1343891/Rangemaster_infograph_food.pdf