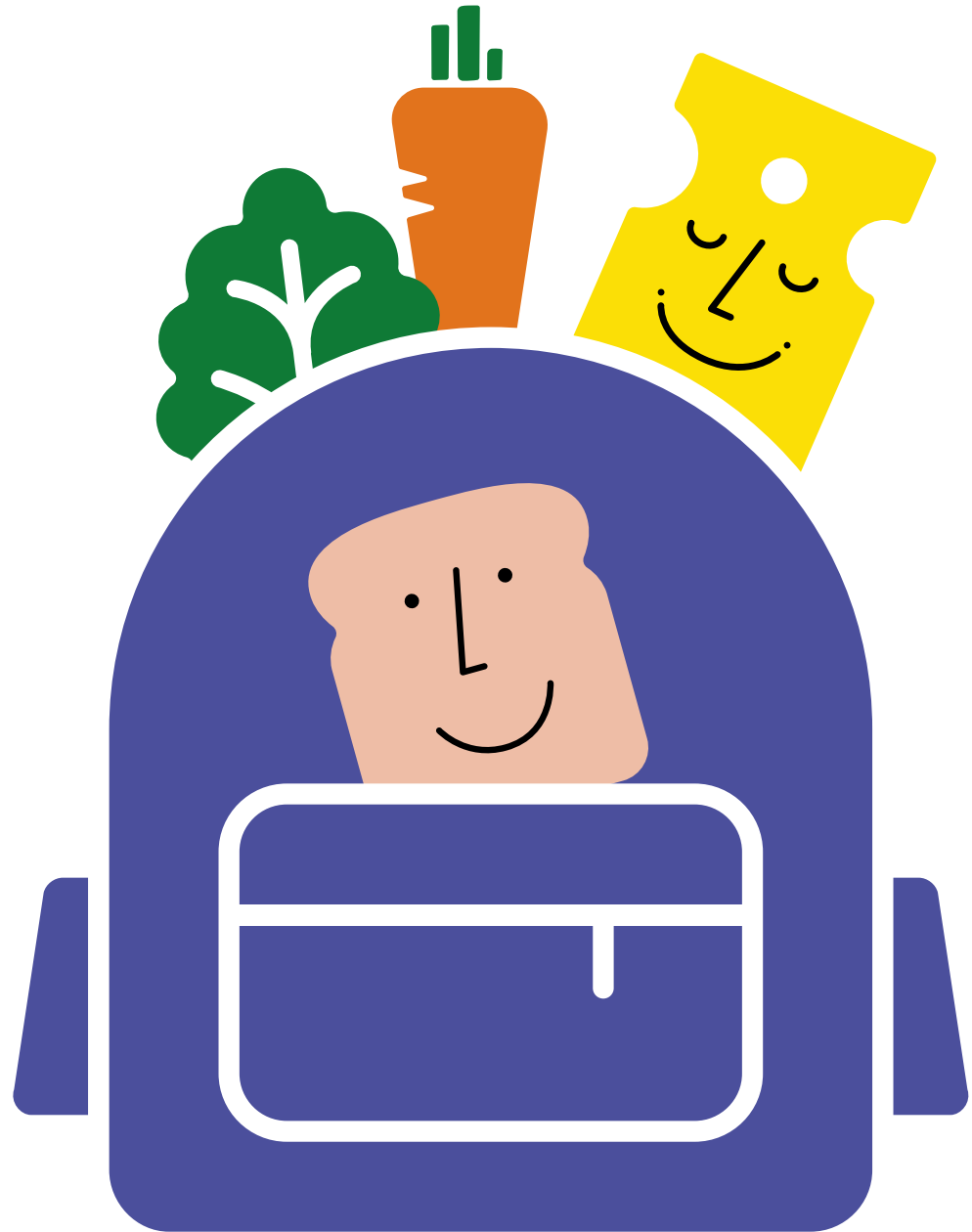




FEAST

FOOD EDUCATION AND
SUSTAINABILITY TRAINING

LESSON ONE



LESSON 1: UNDERSTANDING FOOD WASTE



FEAST
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WELCOME TO LESSON 1 OF THE FEAST PROGRAM!

- Allocated time: 1 hour
- Resources required:
Internet access including YouTube and
Student Resources - electronic or paper Link:
<https://education.ozharvest.org/student-resources/>
- The FEAST program was created by
OzHarvest, Australia's leading food waste
organisation, to address the issue of food
waste across Australia and the world.
- Have you heard of food waste? Ask other
people in your house about what they know
about food waste.







ACTIVITY 1: KNOW, WANT TO KNOW AND LEARNT TABLE


— In the 'Think I Know' column below, write down what you think you know about food waste using dot points. You may like to include things like:

- Food waste is...
- Food waste is caused by...
- The food that I waste is...
- Food gets wasted because...
- The most wasted foods are...
- Today I wasted...

What do I THINK I know about food waste	What do I WANT to know about food waste	What have I LEARNT about food waste
		

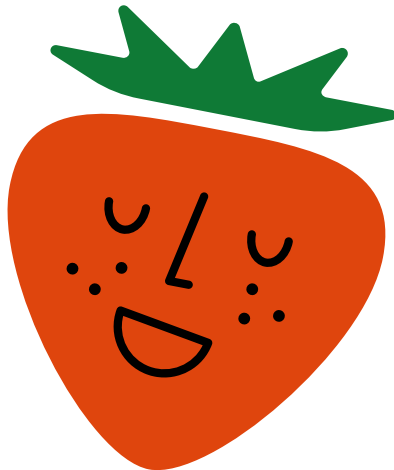
ACTIVITY 2: "EXTRAORDINARY LIFE AND TIMES OF A STRAWBERRY" VIDEO DISCUSSION



 Watch the Extraordinary life and times of a strawberry video by Save the Food Ad Council (1:53min) with an adult if possible.
Link: <https://www.youtube.com/watch?v=CLFOK4U34wI>

ANSWER THE FOLLOWING QUESTIONS ABOUT THE VIDEO AND SHARE YOUR RESPONSES WITH YOUR CLASS OR AT HOME WITH A FAMILY MEMBER.

I'M BERRY DELICIOUS



WHY DO YOU THINK THE STRAWBERRY WAS WASTED?


WHAT COULD HAVE BEEN DONE DIFFERENTLY TO STOP THE STRAWBERRIES FROM GOING TO WASTE?

WHAT WOULD HAVE HAPPENED IN YOUR HOUSE WITH THE STRAWBERRIES?


NOW THAT YOU HAVE SEEN THE LIFE OF A STRAWBERRY, THINK ABOUT WHAT YOU WANT TO LEARN ABOUT FOOD WASTE. WRITE YOUR QUESTIONS IN THE 'WANT TO KNOW' COLUMN OF ACTIVITY 1 (PAGE 1).

ACTIVITY 3: "FOOD WASTAGE" VIDEO DISCUSSION



 Watch **Food wastage** video
by ABC Education (3:06 min) on the ABC
website with an adult if possible.

Link: education.abc.net.au/home#!/media/1918989/food-wastage

 Answer the following questions about the video and share your responses with your class or at home with a family member. don't forget that you can pause the clip to write your answer.



HOW MUCH FOOD IS WASTED IN AUSTRALIA?

% OR \$

OR

TONNES

WHY DO SUPERMARKETS THROW OUT FOOD?

NAME TWO IMPORTANT RESOURCES THAT GO INTO PRODUCING FOOD:

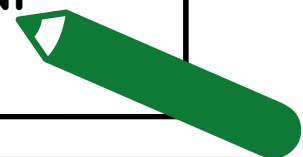
AND

WHERE DOES OZHARVEST RESCUE FOOD FROM?

WHERE DO OZHARVEST DELIVER FOOD?

NAME ONE THING YOU CAN DO TO REDUCE FOOD WASTE:

NOW THAT YOU HAVE SOME INFORMATION ABOUT FOOD WASTE, DO YOU HAVE ANY MORE QUESTIONS? ADD YOUR QUESTIONS TO THE 'WHAT DO I WANT TO KNOW' COLUMN. HAVE YOU LEARNT SOMETHING NEW? ADD YOUR NEW KNOWLEDGE TO THE 'LEARNT' COLUMN IN ACTIVITY 1.



ACTIVITY 4: UNPACKING THE FEAST TASK



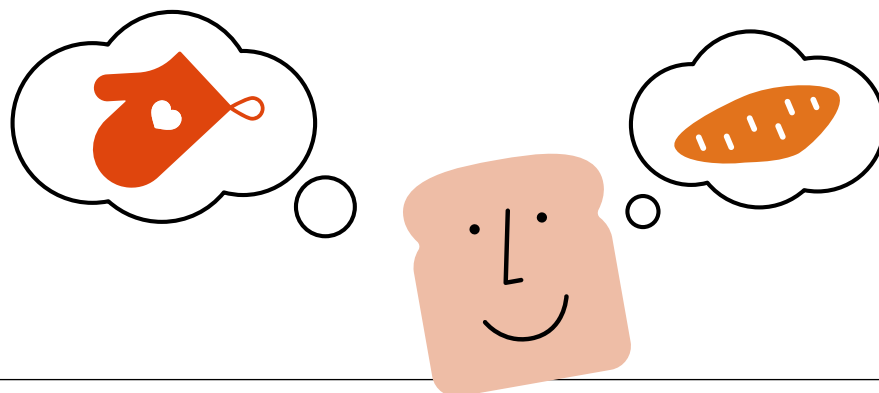
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THE FEAST PROGRAM AIMS TO HELP YOU TO BECOME A CHANGE-MAKER IN YOUR HOME AND COMMUNITY BY EDUCATING PEOPLE ABOUT NUTRITION AND FOOD WASTE.

— We are going to learn about how food is produced and prepared for healthy eating and why food waste is an issue. This is a great thing to learn about alongside your family, so get them to join in, if you can. Together we are going to learn some simple and tasty recipes; then create our own healthy recipes that can help stop food waste to include in a school cookbook for everyone to enjoy!

— But this is a big job, so let's break it down.

Activity 4 is all about working out what we need to know, or to do to create a recipe.



— **Read Student Resources:** Task Sheet, Page 1

Download document at <https://education.ozharvest.org/student-resources/>

— Have a look at some great examples of school cookbooks developed by schools that have completed the FEAST program.

Link: <https://education.ozharvest.org/schools-cookbook/>

— **Read Student Resources:** Define the Task, Page 2

Download document at <https://education.ozharvest.org/student-resources/>



ACTIVITY 4: UNPACKING THE FEAST TASK



WRITE OR TYPE AT LEAST FIVE FACTORS THAT YOU NEED TO CONSIDER, OR THINK ABOUT, TO CREATE A RECIPE.

This may include things like:

- Draw the steps involved
- Write a short explanation
- Make a list of ingredients
- Include a picture of the final dish



1.

2.

3.

4.

5.

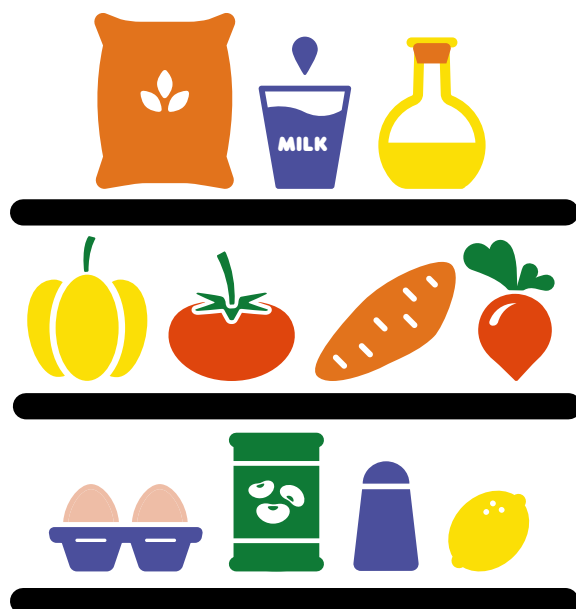
ACTIVITY 5: FAMILY RECIPES



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— Do you have any recipe books around your house? If not, what about written family recipes, magazine cut-outs or internet recipes?

— Choose a recipe and look to see how it is set out.



ANSWER THE QUESTIONS AND START WRITING DOWN YOUR RECIPE IDEAS

WHAT IS THE NAME OF YOUR CHOSEN RECIPE?

WHAT ARE THE INGREDIENTS THAT ARE INCLUDED IN THE RECIPE?

WHAT IS YOUR FAVOURITE MEAL?

WHAT ARE YOUR FRIENDS' FAVOURITE MEALS?

WHAT SPECIAL MEALS OR FOODS DOES YOUR FAMILY EAT?
