



# 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

Discuss the feelings of people who experience food insecurity. Imagine the impact of food waste on the environment and future generations.

**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.*

