



Teacher / leader instructions

# Love Food Hate Waste

## Setting the scene: facts about food waste

Approximately, 1.3 billion tonnes of food is wasted each year in the world. That is around a third of all the food produced worldwide which is lost or wasted. This wasted food and its production, contributes to 8 – 10% of the total man-made greenhouse gas emissions.

In the UK, 4.5 million tonnes is wasted by households each year, almost three quarters is food we *could* have eaten. That's food that goes unsold or unused in supermarkets and restaurants, and all the stuff we buy for home which goes uneaten.

There is a huge cost to the environment for wasting food. To grow, harvest, manufacture, store and transport food around the world, uses a lot of energy. There is also damage to soil and land, loss of habitat, and the use of vast amounts of water in food production. So, when we waste food, we waste all those resources and effort!

## Love Food Hate Waste activity (Suitable for KS2 and above)

The activity is based on WRAP's "Household food and drink waste in the UK" report that listed the top 100 most thrown away foods in the UK (14 of those food groups from the 100 are included in this activity) and includes some facts to promote discussion.

The food and drink waste included in this activity is based on the food which is classed as "avoidable food waste "

**Avoidable** = food and drink thrown away because it is no longer wanted or has been allowed to go past its best. Maybe it has been stored incorrectly and gone stale or mouldy. This also includes leftover scraps.

This does *not* include, crusts, skins, cores, peelings that most people consider inedible.

## Resources needed for this activity

- 1 x display set of pictures without the order number and facts on reverse.
- You can print another set of pictures with the order number and facts on reverse or just print the reverse order and facts to display alongside.
- Blu-tack to stick to wall or play on the floor.

## Activity

Shuffle the pictures.

Either:

- Allow students in a small group to sort the cards into a line order from the ones that they think we waste the most to the ones that they think we waste the least.

Or

- As a full group – display one item on the wall, and ask the group if they think the second picture is higher (waste more) or lower (waste less) than the first.
- Continue until all pictures are displayed in suggested order.
- Give students the correct order – using the facts on the back and the teaching points below to account for the order.





### Teaching points

There are a many reasons why avoidable food waste might occur, they usually fall into three categories:



1. Over purchasing - large packs, 2 for 1 offers and special offers, impulse buying then not using these items before their use by date.
2. Incorrect storage allowing spoilage of the product before consuming.
3. Incorrect portion size – cooking too much, too much leftover etc.



### Some learning/ discussion points from the activity to draw out:

- Were the group shocked that chocolates / sweets / cakes etc are so high up in the top one hundred most thrown away foods? Can they think of reasons why? It may be due to glut seasons such as Christmas or Easter.
- Compare poultry and lamb. Lamb (or fish) is expensive and therefore more valued – you won't waste it!
- Dairy produce is often thrown away as it has a shorter 'use by' date. Buy less but more often e.g. get a milk delivery.
- Potatoes are purchased in large packs – buy less!
- Why is so much bread wasted? Do people ever really eat all their packed lunch sandwiches? Bread does need to be used soon after purchase – but it can be frozen so freeze half a loaf of bread
- Salad items do go off quickly. People do a weekly shop but don't plan to eat the salad until too late in the week, by which time it has gone past it's best.



### Ideas to reduce food waste

- Plan your meals and plan your shopping - this will save you time, money and food! Write a shopping list for each meal planned so you only buy what you really need and buy food that your family actually like to eat.
- Keep essentials in the cupboard, fridge and freezer and keep an eye on 'use by' and 'best before' dates.
- Use your leftovers and pull together a delicious meal by combining them with your favourite essentials.
- Make sure your portion size is right. Learn recommended portions of e.g. cooked rice, pasta and potatoes.

