



Home Economics Food Waste Project 2018

Activities: These can be brought into existing home economics classes through the school year.	Time
Food Waste Quiz	15 mins
Moving Debate	15 mins
Film Screening - Just Eat It, Food Waste Documentary	50 mins

Food Waste Quiz	Time
Recap of Food Waste problem and solutions	15 mins

✎ Students complete a worksheet with the following questions and multiple choice answers.

Multiple Choice:

1. How much edible food is never eaten?

- A. Half
- B. **One Third**
- C. Three quarters

2. How many people suffer from food poverty in Ireland?

- A. 1 in 20 people
- B. 1 in 3 people
- C. **1 in 8 people**

3. What else is wasted when we produce food that no one eats?

- A. Water
- B. Fuel
- C. Land resources
- D. **All of the above**

How much do you remember?



4. What greenhouse gas is produced by food waste when it is sent to goes to landfill?

- A. Carbon Dioxide
- B. Nitrous Oxide
- C. Methane**

5. How damaging is Methane to our environment as a Greenhouse Gas in comparison to CO2?

- A. 5 times
- B. 10 times
- C. 20 times**

6. What can you do to help prevent food waste?

- A. Don't buy more food than you can cook or eat
- B. Eat leftovers before opting for newly bought food.
- C. Shop at stores that offer food near use by or wonky veg at a discount
- D. Plan your meals by making a shopping list
- E. All of the above**

7. Your fridge should be at what temperature?

- A. <1 Degree Celsius
- B. 1-4 Degree Celsius**
- C. >4 Degree Celsius
- D. I don't know

Discussion Questions:

- 📎 Students complete a worksheet with the following questions and multiple choice answers.
- 📎 Teacher ask students and prompt discussion.

8. Did you eat leftovers in the last two weeks?

- A. Yes
- B. No



What was the majority answer - ask students what did they eat & how did they store their leftovers. What are the best ways of keeping leftovers and how long will they last?

9. What would you do with a banana with brown spots?

- A. Eat it
- B. Throw it away
- C. Make something with it

What was the majority answer. What would you make? banana bread, banana pancakes, banana ice cream.

10. You can't finish a meal at a restaurant. What do you do?

- A. Leave it on the plate
- B. Take it home

- C. Ask someone else at my table to finish it

What was the majority answer? When food is left on the plate, what will happen to it?

11. Do you compost your food scraps or use a food waste bin at home or at school?

- A. Yes
- B. No

Why should we compost food scraps? Compost is a valuable resource.

Why is it bad for food to end up in landfill? Food mixed with other waste materials rots in landfill, without oxygen it releases methane and contributes to climate change.

12. How do you serve dinner at your house?

- A. Plated
- B. Family Style (everyone serves their own plates from central pots/dishes)

Which is better?

Family style allows everyone to take smaller amounts and take seconds if they still feel hungry, plated sometimes ends up with people serving bigger portions which are not always eaten.

13. Does your local supermarket have a section selling discounted food that is close to sell by dates or damaged packaging?

- A. Yes, and I buy that imperfect food all the time
- B. Yes, but I wouldn't buy it
- C. No

Why should we buy more imperfect food - to prevent supermarkets throwing it away when it is still safe to eat.

Food Waste Moving Debate	Time
Recap of Food Waste problem and solutions	15 mins

📎 At this stage students should have a critical understanding of the social and environmental issues of food waste both on a local and global scale.

📎 A Moving Debate is an activity that encourages students to think about all sides of an argument, considering various aspects of an issue both positive and negative.

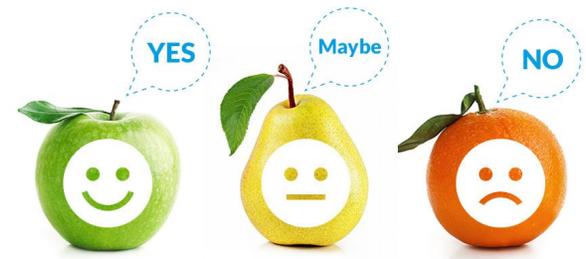
How to perform a moving debate;

- Place two signs AGREE/DISAGREE on opposite sides of the room
- Teacher reads out a statement and asks students if they agree or disagree
- Strongly agree - students stand at far end of agree side of the room
- Strongly disagree - students stand at far end of disagree side of the room
- Indifferent - around the middle of the room
- Ask students to share reasons for their position and to express their opinions



Statements to choose from;

1. 'Food waste is the responsibility of the supermarket, not the consumer.'
2. 'We shouldn't feel guilty about throwing away our food because we paid for it.'
3. 'Perfect looking fruit and veg taste better than ugly or wonky fruit and veg.'



4. 'Growing and cooking our own food will help reduce food waste because we will value it more.'
5. 'People care more about the money lost than the environmental damage caused by food waste.'

Film Screening: Just Eat It, Food Waste Documentary

VOICE will provide the DVD and the licence.

Film: 50mins

Food Waste Quiz: 10 mins

