



# Lesson 1: Grow, Eat, Compost, Repeat

## MAIN MESSAGES

Prevent food waste / recycle food

- How much food are we wasting?
- How can we prevent food waste?
- How can we recycle food?
- Why does it matter?
- Each child makes a pledge to reduce food waste

## RESOURCES

Provided as part of this pack:

1. Food investigation sheet
2. Home-school work book
3. Snakes & Ladders board game
4. Prezi presentation link

You will need:

- Clipboards x 15
- Plastic sheeting/bin bag x1
- Plastic gloves
- Weighing scales
- Cleaning materials
- Pencils/pens
- Glass jar
- Food waste
- 15 dice
- 30 counters

## PREZI PRESENTATION LINK

[https://prezi.com/ihack1\\_wryil/yes-to-taste-no-to-waste/](https://prezi.com/ihack1_wryil/yes-to-taste-no-to-waste/)

**WORKSHOP LENGTH: 1.5 hours**



## CURRICULUM LINKS


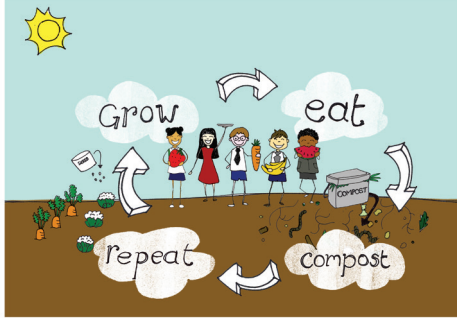
- **Science:** working scientifically; measuring and recording data; reporting and presenting findings; changing properties and materials.
- **Literacy:** speaking and listening; group discussion and interaction.
- **Numeracy:** measuring; statistics; tables (Carroll diagrams; bar charts); converting measures; decimals and percentages.
- **Geography:** knowledge and understanding of environmental change and sustainable development; to recognise how people can improve the environment or damage it.
- **PSHE:** learn about the wider world and the interdependence of communities within it; develop a sense of social justice and moral responsibility and begin to understand that their own choices and behaviour can affect local, national or global issues.
- Learning outside the classroom.



## Prior to Lunch

When delivering this workshop, make sure you check out the food waste audit and the pupil quiz. It would be good to do both these things before delivering the first workshop so you can see the change in pupil learning and you can see tangible differences in food waste (by doing the weekly audit).

Time	Main Learning Points	Activity	Resources
25 minutes	To investigate the type of food being wasted and the quantity thrown away.	<p>&gt; <u>Introduce the 3 key project messages the pupils will be learning about throughout this project:</u></p> <ol style="list-style-type: none"> <li>1. Reducing food waste and why is it important</li> <li>2. Recycling food waste</li> <li>3. Healthy and sustainable eating</li> </ol> <p>&gt; <u>Outdoor activity: Investigating food waste from lunch food bins</u> Collect a bin with food from the canteen (if you're doing the food waste audit use bins you've used in the audit). Take the bin outside into the playground.</p> <p>Organise pupils into pairs. 1 clipboard and 1 food investigation sheet per pair: Pairs will be record findings on food investigation sheet, with one being the 'recorder' – recording the findings, and one being the 'investigator' who reports back.</p> <p>&gt; <u>Questions to ascertain pupil knowledge:</u> <i>Why do you think it's important to reduce food waste?</i> <i>What happens to food waste if it goes in the general bin?</i> <i>What happens to food waste when it is recycled?</i> <i>What does healthy eating mean?</i> <i>What does sustainable eating mean?</i></p> <p>&gt; <u>Pupils form a circle to observe and estimate the weight of food waste from lunch time.</u> Questions to ask pupils: <i>What does edible and non-edible mean?</i> <i>Which food waste bins could we prevent wasting? (edible)</i> <i>Are there any food waste items that would be hard to avoid wasting?</i> <i>Refer to teachers guidance for an explanation</i></p> <p>Pass around bin containing food waste and estimate the weight. Pupils fill in the estimate on the investigation sheet. Pupils then weigh the food waste and note the actual weight on the investigation sheet.</p> <p>Tip out edible food waste on to a tarpaulin or plastic sheet (if you don't have one, you can use bin bags taped to the ground); children observe and discuss the three main types of food wasted (e.g bread, veg, fruit, etc) and record findings on worksheet.</p> <p>(N.B. Ensure the food waste is then put in the kitchen's food waste bin.)</p>	<p><u>You will need:</u></p> <ul style="list-style-type: none"> <li>- Clipboards x 15</li> <li>- Plastic sheeting/bin bag x 1</li> <li>- Plastic gloves</li> <li>- Weighing scales</li> <li>- Cleaning materials</li> <li>- Pencils/pens</li> </ul> <p><u>In this pack:</u></p> <ul style="list-style-type: none"> <li>- Food Waste Audit sheet x 1</li> <li>- Food Investigation sheet x 15 (downloadable/ in this pack)</li> </ul>

Time	Main Learning Points	Activity	Resources
<p><b>25 minutes</b></p>	<p>To understand:</p> <ul style="list-style-type: none"> <li>• The importance of recycling food waste</li> <li>• How food waste is recycled</li> <li>• How compost is made and how it is used</li> </ul>	<p><u>CLASSROOM ACTIVITY:</u></p> <p>&gt; Start Prezi &gt; Show video, which plays directly from the prezi or follow link below: 'The Big Problem With Waste' (Devon Contract Waste)  <a href="https://www.youtube.com/watch?v=18FLfQDInI8">https://www.youtube.com/watch?v=18FLfQDInI8</a> (1 minute 32 seconds)</p> <p>&gt; Focus questions:  <i>What is the gas produced by landfill sites called?</i>  <i>Why is this gas bad for the environment?</i></p> <p>&gt; Tell them that food waste can be made into compost to help new plants grow.</p> <p>&gt; Show video: How is Food Waste Recycled? In vessel composting (Recycle Now)  <a href="https://www.youtube.com/watch?v=Td30khKYc5Y">https://www.youtube.com/watch?v=Td30khKYc5Y</a> (57 seconds) (You may want to pause the video half way at 0:24 seconds to discuss.)  <i>What happens to food if we recycle it?</i>  <i>Where is compost used?</i></p> <p>Point out that as well as making compost, food waste can also be used to make energy.</p>  <p>&gt; Show this picture of compost in a bottle/jar, or make a prop of your own by filling a jar half with compost/earth and the top half with food waste (e.g. banana skins, peelings, bread, egg shells, tea bags, coffee grains, etc.). Discuss what's in the jar, what happens to food when it's recycled, and what can go into food caddies at home.</p> <p>&gt; Show Prezi graphic: 'Grow, Eat, Compost, Repeat'  Discuss the graphic with pupils.</p> 	<p><u>You will need:</u></p> <p>A bottle or glass jar, one half filled with compost/earth and the top half with food waste (e.g. banana skins, peelings, bread, egg shells, tea bags, coffee grains, etc.)</p> <p><u>In this pack:</u></p> <ul style="list-style-type: none"> <li>- Prezi (requires YouTube to access videos)</li> <li>- Slide 1 – 4 &amp; video</li> <li>- Prezi/Slide 5: Recycling food video</li> </ul> <p>- Prezi: 'Grow, Eat, Compost, Repeat' graphic</p>

Time	Main Learning Points	Activity	Resources
<b>20 minutes</b>	To understand how we can prevent food waste	<p>&gt; <u>Play Snakes &amp; Ladders food waste game in pairs</u></p> <p>Key Question: <i>How can we avoid throwing away food that could be used?</i></p> <p>&gt; <u>Discuss possible answers:</u></p> <ul style="list-style-type: none"> <li>• <i>Make a shopping list</i></li> <li>• <i>Only buy what you need</i></li> <li>• <i>Buy and eat wonky/misshapen vegetables</i></li> <li>• <i>Oldest food to fridge front, newest to back</i></li> <li>• <i>Choose the correct portion size</i></li> <li>• <i>Cut out brown bits of fruit and eat the rest</i></li> <li>• <i>Put leftovers in the fridge</i></li> <li>• <i>Eat leftovers for another meal</i></li> <li>• <i>Freeze food not to be used immediately</i></li> </ul>	<p><u>In this pack:</u></p> <ul style="list-style-type: none"> <li>- 15 snakes &amp; ladders boards (downloadable/ in this pack)</li> </ul> <p><u>You will need:</u></p> <ul style="list-style-type: none"> <li>- 15 dice</li> <li>- 30 counters</li> </ul>
<b>15 minutes</b>	To take action to prevent food waste  Each child makes a pledge to reduce avoidable food waste	<p>&gt; <u>Home-School workbook</u></p> <p>Explain that:</p> <ul style="list-style-type: none"> <li>• Pupils will make their first pledge towards preventing food waste which is to be completed at home and/or school</li> <li>• Pupils conduct the homework interview with a parent/carer</li> <li>• Pupils ask a parent/carer to join them in making a pledge</li> <li>• A parent/carer should sign each page</li> <li>• Books must be brought back to school for the next lesson.</li> </ul> <p>&gt; Look at the four pledge options on pledge 1 (prevent food waste) Discuss each one, then pupil to tick one or more and sign and date</p> <p>Teachers may appoint two pupils as 'pledge monitors' to count pupil pledges achieved.</p> <p>Pledge monitors may also remind pupils to bring books back each week.</p>	<p><u>In this pack:</u></p> <ul style="list-style-type: none"> <li>- Home-School workbooks (1 per pupil) (download)</li> </ul> <p>- Prezi: pledges page</p>
<b>5 minutes</b>	To assess main learning points	<p>&gt; <u>Review main learning points with 'Grow, Eat, Compost, Repeat'' graphic</u></p> <p>Questions: Why is it important to recycle food waste? How can we prevent food waste?</p>	<p><u>In this pack:</u></p> <ul style="list-style-type: none"> <li>- 'Grow, Eat, Compost, Repeat'' graphic, viewable on the Prezi</li> </ul>





# FOOD WASTE INVESTIGATION SHEET

School:

Date:

Investigator name:

Recorder name:

## > How much does today's edible food waste weight?

	YEAR 4	YEAR 5	YEAR 6
<b>Our estimate (kg)</b>			
<b>Actual Weight (kg)</b>			
<b>Number of meals wasted:</b> 1 meal = 250g Calculation: (weightx1000)/250g			

## > What are the main types of food wasted?

1)

2)

3)

**SMALL CHANGE  
BIG DIFFERENCE**  
presents...

**YES TO TASTE  
NO TO WASTE**



# SNAKES & LADDERS

> How can we avoid throwing away food that could be used?

You will need: counters and dice.  
We suggest using one board game between two pupils.

100 Ugh! You found mouldy strawberries at the back of the fridge. Next time, do FIFO!	99	98 <b>SMALL CHANGE BIG DIFFERENCE</b>	97 Bad bread in the bin! Freeze half a loaf next time! <b>MOVE 4 SPACES BACK</b>	96 	95	94 You put your banana skin in the rubbish bin! Compost it in your food waste caddy!	93 <b>SMALL CHANGE BIG DIFFERENCE</b>	92	91 
81	82	83 You used tinned fruit knowing it wouldn't be wasted! <b>MOVE 3 SPACES FORWARDS</b>	84 	85 What a waste! You put chicken bones in the rubbish bin! Next time use your food caddy!	86 	87	88	89	90 <b>SMALL CHANGE BIG DIFFERENCE</b>
80	79	78	77 Your eyes are bigger than your belly and you couldn't finish your meal. Think about your portion sizes	76	75	74	73 Healthy & happy! You tried new fruit or veg - part of your 5 a day!	72	71
61 You cooked too much pasta and binned it. Use your portion size tool! <b>MOVE 2 SPACES BACK</b>	62	63	64	65	66	67 Yes to taste, no to waste! You ate up all your school lunch.	68 <b>SMALL CHANGE BIG DIFFERENCE</b>	69	70 Your leftovers went yucky in the fridge! Next time, FREEZE them if you're not using them soon.
60 	59 Lucky! You made a lovely leftovers recipe!	58	57	56	55	54	53 You composted your peelings in the food waste caddy! <b>MOVE 4 SPACES FORWARD</b>	52	51
41 	42	43 	44 You threw away a brown banana! You could have made a healthy smoothie!	45	46	47	48	49	50 Sensible shopper! You made a shopping list and only bought what you needed.
40 Oh no! Egg shells and tea bags found in your bin! Compost them in your food caddy. <b>MOVE 3 SPACES BACK</b>	39	38 <b>SMALL CHANGE BIG DIFFERENCE</b>	37	36	35 	34	33	32	31
21 	22	23 	24	25	26	27 Super sustainable! You chose a fishburger instead of a beefburger. Less methane gas saves our planet!	28	29 You bought BUY ONE, GET ONE FREE and wasted some. Only buy what you need!	30
20 <b>SMALL CHANGE BIG DIFFERENCE</b>	19 	18	17	16	15	14	13 	12	11 You're good for the planet! You bought local, seasonal fruits and vegetables.
1 	2 <b>SMALL CHANGE BIG DIFFERENCE</b>	3	4 	5 You bought wonky fruit & veg and it tastes just as good! <b>MOVE 3 SPACES FORWARD</b>	6	7 FAB - you did FIFO! First in first out of the fridge or cupboard using oldest food first.	8 	9	10



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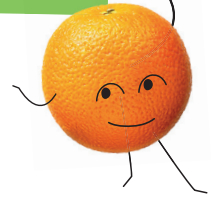
# SMALL CHANGE BIG DIFFERENCE

presents....

**YES TO TASTE**



**NO TO WASTE**

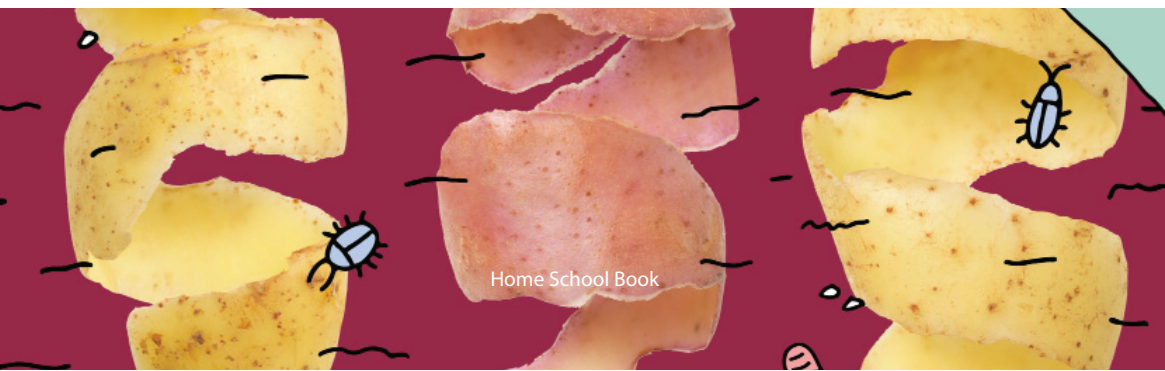


**HOME/SCHOOL  
BOOK**

Name \_\_\_\_\_

Age \_\_\_\_\_

Class \_\_\_\_\_



# PROGRESS

YES TO TASTE



NO TO WASTE



**Your progress with the food waste project:**

ACTIVITY	TICK WHEN COMPLETED	STICKER REWARD FROM US
PLEDGE 1 PREVENT FOOD WASTE		
HOMEWORK INTERVIEW		
PLEDGE 2 HEALTHY EATING		
DEAR DIARY...		



# PLEDGE 1: PREVENT FOOD WASTE

YES TO TASTE



NO TO WASTE



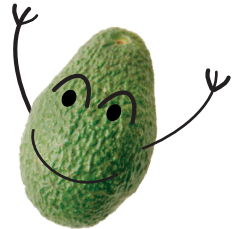
## What can YOU do to fight food waste?

Make a pledge below by putting a tick in the box.

Choose one action from the list below.

Make sure it's something you can actually do.

We will check if you've achieved your pledge next week.



Choose correct portion sizes to prevent food waste.



First in first out. Order your cupboard or fridge with oldest food first.



Compost your food where you can (at home). Ask a parent or carer if you have a food waste collection



Organise food recycling / composting in school.

Date I made pledge: \_\_\_\_\_

Date I completed my pledge: \_\_\_\_\_

Signed by parent/carer when complete: \_\_\_\_\_

# HOMWORK: INTERVIEW

YES TO TASTE



NO TO WASTE



**Interview an adult at home about food waste.  
Ask them the following questions:**

“We’ve been learning about food waste in school.  
Can I ask you a few questions please?”

1. 7.1 million tonnes of food is wasted every year from UK homes.  
Can you guess how many double decker buses that fills?

- a) 800      b) 800,000      c) 100,000

2. Did you know that food waste can cost you up to £800 a year.  
What would you do with that money if it wasn’t wasted through food?

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3. How do you currently get rid of food waste?

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4. Will you join me in my efforts to reduce food waste by making a  
pledge?

Yes  No

(Question 1 : Answer: b)



# PARENT/CARER PLEDGE

YES TO TASTE

NO TO WASTE



I am the parent/carer of \_\_\_\_\_  
I pledge to reduce food waste at home by:

1. Getting a food waste caddy

Yes  No  Already have one

2. FIFO – First in first out.

Order my cupboard or fridge with oldest food first.

Yes  No

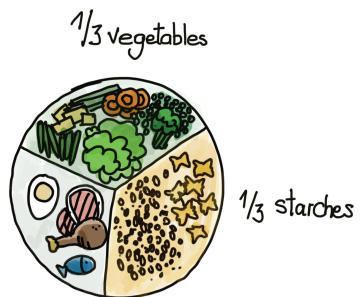
3. Using the correct portion sizes

Yes  No

4. Other:

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Date I made pledge: \_\_\_\_\_

Date I completed my pledge: \_\_\_\_\_

Signed by parent/carer when complete: \_\_\_\_\_

# PLEDGE 2: HEALTHY EATING

YES TO TASTE

NO TO WASTE



## What can YOU do to eat more healthy and sustainable food?

Make a pledge below by putting a tick in the box.

Choose one action from the list below. Make sure it's something you can actually do. We will check if you've achieved your pledge next week.



Try a new piece  
of fruit or veg  
(including ugly fruit & veg)



Choose food that's  
good for the planet  
(check labels for where food comes from)

Date I made pledge: \_\_\_\_\_

Date I completed my pledge: \_\_\_\_\_

Signed by parent/carer when complete: \_\_\_\_\_

# DEAR DIARY...



**I have been busy with the food waste project over the last few weeks, here's an update:**

My favourite thing has been... \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

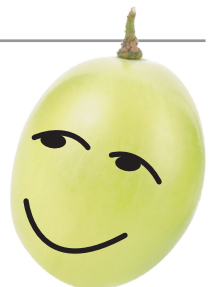
Completing my pledge was... \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

At home I have been... \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Bye for now!

Yours,

\_\_\_\_\_



**YES TO TASTE**



**NO TO WASTE**



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