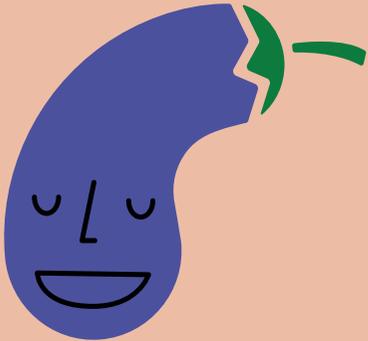




**FEAST**™

FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

A YEAR 5 & 6  
CURRICULUM  
ALIGNED EDUCATION  
PROGRAM



**INSPIRING KIDS TO EAT HEALTHY, WASTE LESS  
& BE CHANGE-MAKERS IN THE LOCAL COMMUNITY**

# ABOUT FEAST

**OZHARVEST'S FOOD EDUCATION AND SUSTAINABILITY TRAINING (FEAST) IS A YEAR 5 & 6 CURRICULUM ALIGNED EDUCATION PROGRAM. LIKE ANY GOOD FEAST, IT'S DESIGNED TO BE FUN, ENGAGING AND FILLED WITH GOOD FOOD!**

— The FEAST program runs for 7-10 weeks and is aligned to the Australian Curriculum STEM Learning Areas. The program can be adapted and changed to suit your school's needs.

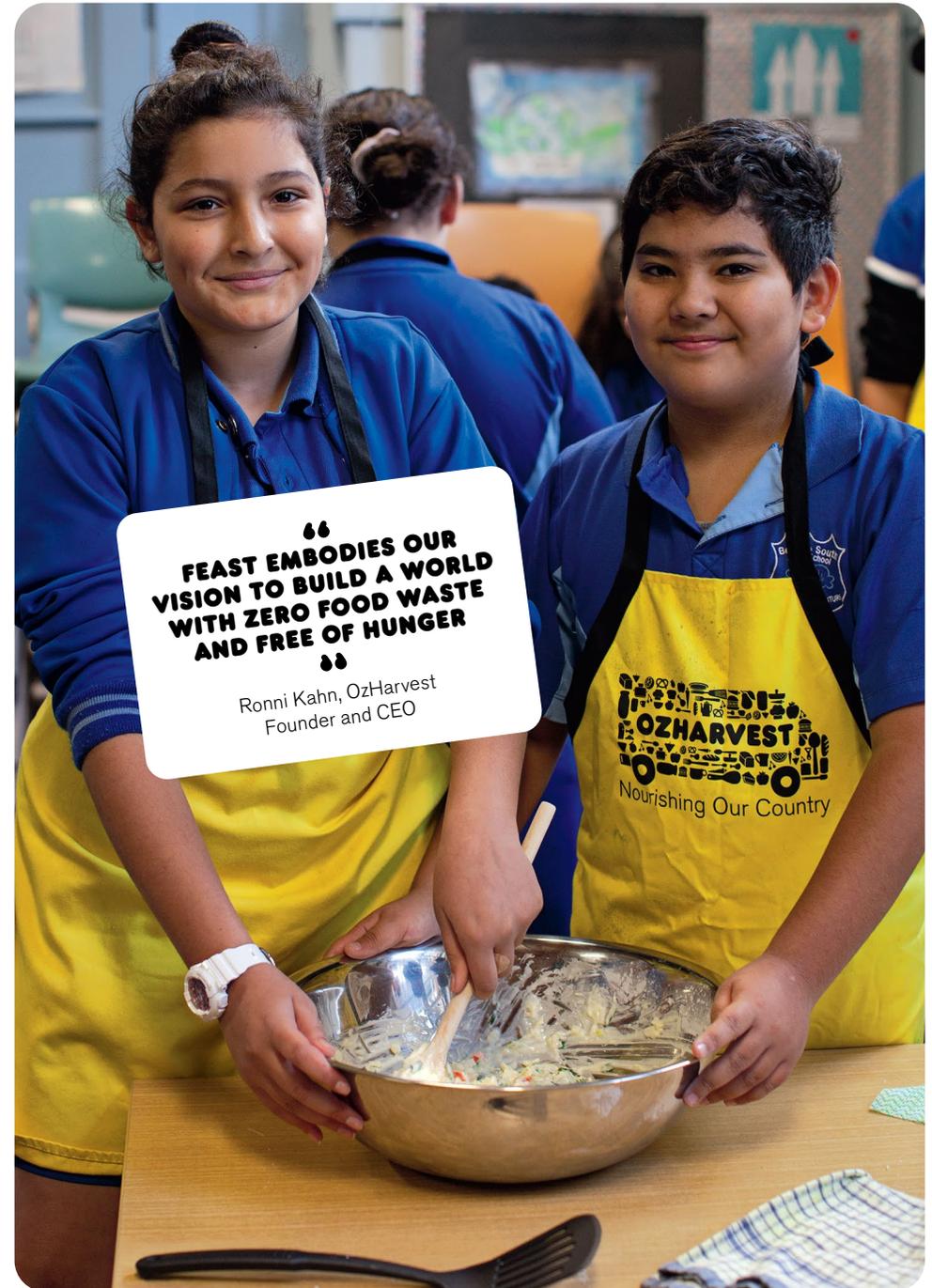
— FEAST gets kids immersed in hands-on cooking activities in the classroom (no kitchen required). Students are tasked with exploring and designing their own recipes for their 'School Cookbook'

to address food waste prevention and healthy eating while educating and engaging their community.

— To run the program, teachers are encouraged to sign up to professional learning provided by OzHarvest. You can choose from face-to-face or online training so you can comfortably educate and engage your students in the journey to fight food waste.



**HUNGRY FOR MORE INFORMATION? SIGN UP AND HELP US BUILD A WORLD WITH ZERO FOOD WASTE!**





# WHY TEACH FEAST?

**IT'S JUST PLAIN CRAZY TO THINK A THIRD OF ALL FOOD PRODUCED GOES TO WASTE, WHEN SO MANY PEOPLE STILL GO HUNGRY.**

## Why we need to take action:

- One child in every classroom goes to bed or school hungry every day.<sup>1</sup>
- Nationally, one in four children are overweight or obese and many do not eat enough fresh fruit and veg, which affects how they learn at school and can lead to poor physical and mental health.<sup>2</sup>
- Half of all food wasted comes from the home. So, we can all be part of the solution, starting TODAY.<sup>3</sup>

1. [Are the Kids Alright? – The Australian Child Wellbeing Project](#)

2. [Background to the National Healthy School Canteens Project – Australian Government Department of Health](#)

3. [National Food Waste Strategy – Australian Government](#)

# FEAST OUTCOMES

— Inspire your students to be change-makers! FEAST helps students understand the food system and negative impact of food waste on the environment.

— FEAST is created from a belief that our education system has an important role to play in building resilient, confident students and encouraging creativity. It helps to enhance:

- Social competence
- Problem solving skills
- Autonomy
- A sense of purpose and future

— The Solution Fluency Model is the path to gaining problem-solving skills and fosters a deep understanding of local community issues. It offers students the opportunity to develop a wide range of life-long learning skills including:

- Research
- Teamwork
- Community engagement

— FEAST addresses the cross-curriculum priority of Sustainability and nurtures greater connections between the school and their wider community.

## CONTENT COVERED

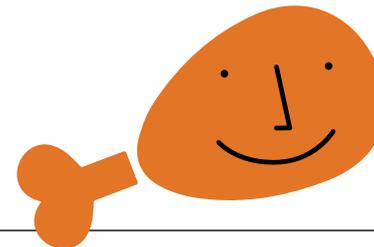
— FEAST addresses concepts around healthy eating, food and fibre production, food insecurity, and consumer choice, as well as the chemistry of cooking.

## SKILLS GAINED

— The production of the cookbook takes the students through a design process that also develops skills in comprehending and creating procedural texts, measuring and estimating, using fractions, and data collection.

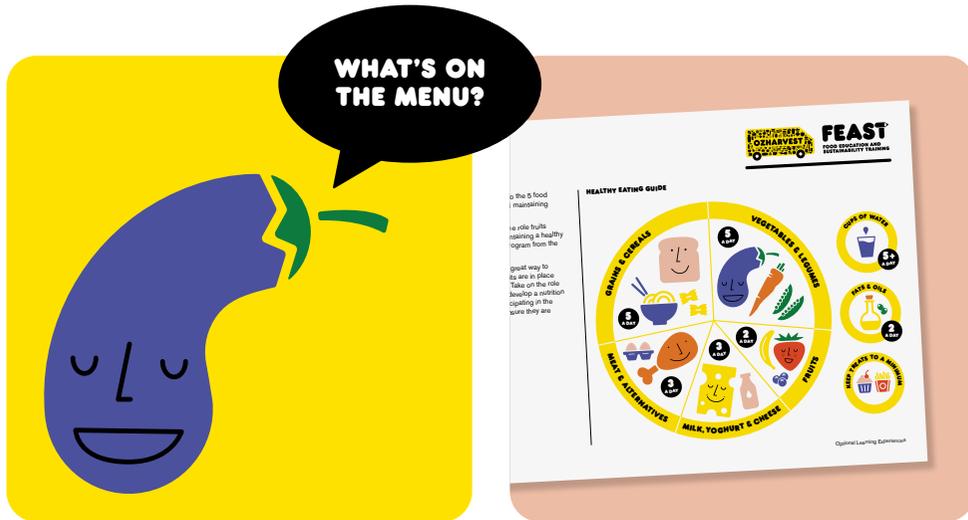
## CURRICULUM OUTCOMES

— The FEAST unit of work and lesson plans outline in more detail how FEAST addresses the Australian Curriculum and NSW, Victorian and Western Australian State Syllabus Content Descriptors.



**JOIN US ON OUR JOURNEY TO FIGHT FOOD WASTE**  
[OZHARVEST.ORG/FEAST](https://ozharvest.org/feast)

# FEAST RESOURCES



## THE RESOURCES USE THE LATEST TEACHING AND LEARNING APPROACHES TO HELP ADDRESS A REAL-WORLD PROBLEM IN THE CLASSROOM.

- FEAST provides a unit of work that uses an inquiry-based and integrated approach to learning that can be adapted to suit teachers and students.
- FEAST is also available as an online course for remote learning.

## CURRICULUM PACKAGE

- FEAST can be easily implemented in any classroom. Designed for Years 5 and 6 it includes everything you need to teach the STEM curriculum aligned program including:
  - Unit of work
  - Detailed lesson plans
  - Student activities
  - Optional learning experiences
  - FEAST practical cooking guide and a range of hot and cold recipes which can be cooked in any classroom
- Schools will also get online access to teacher and student toolkits, video resources and ongoing support from the OzHarvest FEAST team.



## COOKING IN THE CLASSROOM

- FEAST gets kids immersed in hands-on cooking activities in the classroom. (No kitchen required!)
- Using the FEAST kitchen kit students cook from a range of healthy and delicious recipes that have been designed to cater to all skill levels. Easy tasteful and sustainable recipes include; fast fritters, crunchy noodle salad, peach parfait, honey soy noodle stir fry and tortilla wraps with butter bean hummus.
- Where possible, a FEAST Ambassador will visit registered schools to assist with practical lessons.



## TEACHER TRAINING

- The teacher training module embraces the latest interactive teaching and learning approach; Solution Fluency, and provides teachers with instructional videos and practical activities to be implemented in the classroom.
- For a rich learning experience, OzHarvest offers face-to-face training at our offices. We also offer a 3-hour online training module that is flexible, affordable and practical to help implement FEAST with ease.

## WHAT PEOPLE ARE SAYING ABOUT FEAST

Children are the future to saving the planet and this program is about inspiring them to make a difference.

Sophia, Narwee Public School Parent

Before FEAST came to our school I never really cared about where the food went when I threw it out... and now I do.

Ifra, Lakemba Public School Student

What I like about the FEAST program is a lot of it can be modified to suit the needs of my class, there is so much great content and variety.

Rasha, Lakemba Public School Teacher

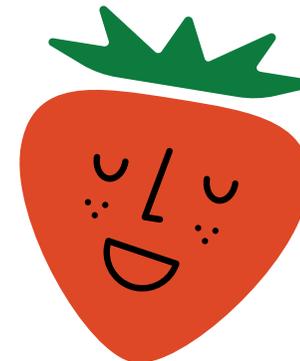
The self-esteem and confidence of the students increased dramatically since participating in the FEAST program. I now have students telling me they want to be chefs and work in health when they finish school.

Serena, Belmore South Primary School Teacher

My students had great fun learning about food waste, creating their own recipes and getting stuck into the hands-on cooking activities. Interaction is a great way to get results and FEAST is a fantastic example of this.

John, Belmore South Public School Teacher

**EXCITED? DON'T LET THIS OPPORTUNITY GO TO WASTE – SIGN UP AND INSPIRE AND ENGAGE THE FUTURE CHANGE-MAKERS!**





## FAQS

### Which aspects of the curriculum are addressed by the FEAST program?

- The project-based nature of the program covers content descriptions across the curriculum for students in Years 5 & 6, particularly in:
  - Science
  - Technologies
  - Health and Physical Education
  - Geography
  - Mathematics
  - English curriculum outcomes

● The cross-curriculum priority of sustainability is addressed as well as a number of general capabilities.

● The FEAST program explores the food system, food waste and nutrition. It provides a context to introduce the content description *“Investigate how and why food and fibre are produced in managed environments and prepared to enable people to grow and be healthy.”* ACTDEK021

● By questioning and seeking solutions to this real world-problem, students will develop an understanding of science and technology and how it influences our community and the natural world.

● When applying the process of “Design and Production”, students engage actively with real world solutions and use technological skills, knowledge and understanding to create solutions to reduce food waste.

● Through applying their science inquiry skills, students develop their understanding of scientific evidence in making informed decisions about the use of Science and Technology in their lives.

● The creation of the School Cookbook facilitates the literacy aspect of the program as students read, interpret and create procedural and other informative written and multimodal texts.

● Following and writing recipes provides students a real life application for working mathematically, investigating measurement, estimating, using fractions, problem solving and representing and interpreting data.

### Should all the activities be undertaken?

● The program is adaptable to suit your needs. You can run the unit in several weeks to a term, depending on your school's circumstances.

### Are there any costs involved in running the program at my school?

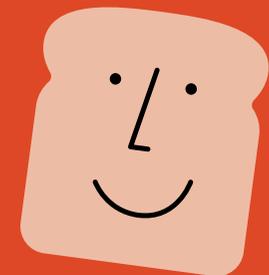
● To see if you are eligible for school funding and for tips on how to keep the costs down, please contact us at [feast@ozharvest.org](mailto:feast@ozharvest.org).

● For a class of 30 students to undertake 6 practical lessons the estimated food cost is \$300.

### I don't know much about food waste in Australia or cooking with food that might be wasted – will I be able to teach it effectively?

● Yes! The unit is designed in such a way that the teacher is a co-learner with teacher notes provided. Most importantly, teachers will find that they learn and make discoveries with the students.

**SO WHY WAIT?  
SIGN UP NOW! WE  
ARE EXCITED TO  
HAVE YOUR SCHOOL  
ONBOARD**





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SUSTAINABILITY TRAINING**

For any questions  
or more information, visit

**[OZHARVEST.ORG/FEAST](https://ozharvest.org/feast)**

or email enquiries to

**[FEAST@OZHARVEST.ORG](mailto:FEAST@OZHARVEST.ORG)**