

WE REDUCE FOOD WASTE



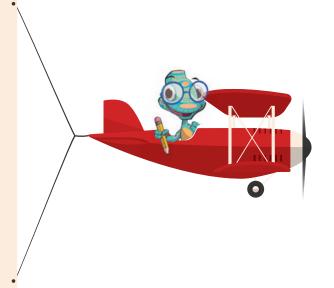
Learning objectives

- Encouraging students to learn about the versatility of a single ingredient and develop creativity and problem-solving skills.
- Linking Unit 7 (Everyone Eats) to UN's Sustainable Development Goal #2 to understand the importance of food waste reduction and foster a sense of community and shared experiences.
- Motivating students to reflect on their habits and think about ways to reduce food waste, taking responsibility for their choices.

Materials needed:

- Ingredients (e.g., potatoes, apples, eggs)
- Cooking equipment (e.g., pots, pans, oven)
- Recipe cards or templates





Warm-up

Discuss the importance of using ingredients efficiently and brainstorm ways to reduce food waste. Collect data about food waste and play a true or false game with the students.

Teacher: Food waste is preventable. Is this claim true or false?

Student 1: False

Teacher: What makes you say that?

Student 1: We can't eat brown bananas.

Teacher: How can we prevent food waste?

Student 2: Leftovers can be used to cook.



Starting point

Tell students that they are going to participate in a cooking challenge. Together select a single ingredient for the challenge (e.g., potatoes, apples, eggs). Discuss the nutritional value and versatility of the chosen ingredient.

Teacher: Let's choose an ingredient that we can use completely.

Student 1: We can use potatoes. **Student 2:** Or we can use broccoli.

Progression



Step 1: Choose an ingredient.

Step 2: Brainstorm possible recipes. Have students work individually or in small groups to develop recipes using only the chosen ingredient. Encourage creativity and experimentation in their recipes.

Step 3: Write the recipe. Include a title, ingredients, and instructions.

Step 4: Test and refine the recipes before the food festival. Make changes if needed.

Step 5: Prepare for the festival. Invite other classes or families to try the recipes.

Recipe #1

Banana Ice Cream!

Ingredients:

- Ripe bananas

Instructions:

Step 1: Peel the bananas and slice them into small rounds.

Step 2: Place the banana slices in a single layer on a baking sheet.

Step 3: Freeze the banana slices for about 2 hours until they are completely frozen.

Step 4: Once frozen, put the banana slices in a blender or food processor.

Step 5: Blend until smooth and creamy, scraping down the sides as needed.

Enjoy! You can eat it right away or refreeze it for a firmer texture.

Recipe #2

Apple Chips!

Ingredients:

- Apples

Instructions:

Step 1: Preheat your oven to 200°F (93°C).

Step 2: Wash the apples and slice them very thinly using a knife or a mandoline (be careful with sharp tools!).

Step 3: Arrange the apple slices in a single layer on a baking sheet lined with parchment paper.

Step 4: Bake the apple slices in the preheated oven for about 1 to 2 hours, until they are dry and crisp.

(You can flip them halfway for even cooking.)

Step 5: Let them cool, then enjoy your homemade apple chips!

Further exploration

Social and Emotional Learning



Teacher: What does it mean to be hungry? **Student 1:** Not having enough food to eat. **Teacher:** How does it feel to be hungry?

Student 2: It's scary and stressful.

Teacher: Where does food go when we throw it away?

Student 3: It goes to the trash.

Teacher: Why is that bad?

Student 4: It wastes water.

