

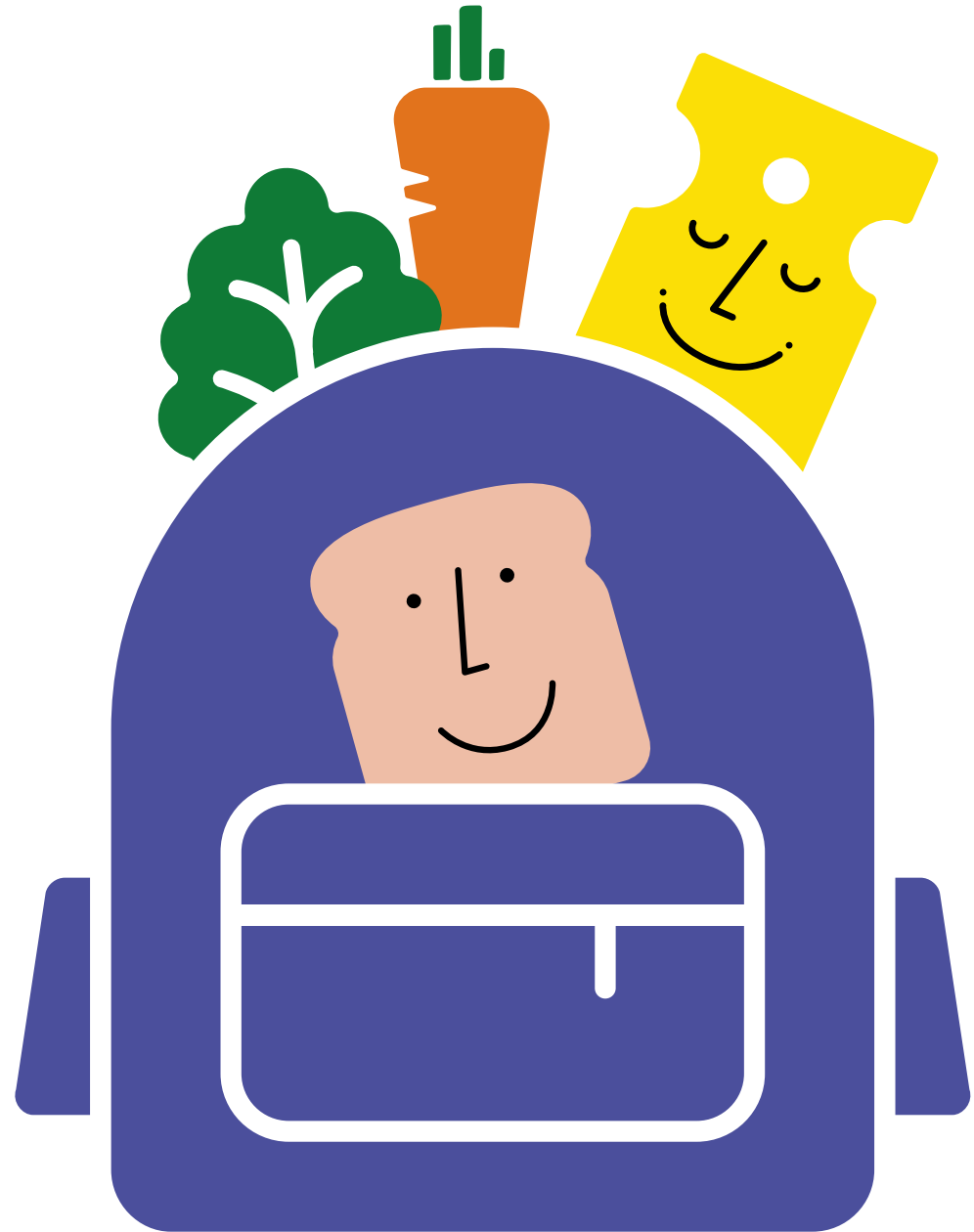


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# FEAST

FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

# LESSON ONE



# LESSON 1: UNDERSTANDING FOOD WASTE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

## 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 <b>THINK</b> I know about food waste	What do I <b>WANT</b> to know about food waste	What have I <b>LEARNT</b> about food waste



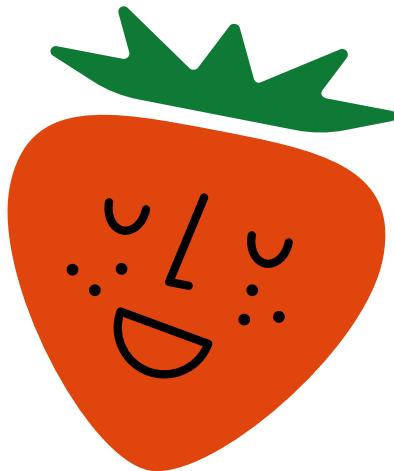
## ACTIVITY 2: "EXTRAORDINARY LIFE AND TIMES OF A STRAWBERRY" VIDEO DISCUSSION



 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=CLFOK4U34wl>

**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: [Food waste Study](#), [BTN Newsbreak](#)

— 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
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**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?**

\_\_\_\_\_

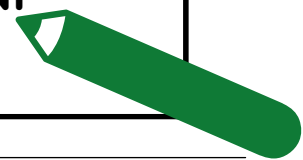
\_\_\_\_\_

**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.**



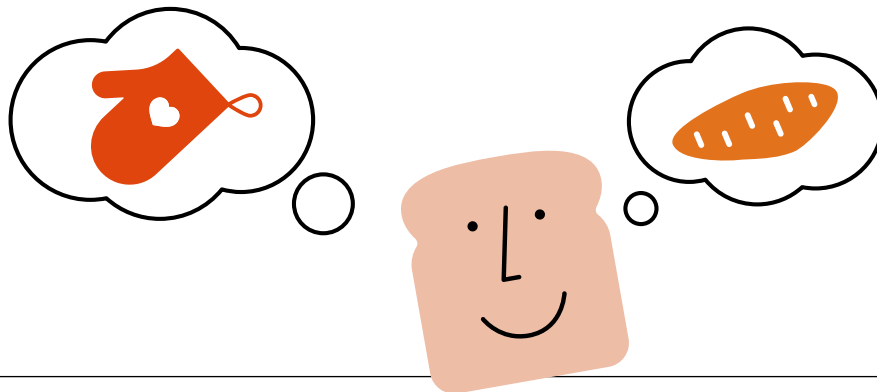
## ACTIVITY 4: UNPACKING THE FEAST TASK



**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.

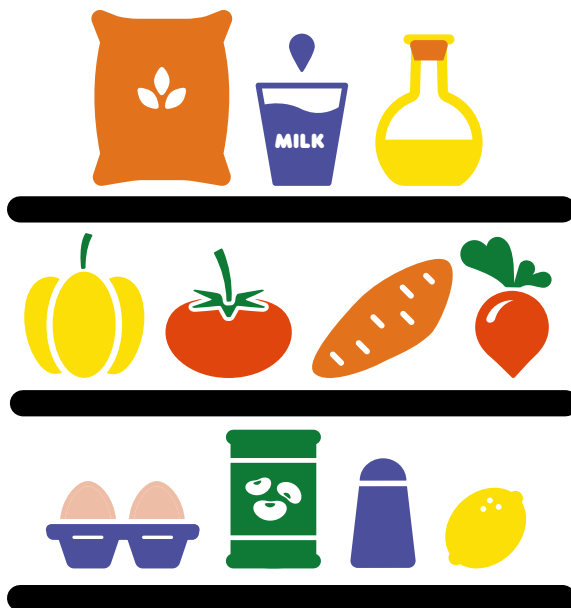
5.

## ACTIVITY 5: FAMILY RECIPES



➤ 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?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_