

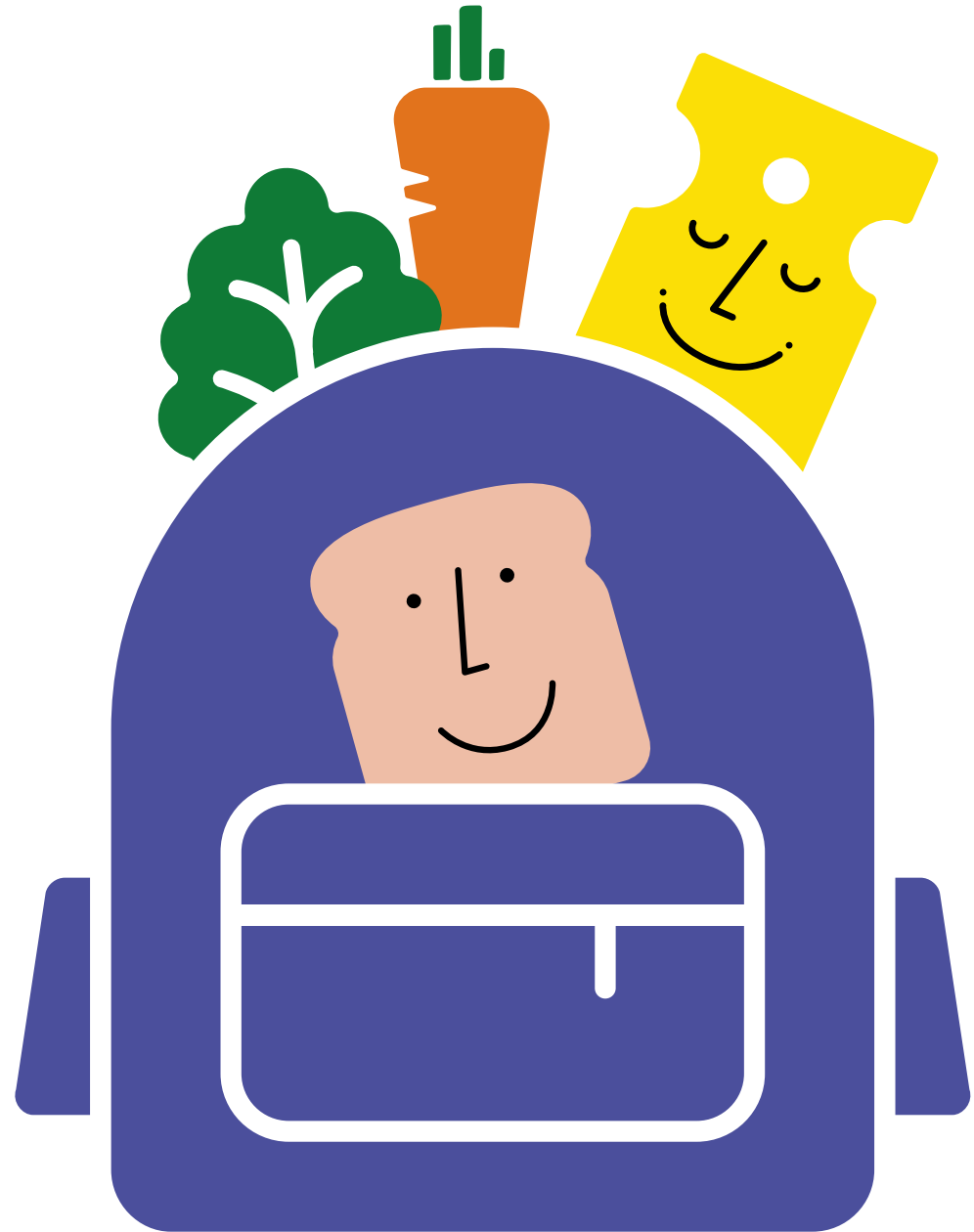


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# FEAST

FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

LESSON  
FOUR



## LESSON 4: UNDERSTANDING FOOD WASTE



### WELCOME TO LESSON 4 OF THE FEAST PROGRAM!

— Allocated time: 45 minutes

— Resources required:

Internet access including

Student Resources - electronic or paper

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

— Food waste is a global issue. Wasting food wastes everything.

— Did you know that producing food takes energy and resources to grow, process and transport the product?

— People in Australia waste 1 in 5 shopping bags of groceries - that is a lot of good food going to waste. And it costs the economy \$20 billion every year!

— Do you know what \$20 billion of food waste looks like?

▶ Watch the video from the film Food Fighter to see what \$20bn of food waste looks like in Sydney

Harbour. **CGI \$20bn of food waste in Sydney Harbour** (0:36min).

Link: [https://youtu.be/sk09b0B\\_3UM](https://youtu.be/sk09b0B_3UM)



## ACTIVITY 1: WASTE BAN VIDEO DISCUSSION



Watch **Waste Ban** by ABC Education (3:39min) about banning food waste.

In this video you will discover more about food waste and what's happening in France and Australia.

Link: [www.abc.net.au/btn/classroom/waste-ban/10526432](http://www.abc.net.au/btn/classroom/waste-ban/10526432)

**RECORD FIVE WAYS TO AVOID FOOD WASTE AND SHARE WITH YOUR CLASS OR FAMILY.**

1.

2.

3.

4.

5.

**AVOID FOOD WASTE**

**SAVE US!**

## ACTIVITY 2: FACTS ON FOOD WASTE



— Explore the following websites:

- Food Waste Facts by OzHarvest

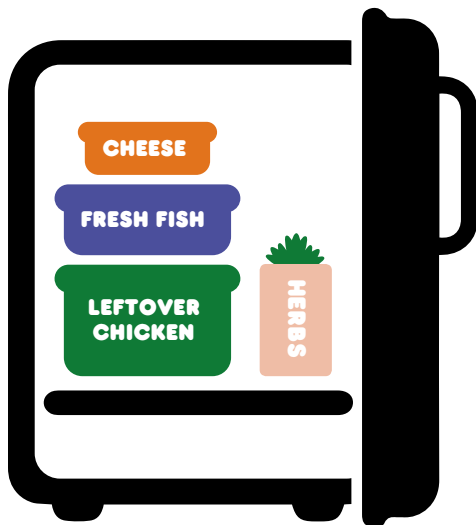
Link: <https://www.ozharvest.org/food-waste-facts/>

- Top Five Wasted Foods by Woolworths (2020)


Link: <https://www.woolworths.com.au/shop/discover/food-savers/top-5-wasted-household-food-items>

- Fight Food Waste saving habits by OzHarvest

Link: <https://www.ozharvest.org/fightfoodwaste/what-to-do/>



**COMPLETE THE TABLE BELOW ABOUT FOOD WASTE. WE HAVE ANSWERED THE FIRST ONE FOR YOU.**

Write <b>5 FACTS</b> about food waste?	What are some of the <b>TOP WASTED</b> foods?	What are some <b>FOOD SAVER</b> tips?
1. Food waste in Australia costs \$20bn a year.	Bananas 	Bananas can be frozen and used later to make a delicious smoothie
2.		
3.		
4.		
5.		



## ACTIVITY 4: UNDERTAKE A FRIDGE AND FRUIT BOWL AUDIT



- In order to understand how we can reduce our food waste, first we need to know what foods we are regularly throwing away and why.
- Conduct a fridge and fruit bowl audit to see what goes to waste in your home.

**WHAT TYPES OF LEFTOVERS CAN BE FOUND IN YOUR FRIDGE?**

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**HOW MANY BENDY CARROTS, OR OTHER WILTED VEGETABLES CAN BE FOUND?**

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**WHAT TYPES OF FRUIT ARE LOOKING BRUISED OR OVER RIPE?**

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**WHAT TYPES OF FOOD OFTEN END UP IN THE BIN?**

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**NAME 3 WAYS WE COULD SAVE SOME OF THESE FOOD FROM GOING TO WASTE? FOR EXAMPLE, WE COULD FREEZE OUR LEFTOVERS.**

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 Listen to this food waste version of Ed Sheeran's song 'Shape of You'  
Link: [www.youtube.com/watch?v=B1-pKW0t2yM](https://www.youtube.com/watch?v=B1-pKW0t2yM)

**THANK YOU FOR HELPING US STOP FOOD WASTE!**

