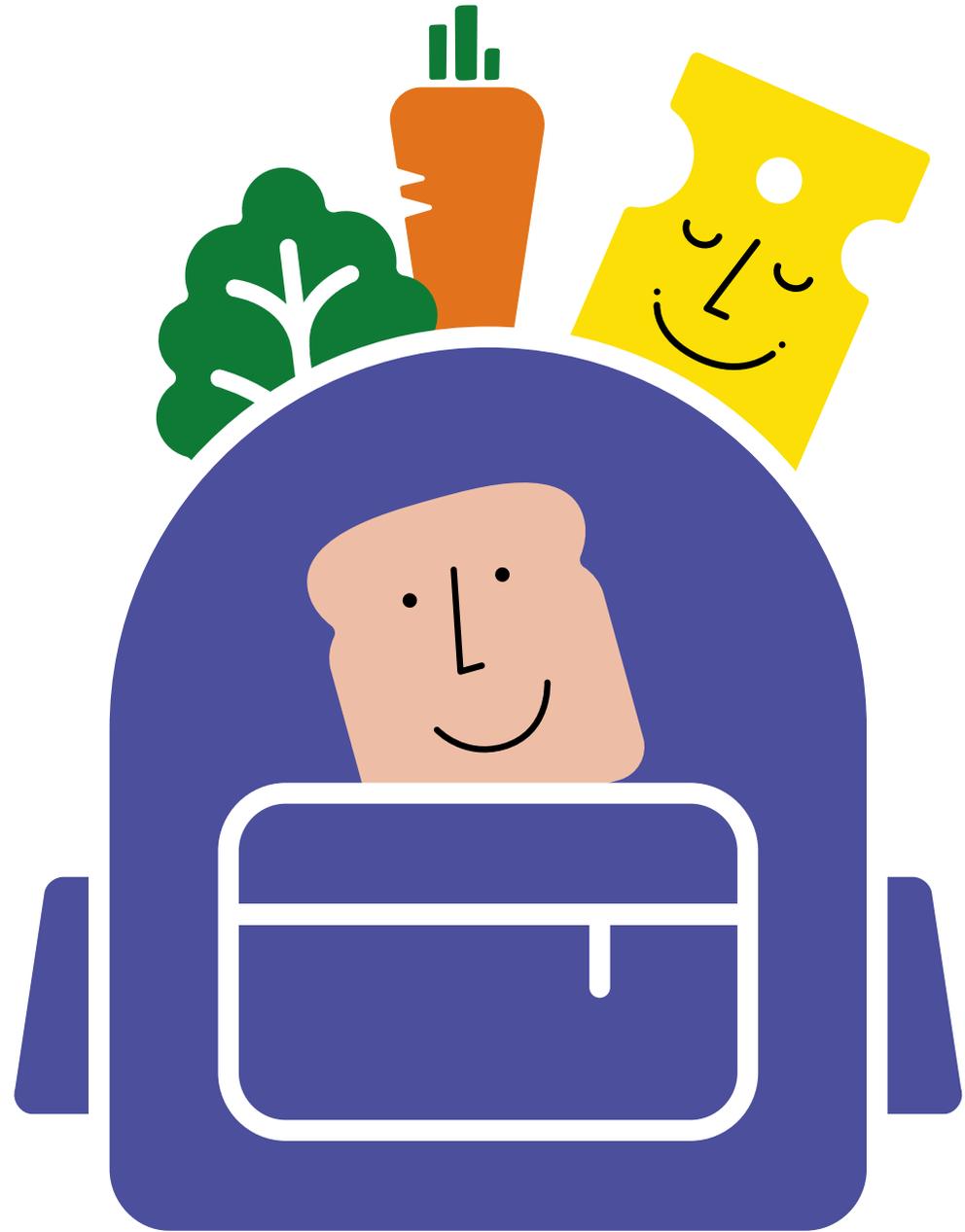




FEAST

FOOD EDUCATION AND
SUSTAINABILITY TRAINING

LESSON TWO



LESSON 2: CHANGE-MAKERS AND WHERE DOES FOOD COME FROM?



FEAST
FOOD EDUCATION AND
SUSTAINABILITY TRAINING

WELCOME TO LESSON 2 OF THE FEAST PROGRAM!

— Allocated time: 45 minutes

— Resources required:

Internet access including YouTube, Google Form

Student Resources - electronic or paper

Link: <https://education.ozharvest.org/student-resources/>

— This lesson is a discovery lesson, where you will learn new and interesting things like who change-makers are and where food comes from.

— Do you know someone in your family or school who is a change-maker? Have you ever wondered where the food you eat comes from? Did you know that cheese comes from a cow and honey comes from bees?

— Ask other people in your house if they know any change makers or where food comes from.



ACTIVITY 1: CHANGE-MAKERS – RONNI KAHN



RONNI KAHN IS THE FORCE BEHIND THE FOOD RESCUE ORGANISATION OZHARVEST.



Watch the video, *We are OzHarvest* (3:02min) to learn about OzHarvest with an adult if possible.

Link: www.youtube.com/watch?v=ZKTZBOq4Brw

— Research Ronni Kahn on the internet. You can do this by writing questions into the internet browser such as 'Who is Ronni Kahn?'

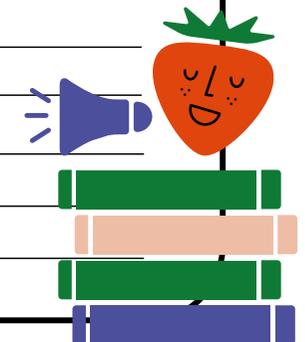
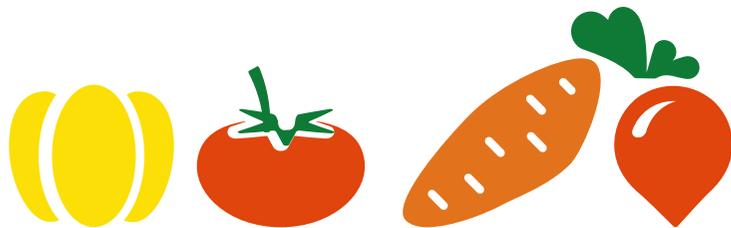
WRITE YOUR RESPONSES TO THE QUESTIONS IN THE SPACES PROVIDED.

WHEN DID OZHARVEST START?

WHY DID RONNI KAHN START OZHARVEST?

WHY IS RONNI KAHN A CHANGE-MAKER? WHAT HAS SHE CHANGED?

DO YOU FIND RONNI KAHN INSPIRING? EXPLAIN WHY?



ACTIVITY 2: CHANGE-MAKERS – STEVEN SATTERFIELD



➤ Discover a change maker named **Steven Satterfield** who is a chef and author of a cook book with recipes that use food that might otherwise be wasted, like carrot tops and apple cores into sauces, salads, stews, desserts and more.

Link: www.jamesbeard.org/blog/steven-satterfields-tips-for-fighting-food-waste

➤ Use the following websites to find ways to use food that might otherwise be wasted and write your responses on the next page. We have answered the first one for you.

● **Apple peel? Don't toss it! 11 ways to use every part of your fruits and veggies**

Link: www.today.com/food/dont-toss-it-tips-how-serve-every-part-plant-t16331

● **Melon rinds, carrot tops and other produce 'waste' you'll enjoy eating**

Link: recipes.howstuffworks.com/melon-rinds-carrot-tops-and-other-produce-waste-enjoy-eating.htm



ACTIVITY 2: CHANGE-MAKERS – STEVEN SATTERFIELD



— Write your research up in the table below. Provide solutions on how can we prevent certain food going to waste in the first place. We have answered the first one for you.



FOOD THAT MIGHT GO TO WASTE ...	WAYS TO USE THIS PRODUCE TO PREVENT IT GOING TO WASTE ...
CORN COBS	We save the cobs and make corncob soup
CITRUS PEELS	
WATERMELON RIND	
BROCCOLI STEMS AND LEAVES	
KIWI SKINS	

ACTIVITY 3: WHERE DOES FOOD COME FROM?



— Most of the food we eat comes from plant or animals. In the table below test your understanding of where food comes from. We have answered the first one for you.

FOOD ITEM	ANIMAL OR PLANT	HAVE YOU EATEN IT BEFORE
STRAWBERRY	PLANT	YES
CHEESE		
YOGHURT		
HAM		
HONEY		
CHIPS		
EGGS		
MILK		



ACTIVITY 3: WHERE DOES FOOD COME FROM?



Summarise what you have learnt in a short paragraph or flow chart in the table below or in your **Student Resource: Discover Creative Solutions, Page 3**.
Download document at <https://education.ozharvest.org/student-resources/>

WATCH THE FOLLOWING VIDEOS ABOUT FOOD PRODUCTION	WRITE A PARAGRAPH OR DRAW A FLOW CHART EXPLAINING THE PROCESS OF HOW IT IS PRODUCED
<p>FRUITS & VEGETABLES</p> <p>The Carrot Journey</p>  <p>by OzHarvest (3:32min). Link: https://youtu.be/LGMmweLdw0Q</p>	
<p>BREAD</p> <p>Where does bread come from?</p>  <p>by ABC Splash video (6:44min) Link: ABC Education Clip: Where Does Bread Come From? - Programs - ABC TV Education - TV Education</p>	
<p>HONEY</p> <p>Where does honey come from?</p>  <p>by ABC Splash video (5:12min). Link: ABC Education Clip: Where does honey come from? - Programs - ABC TV Education - TV Education</p>	
<p>MILK</p> <p>Milk, from the dairy to the shop</p>  <p>by ABC Splash video (5:25min). Link: https://www.abc.net.au/tveducation/programs/milk-from-the-dairy-to-the-shop/13500334</p>	

LEARN HOW FOOD IS PRODUCED BY WATCHING THE VIDEOS

