

Food Waste

Lesson Plan Guide (Ages 5-11)



Learning Outcomes

By the end of the Food Waste lesson students will:

- Understand what food waste is
- Describe some of the problems related to food waste
- Understand solutions for reducing food waste at home

Overview

This Food Waste lesson plan includes a slide deck, a short video paired with reflection questions, and a collection of three activities which can be introduced in class and completed at home.

The materials have been created to provide flexibility for teachers to implement the lessons appropriately with a variety of grades, and in whichever way they deem most suitable.

The recommended order of teaching these lessons is:

1. Food Waste Introduction
 - a. Slide deck with talking points in the notes
2. Video and reflection questions
 - a. Commission for Environmental Cooperation Food Matters Action Kit
<https://youtu.be/vMaMwR6lYzA>
 - a. Reflection questions:
 - a. Why is food waste a problem?
 - b. How much food gets wasted every year?
 - c. How can you help prevent food waste?
3. Activities
 - a. Plate Waste
 - i. Plate Waste lesson plan
 - ii. Plate Waste Audit (excel)
 - iii. Plate Waste worksheet
 - b. Storage Stars
 - i. Storage Stars lesson plan
 - ii. Storage Stars worksheet
 - c. Food Waste Prevention Recipe
 - i. Chickpea Vegetable Salad <https://youtu.be/MGSIRVMiU98>
 1. Students can substitute any of the vegetables in the recipe with what is in their fridge to make this a “fridge clean-out recipe”