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# FEAST

FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

## STUDENT RESOURCES

NAME

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CLASS

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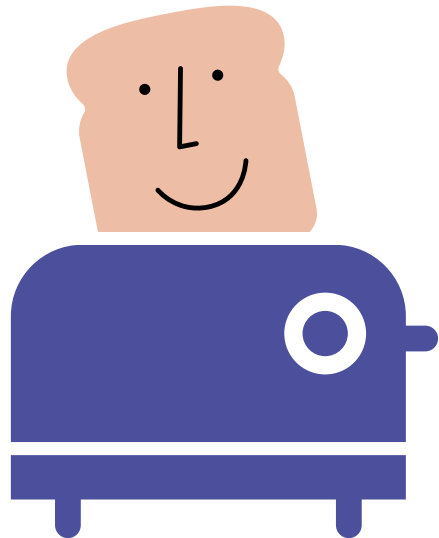
# TASK SHEET



## QUESTION

What does it take to produce and prepare healthy food and how can we avoid food waste?

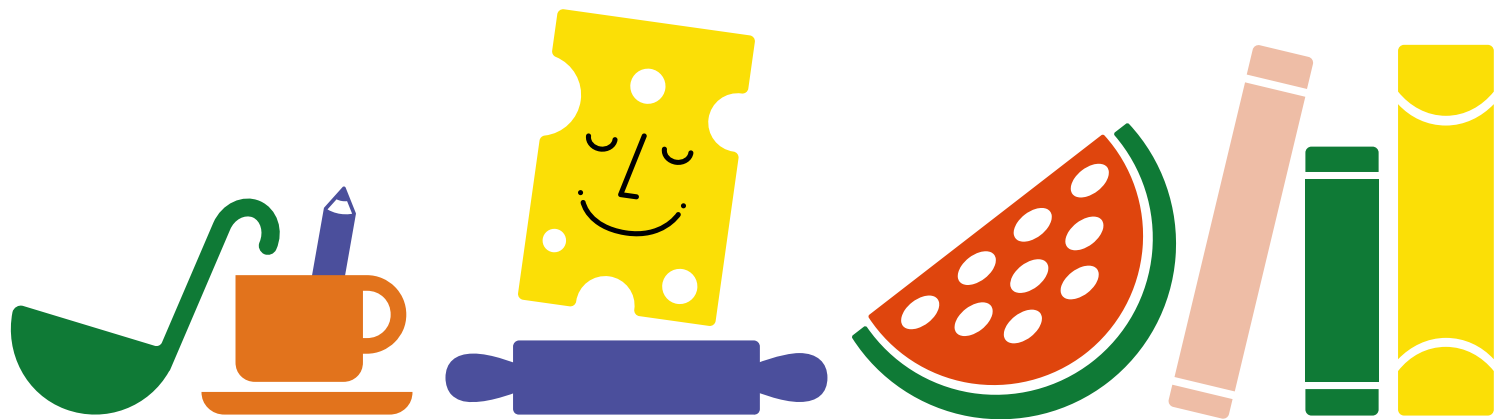
**TOAST ME!**



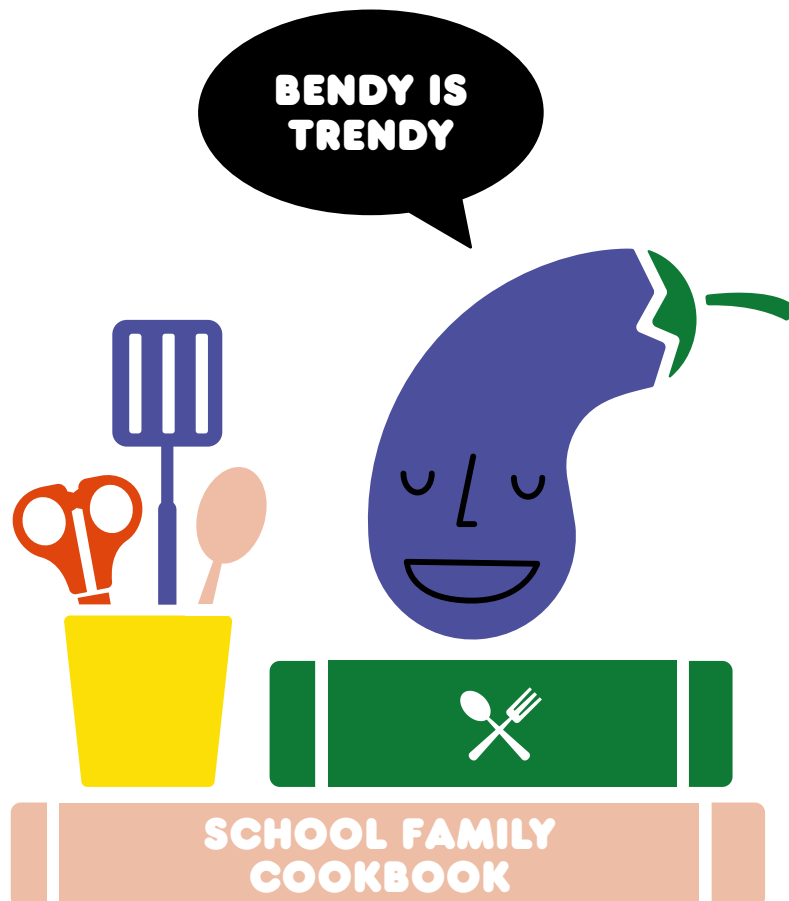
## SCENARIO

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

- OzHarvest would like you to write a short paragraph below your recipe discussing how the recipe addresses food waste and healthy eating.
- Contribute your recipe to make a fantastic 'School Cookbook' that educates others about healthy eating and not wasting food!
- Finally, host a 'Cookbook Launch' and invite OzHarvest, students, teachers and parents to educate them about healthy eating 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



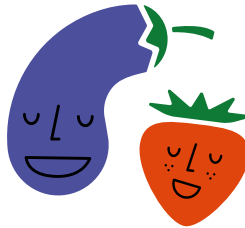
## RESEARCH FOOD PRODUCTION

— 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, you can explore the issue further by using Google and other search engines.

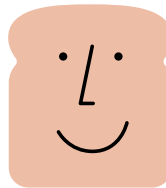
1. Learn about the journey of a carrot by viewing [The Carrot Journey](#) video by OzHarvest (3:32 min) or the journey of [Brussels Sprout](#) by ABC BTN (3:36min)
2. Find out where [bread](#) comes from, by viewing the ABC Splash video (6:44 min)
3. Find out where [honey](#) come from, by viewing the ABC Splash video (5:12 min)
4. Discover how [milk](#) gets from the dairy farm to you, by viewing the ABC Splash video (5:25 min)

## MY NOTES

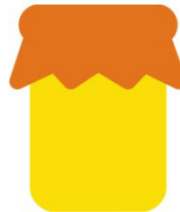
### 1. Fruits and vegetables



### 2. Bread



### 3. Honey



### 4. Milk



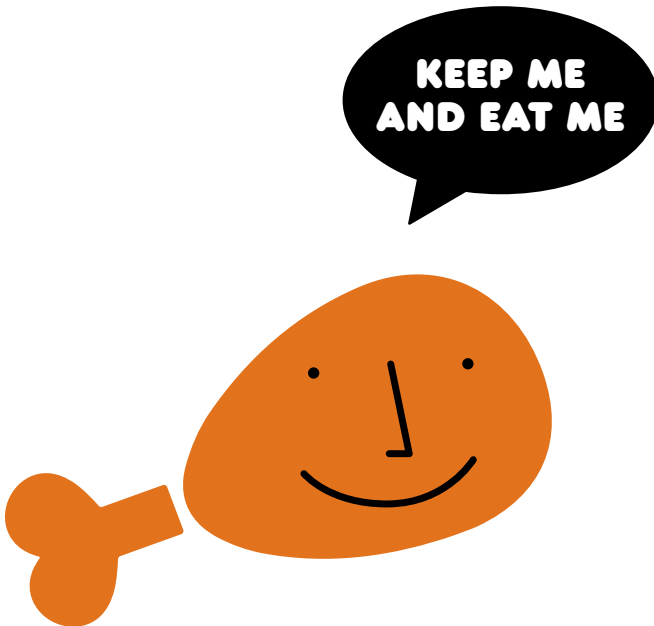
## STEM CHALLENGE

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

### STEM CHALLENGE 1: CREATE A HYPOTHESIS

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

➡ Take your learning further by completing Activity 7 from Optional Learning Experiences.



### WHICH OF THE FOLLOWING WOULD NOT BE HYPOTHESES? EXPLAIN WHY

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

2. Wasting food is bad for the environment

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

4. A third of all food produced is wasted

5. Bananas are tastier than apples

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

I hypothesise that...

# FOOD WASTE



— Use links below.

- Food Waste Facts by OzHarvest (2021)  
<https://www.ozharvest.org/food-waste-facts/>
- Top Five Wasted Foods by Woolworths (2021)  
<https://www.woolworths.com.au/shop/discover/food-savers/top-5-wasted-household-food-items>
- Fight Food Waste saving habits by OzHarvest (2020)  
<https://www.ozharvest.org/fightfoodwaste/what-to-do/>



— Using your research about why and where food gets wasted, write a report that outlines the issue, facts and figures about food waste, and other information to help people understand why it's a problem and how it can be avoided.

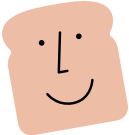

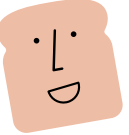
## FOOD WASTE REPORT

# PLUS, MINUS, INTERESTING (PMI)

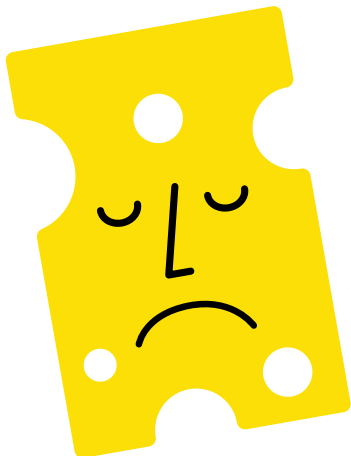


➤ Think about what you have learnt about the types of food that often get wasted at home.

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

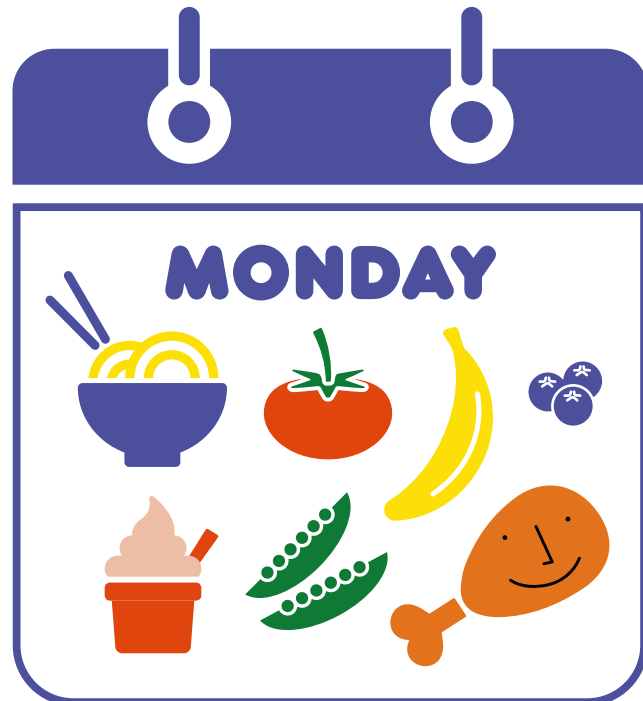
FOOD NAME	PLUS (OR ADVANTAGES)	MINUS (OR NEGATIVES)	INTERESTING (WHAT YOU THINK IS INTERESTING)
<b>BREAD</b>	 <p>Eg: Stale bread can be made into breadcrumbs for chicken schnitzel.</p>	 <p>Eg: When bread gets mould on it, it is unsafe to eat and needs to go in the bin.</p>	 <p>Eg: To transform stale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



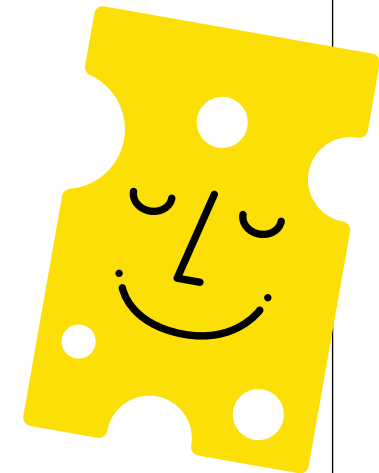
# FOOD GROUPS

1. Grains & Cereals
2. Vegetables & Legumes
3. Fruit
4. Milk, Yoghurt & Cheese
5. Meat, Fish, Poultry, Eggs & Nuts



— Think about the foods you ate yesterday and draw a graph that shows the different food groups you have eaten.

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





# FOOD GROUPS



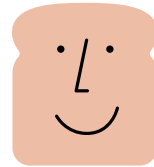
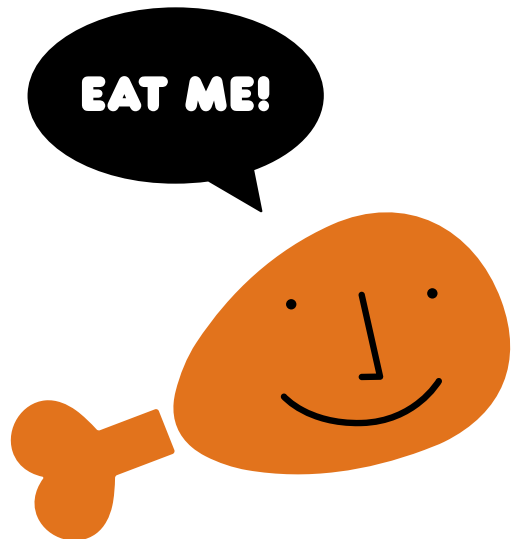
➤ Using the [5 Food Groups](#) webpage, view the foods that belong to each group and locate information about the recommended average daily number of serves from each of the 5 food groups for children aged 4-13 years old.

## For example:

Fruit: Children aged 4-13 years need 1.5-2 serves of fruit every day.

➤ A serve is defined as follows:

- 1 medium apple, orange, banana or pear; or
- 2 small apricots, kiwi fruits or plums; or
- 1 cup diced or canned fruit (no added sugar)



## 1. GRAINS & CEREALS

Recommended average daily number of serves:

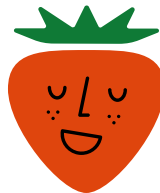
Define what a serve is:



## 2. VEGETABLES & LEGUMES

Recommended average daily number of serves:

Define what a serve is:



## 3. FRUIT

Recommended average daily number of serves:

Define what a serve is:



## 4. MILK, YOGHURT & CHEESE

Recommended average daily number of serves:

Define what a serve is:



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

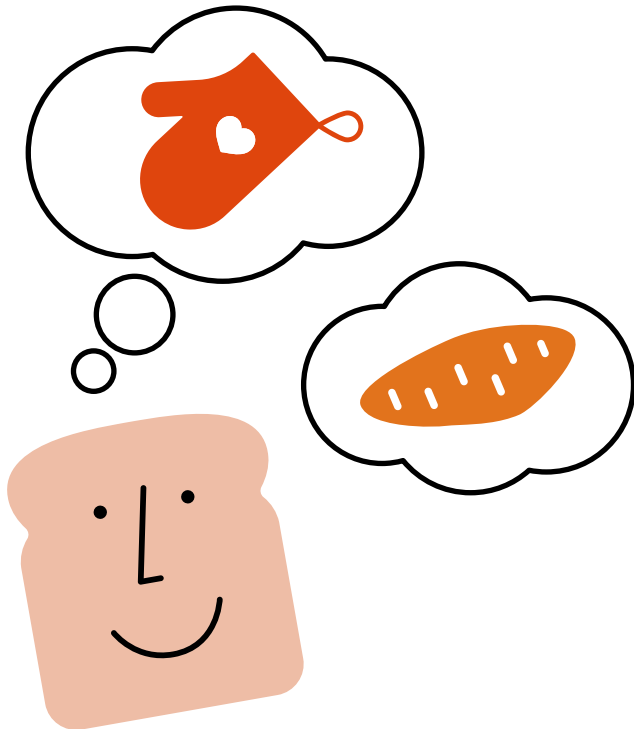
Recommended average daily number of serves:

Define what a serve is:

## 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.

— Choose your favourite recipe from the research and resource tasks.



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

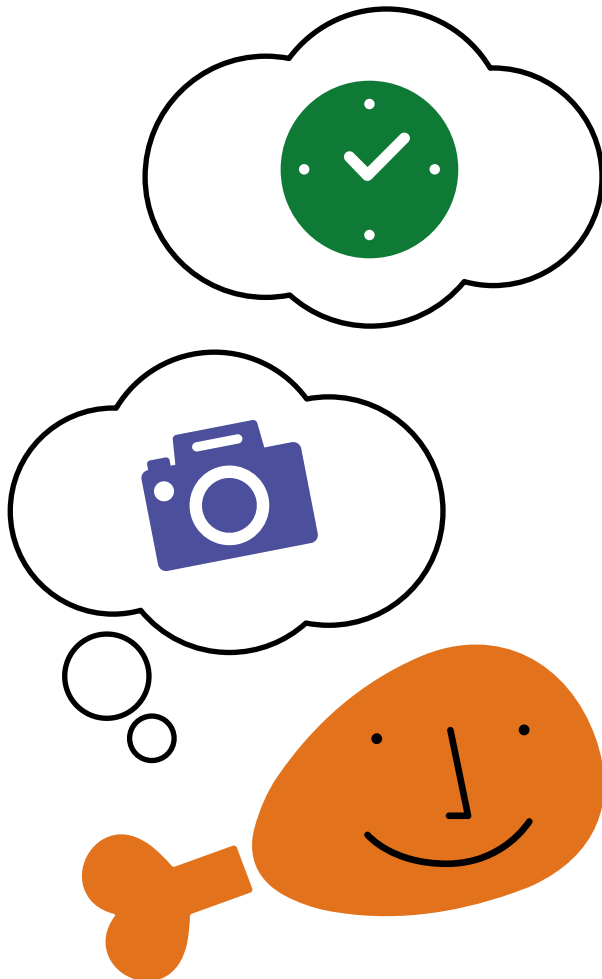
1. What ingredients are required?

2. What equipment is needed for the recipe?

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

4. What images do you need?

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



6. What technology is needed for the design?

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7. What messages and information do you need to help educate and inspire others to eat healthy 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?

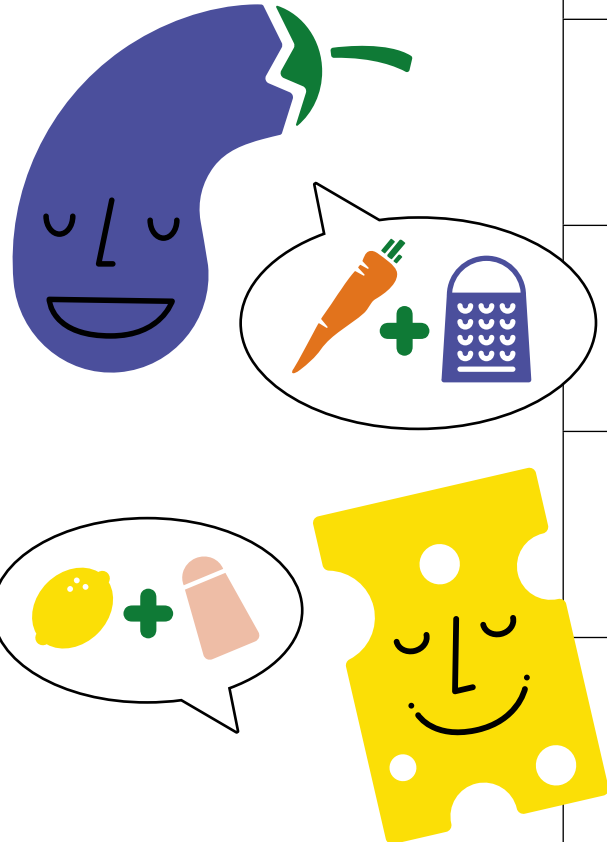
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# DESIGN SOLUTIONS CREATING RECIPE



## 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.



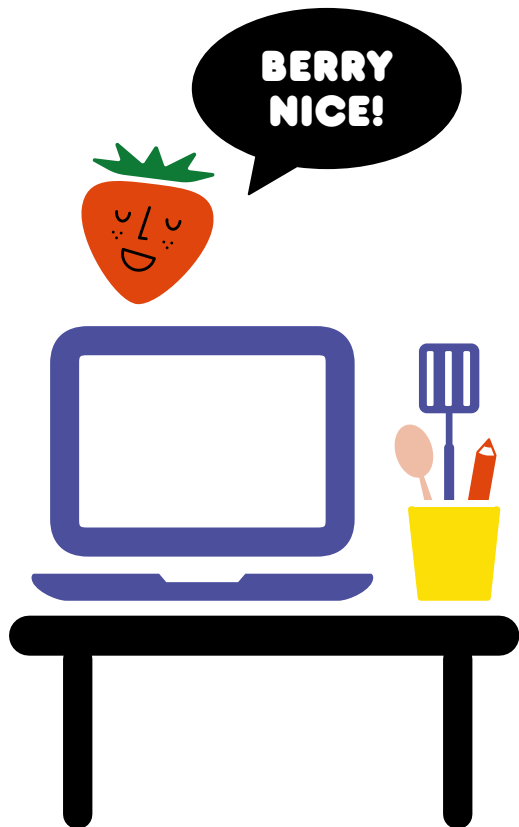
WHAT	WHEN	HOW	WHO	AREAS FOR IMPROVEMENT
Eg: We must decide on a recipe.	Eg: Two weeks prior to the cookbook launch.	Eg: Each person will research 3 recipes and in groups we will vote on the best recipes.	Eg: All group members.	Eg: Our recipes must be healthy and consider ways to reduce food waste.

# 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



# DELIVER YOUR SOLUTION LIST INGREDIENTS AND EQUIPMENT



## THE RECIPE!

➤ Now to bring it to life and produce your complete recipe ready to be included in the School Family Cookbook.

➤ Write the full list of ingredients and equipment used in the recipe. Make sure you include all the quantities.

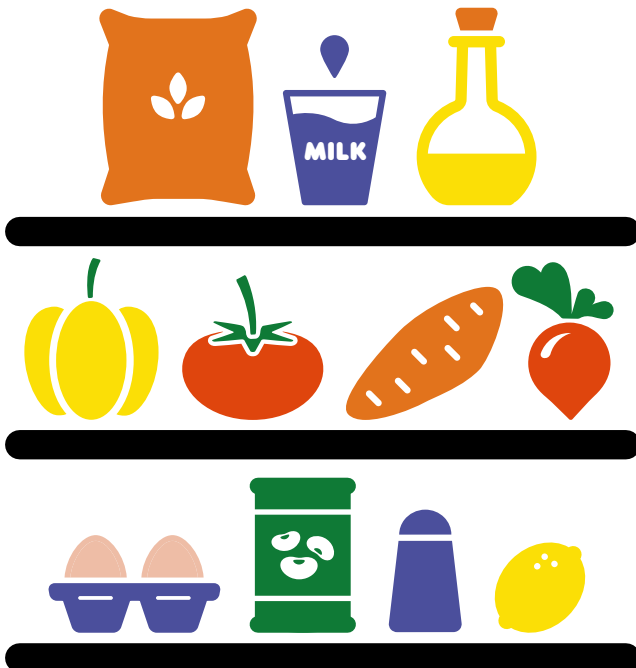
**RECIPE NAME**

**PREP TIME**

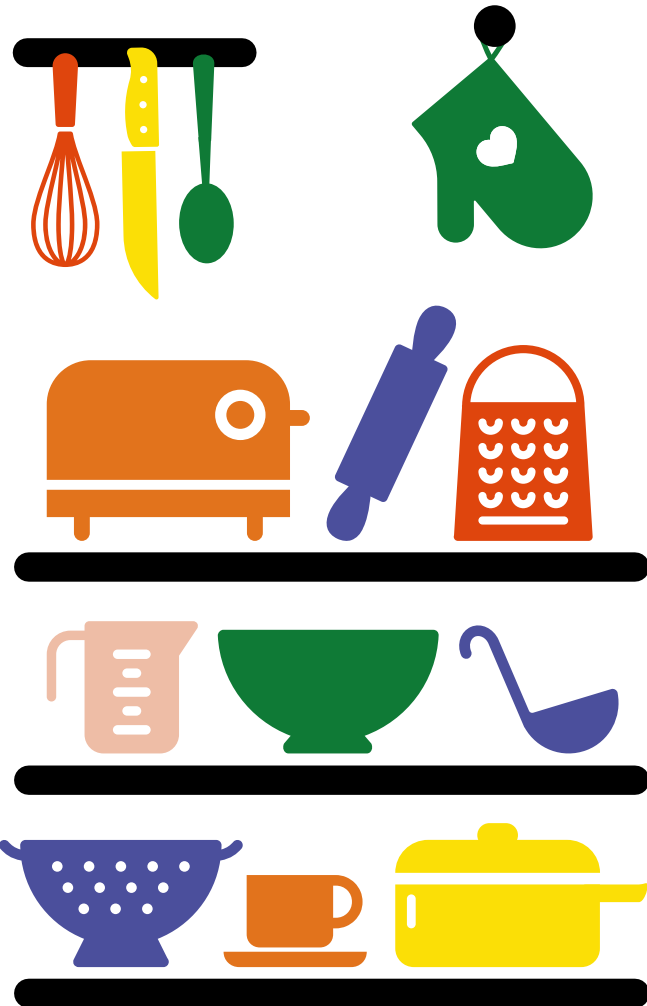
**SERVES**

**INGREDIENTS**

**EQUIPMENT**



# 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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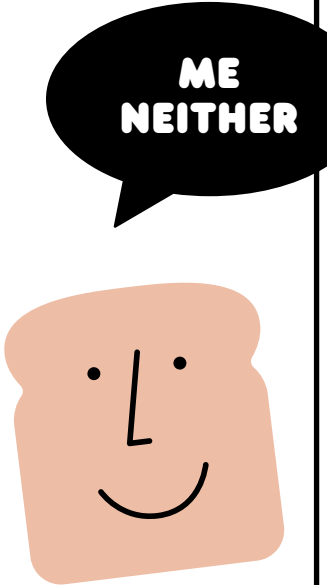
**DELIVER YOUR SOLUTION  
EDUCATE ABOUT FOOD WASTE**



— 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 is healthy to eat.



**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

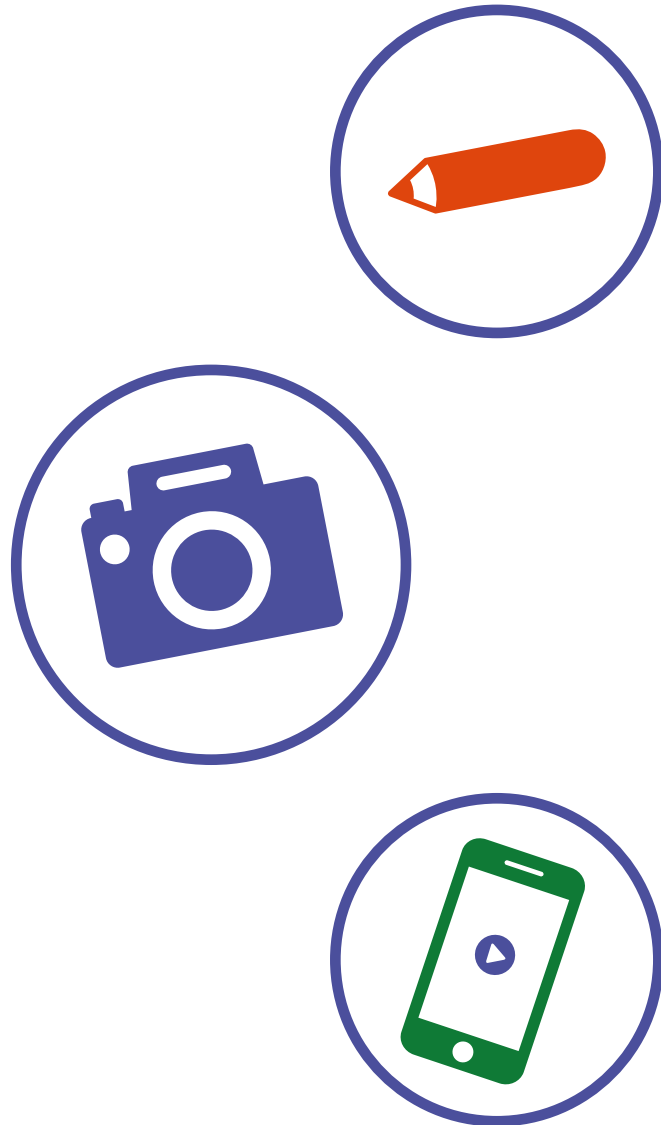
## PROCEDURE

## HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

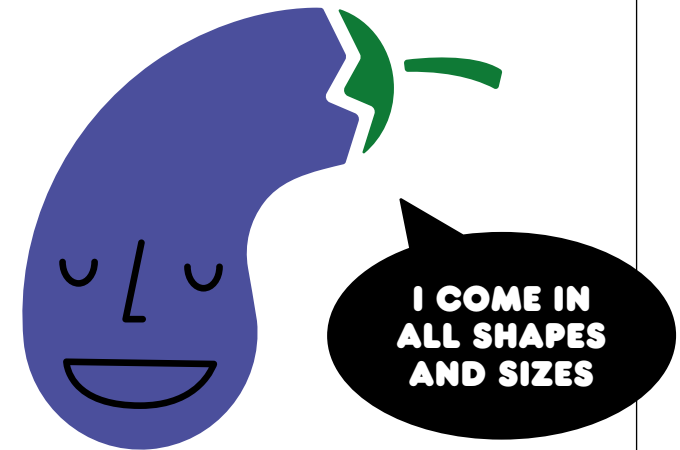
## DELIVER YOUR SOLUTION



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



## DEBRIEF AND REFLECT



### QUESTION

— What is the best way to eat a healthy diet and fight food waste at home?

### TASK

— Use the table to compare your behaviour towards eating a healthy diet and food waste before and after the FEAST program.



What did my family and I used to think/do?	How has our way of thinking changed?	What are we doing now to combat food waste and eat healthily?



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