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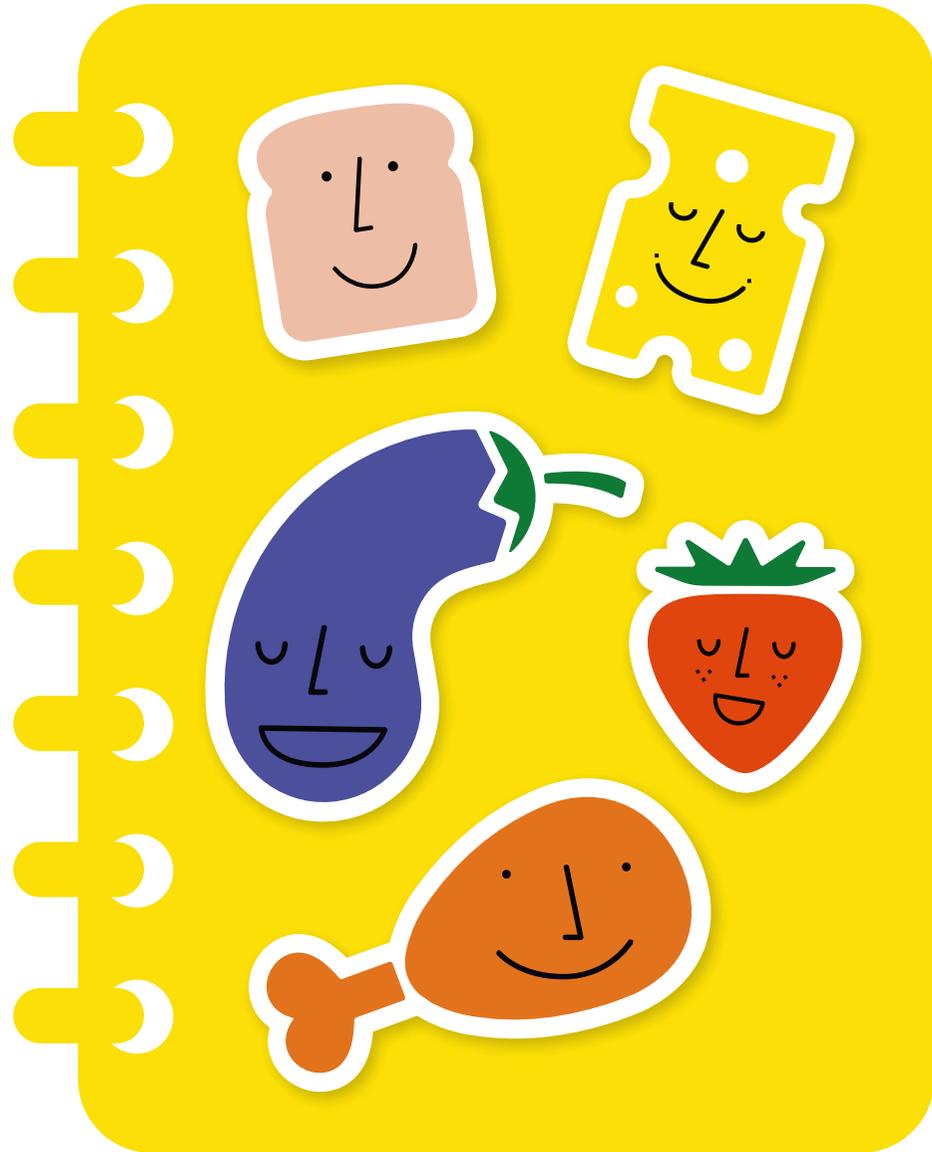
# FEAST

FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

## STUDENT RESOURCES

NAME \_\_\_\_\_

CLASS \_\_\_\_\_

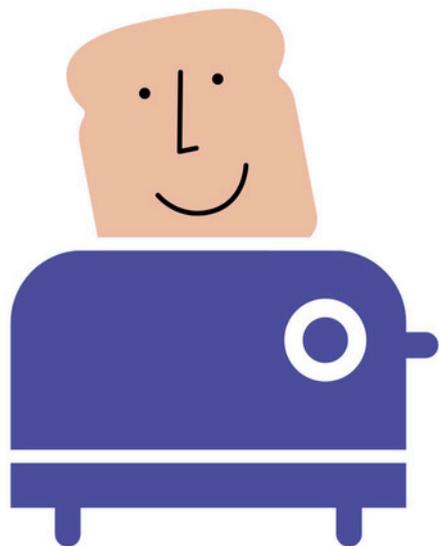


# TASK SHEET

## QUESTION

- What does it take to produce and prepare a variety of foods and how can we avoid food waste?

**TOAST ME!**



## SCENARIO

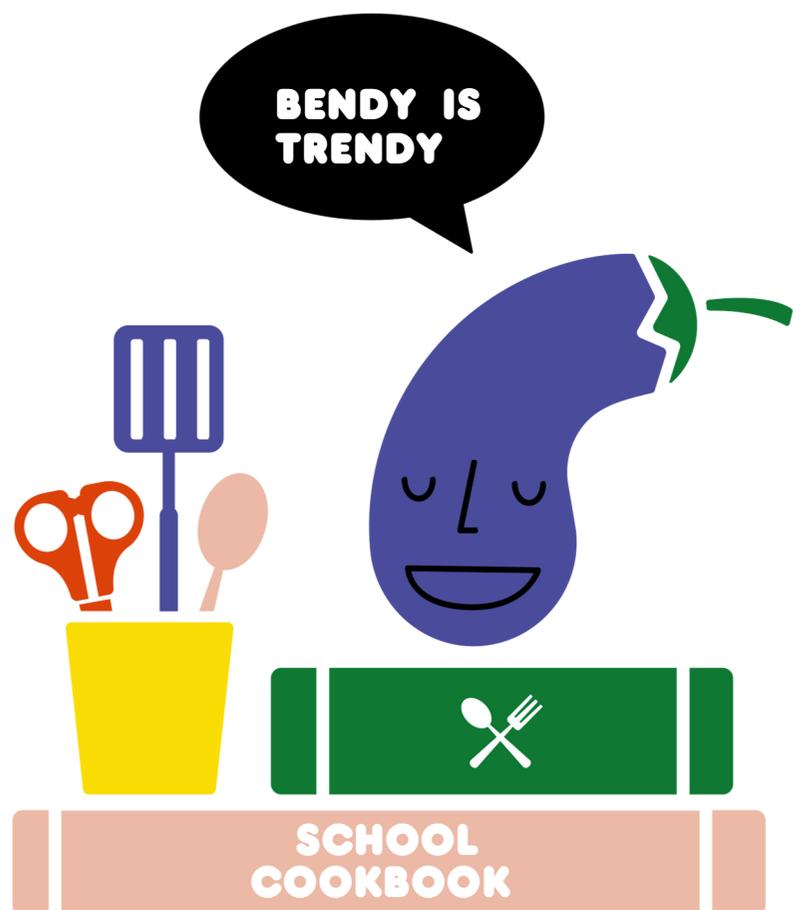
- OzHarvest cares about the huge volume of food going to waste.
- Are you a 'change maker'? Do you want to help save the planet and make positive food choices?
- OzHarvest has set your class the challenge to develop a 'School Cookbook'
- In groups, or individually, create a recipe that educates others on making positive food choices and how to reduce food waste.
- You will use illustrations, food photography or digital technologies to explain the steps involved in creating your recipe.



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- OzHarvest would like you to write a short paragraph below your recipe discussing how the recipe addresses food waste and encourages people to eat a variety of foods.
- Contribute your recipe to make a fantastic 'School Cookbook' that educates others about making positive food choices and not wasting food!
- Finally, host a 'Cookbook Launch' and invite OzHarvest, students, teachers and parents to educate them about making positive food choices and how to reduce food waste.

# DEFINE THE TASK



Look carefully at the task and list a minimum of five factors you will need to consider.

### FACTORS I MUST CONSIDER

1. I must visually explain the steps involved in creating my recipe.

2.

3.

4.

5.

6.

# DISCOVER CREATIVE SOLUTIONS



## RESEARCH FOOD PRODUCTION

— To kick-start this project, you need some good research. This involves finding out everything you need to know about what goes into producing food. Watch the videos below and explore the issue further by using Google and other search engines.

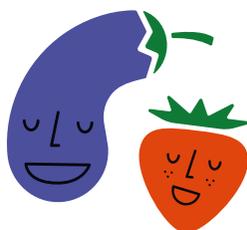
1. Learn about the journey of a carrot by viewing the OzHarvest video <https://youtu.be/LGMmweLdw0Q?si=Yq9RliOI38CEI-9C> (3:32min) or the journey of Brussels Sprout by ABC BTN video <https://www.abc.net.au/btn/classroom/brussels-sprout/10528162?jwsourc=cl> (3:36min)

2. Find out where bread comes from by viewing the ABC Splash video <https://www.abc.net.au/education/for-the-juniors-where-does-bread-come-from/13497916> (6:44min)

3. Find out where honey comes from, by viewing the ABC Splash video <https://www.abc.net.au/education/for-the-juniors-where-does-honey-come-from/13500332> (5:12min)

4. Discover how milk gets from the dairy farm to you, by viewing the ABC Splash video <https://www.abc.net.au/education/for-the-juniors-milk-from-the-dairy-to-the-shop/13500334> (5:25min)

## HOW ARE THE FOLLOWING FOOD ITEMS PRODUCED?



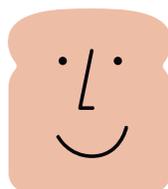
1. Fruits and vegetables

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2. Bread

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3. Honey

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4. Milk

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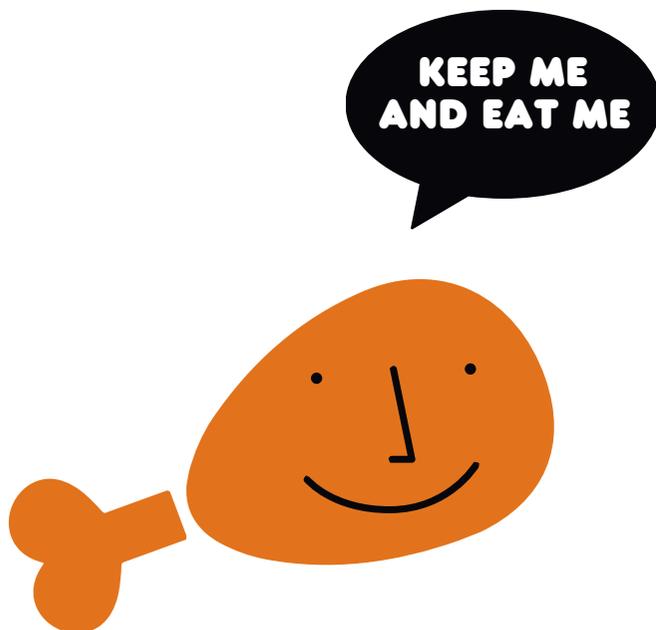
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## STEM CHALLENGE

— What recipes can be created using food that might otherwise be wasted?

### STEM CHALLENGE: CREATE A HYPOTHESIS

— A hypothesis is a testable explanation of theory which has yet to be proven correct.



### WHICH OF THE FOLLOWING WOULD NOT BE A HYPOTHESIS? EXPLAIN WHY

1. If fruit is kept in the fridge, then it will last longer than in the fruit bowl

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2. Wasting food is bad for the environment

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3. If I keep bread in the freezer, then it won't go mouldy

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4. A third of all food produced is wasted

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5. Bananas are tastier than apples

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### CREATE YOUR OWN HYPOTHESIS ABOUT A FOOD. WHAT DO YOU PREDICT?

I hypothesise that...

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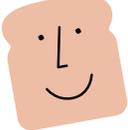
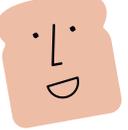


# PLUS, MINUS, INTERESTING (PMI)



— Think about what you have learnt about the types of food that often get wasted at home.

— Use the table to show the advantages, disadvantages and interesting ideas about ingredients that can be used in your recipes.

FOOD NAME	PLUS (OR ADVANTAGES)	MINUS (OR NEGATIVES)	INTERESTING (WHAT YOU THINK IS INTERESTING)
<b>BREAD</b>	 <p>Eg: Stale bread can be made into breadcrumbs for chicken schnitzel.</p>	 <p>Eg: When bread gets mould on it, it is unsafe to eat and needs to go in the bin.</p>	 <p>Eg: To transform stale bread sprinkle with water and pop briefly in a warm oven.</p>
<b>BANANAS</b>			
<b>STRAWBERRY</b>			
<b>CHEESE</b>			
<b>CHICKEN</b>			

**I'M STILL TASTY, DON'T WASTE ME**



# FOOD GROUPS - EXPLORING FRUIT, VEGETABLES & LEGUMES



List the five food groups:

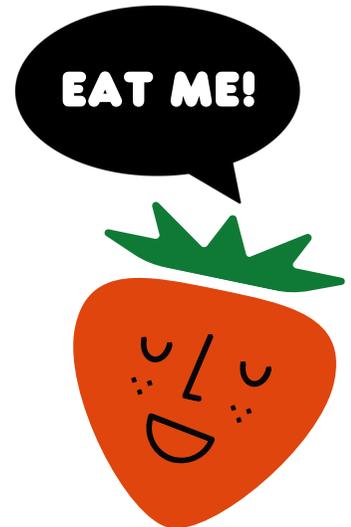
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



— List or draw fruit, vegetables and legumes that you have not tried. Choose one to research and provide three interesting facts about that food.

3 interesting facts about \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

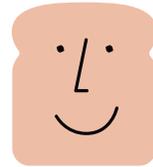
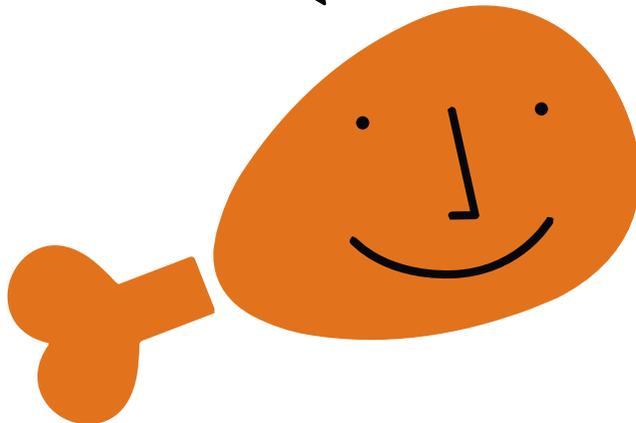


# FOOD GROUPS



Using the 5 Food Groups webpage, view the foods that belong to each group and list foods from each food group that you have not tried. Visit <https://www.eatforhealth.gov.au/food-essentials/five-food-groups>

**DON'T FORGET TO  
DRINK PLENTY OF  
WATER**



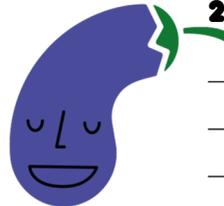
## 1.GRAINS & CEREALS

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## 2.VEGETABLES & LEGUMES

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## 3.FRUIT

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## 4.MILK, YOGHURT & CHEESE

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## 5.MEAT, FISH, POULTRY, EGGS & NUTS

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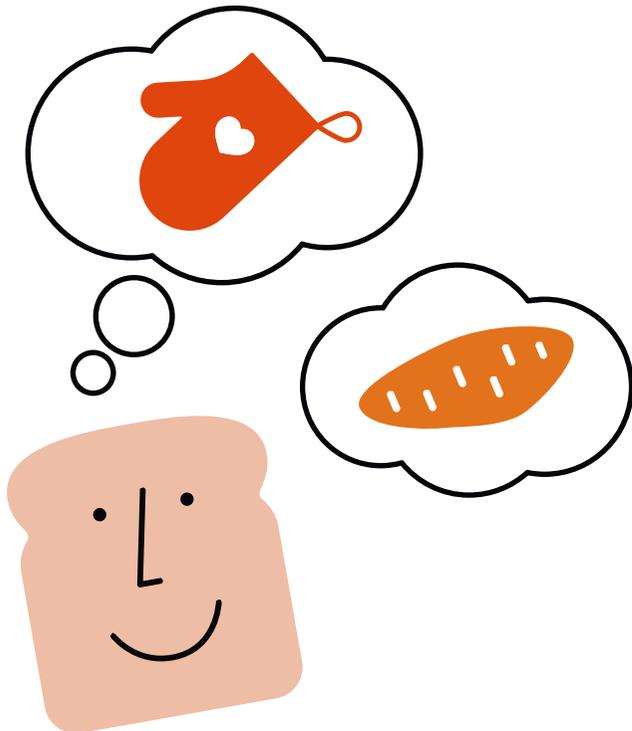
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# DREAM POSSIBLE SOLUTIONS

— Now it's time to get creative! Use everything you have learnt about food that often goes to waste and how to use different ingredients to create recipes. Come up with a design solution to bring this to life.



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## THINK ABOUT THE BEST WAY TO DESIGN YOUR RECIPE, ANSWERING THESE QUESTIONS:

1. What ingredients are required?

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2. What equipment is needed for the recipe?

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3. What is the best way to explain the cooking procedures?

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4. What images do you need?

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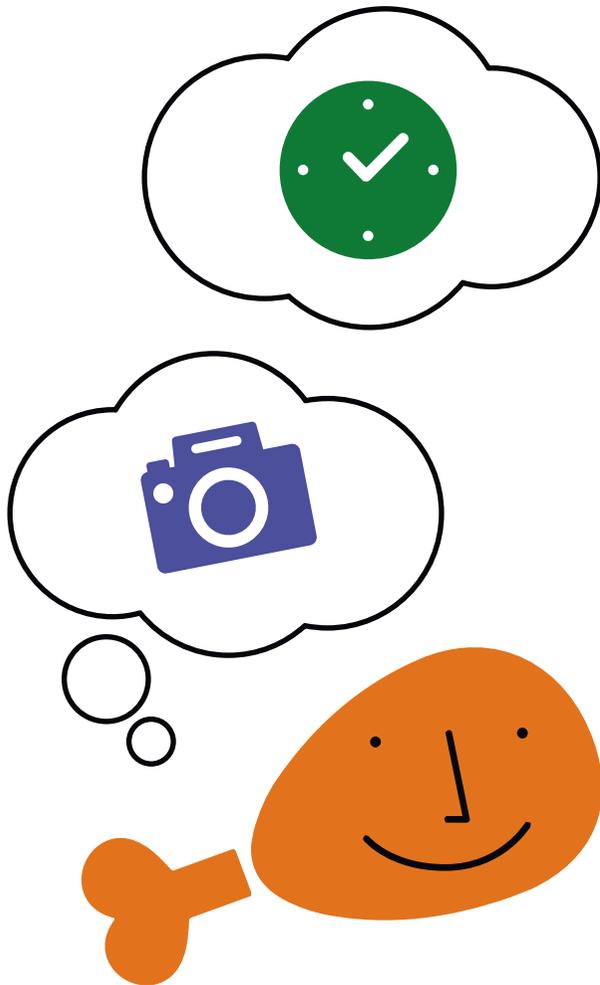
5. Will you use hand drawn illustrations or photography or video to help explain procedures and show the food involved?

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# DREAM POSSIBLE SOLUTIONS



6. What technology is needed for the design?

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7. What information do you need to help educate and inspire others to eat a variety of foods and reduce food waste?

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8. How long do you need to design and produce the recipe?

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9. Do you need a story board?

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10. How are you going to work together safely?

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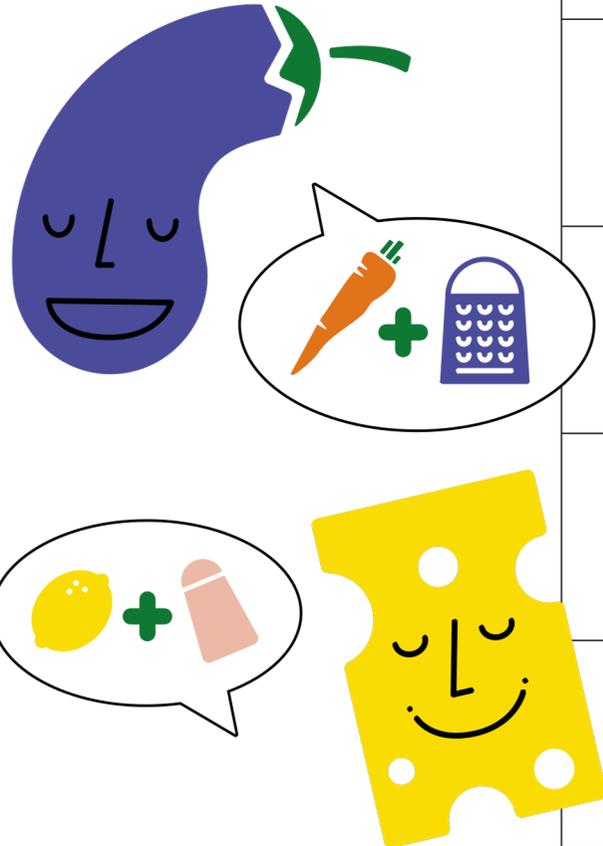
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# DESIGN SOLUTIONS CREATING RECIPE



## PROJECT PLANNING

— Prepare a project plan to outline how the group will prepare, select ingredients and create a recipe using food that might otherwise be wasted.



WHAT	WHEN	HOW	WHO	AREAS FOR IMPROVEMENT
Eg: We must decide on a recipe.	Eg: Two weeks prior to the cookbook launch.	Eg: Each person will research 3 recipes and in groups we will vote on the best recipes.	Eg: All group members.	Eg: Our recipes must include a variety of foods and consider ways to reduce food waste.



# DELIVER YOUR SOLUTION STEPS TO CREATE RECIPE



— Write down all the steps involved to create the recipe.

**1**

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**2**

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**3**

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**4**

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**5**

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**6**

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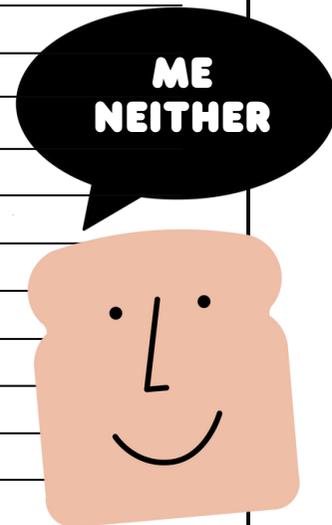
# DELIVER YOUR SOLUTION EDUCATE ABOUT FOOD WASTE



Write up some key facts and figures to help educate people about food waste.



1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_



# DELIVER YOUR SOLUTION GROUP PRESENTATION



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— Write the introduction, body and conclusion to your presentation.  
Make sure you address how your recipe reduces food waste and encourages people to eat a variety of foods.



## **INTRODUCTION**

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## **BODY**

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## **CONCLUSION**

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# MAKE YOUR OWN RECIPE



## RECIPE NAME

## CREATED BY

Prep time

Cook time

Serves

## INGREDIENTS

## EQUIPMENT

## PROCEDURE

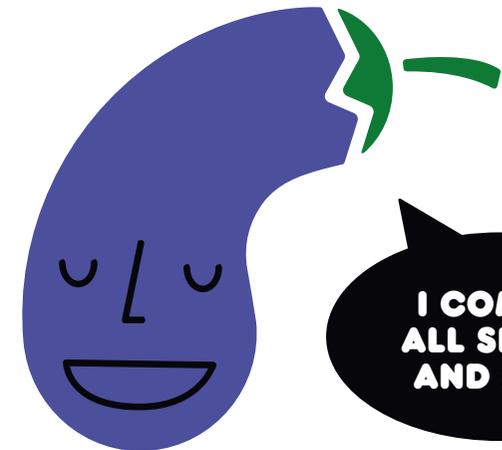
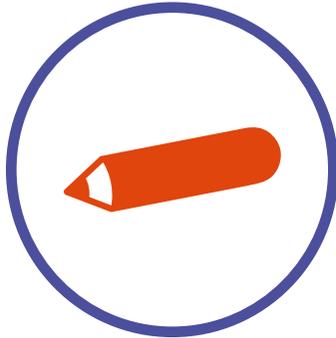
## HOW DOES THE RECIPE ADDRESS FOOD WASTE AND ENCOURAGE PEOPLE TO EAT A VARIETY OF FOODS?

## DELIVER YOUR SOLUTION



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— Draw, photograph or video the final image of your recipe.

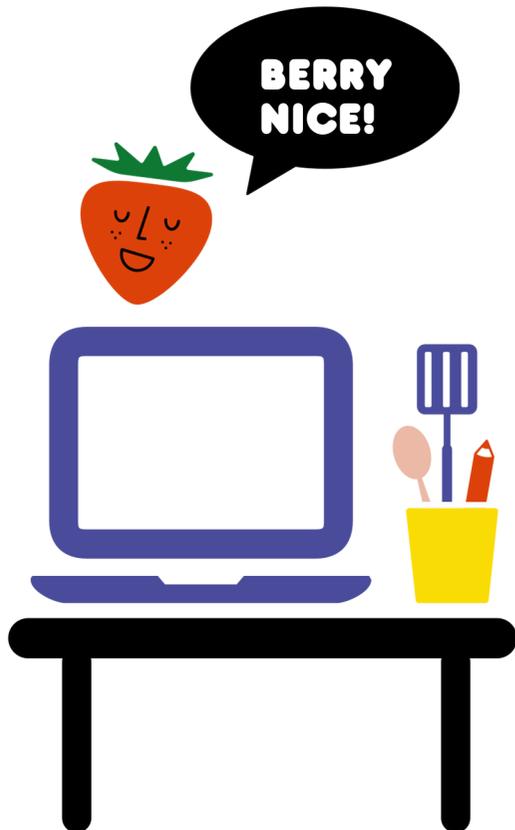


# DESIGN SOLUTIONS COOKBOOK LAUNCH



— Prepare a project plan to outline how you will launch your cookbook/recipe. Make sure you include all the details for the design and procedures involved, for example labelled drawings.

WHAT	WHEN	HOW	WHO	AREAS FOR IMPROVEMENT



## DEBRIEF AND REFLECT



### QUESTION

— What is the best way to eat a variety of foods and fight food waste at home?

### TASK

— Use the table to compare your behaviour towards eating a variety of foods and reducing food waste before and after the FEAST program.



<b>WHAT DID MY FAMILY AND I USED TO THINK/DO?</b>	<b>HOW HAS OUR WAY OF THINKING CHANGED?</b>	<b>WHAT ARE WE DOING NOW TO COMBAT FOOD WASTE AND EAT A VARIETY OF FOODS?</b>



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