



FEAST

FOOD EDUCATION AND
SUSTAINABILITY TRAINING

STUDENT RESOURCES

NAME

CLASS



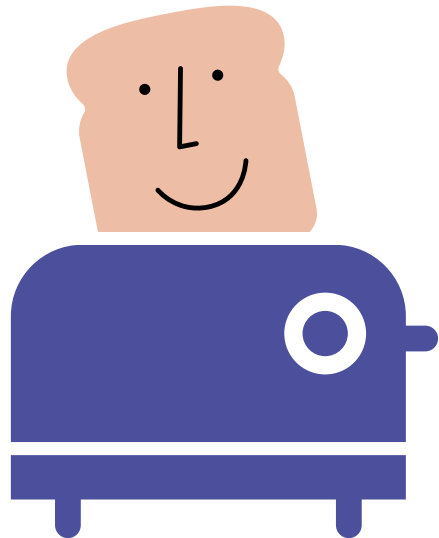
TASK SHEET



QUESTION

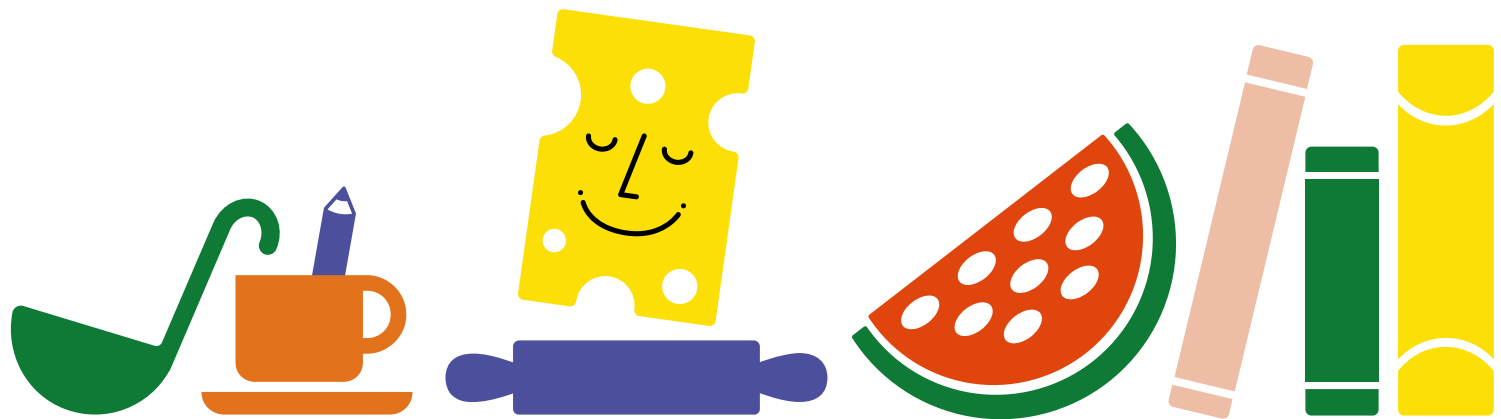
What does it take to produce and prepare healthy food and how can we avoid food waste?

TOAST ME!



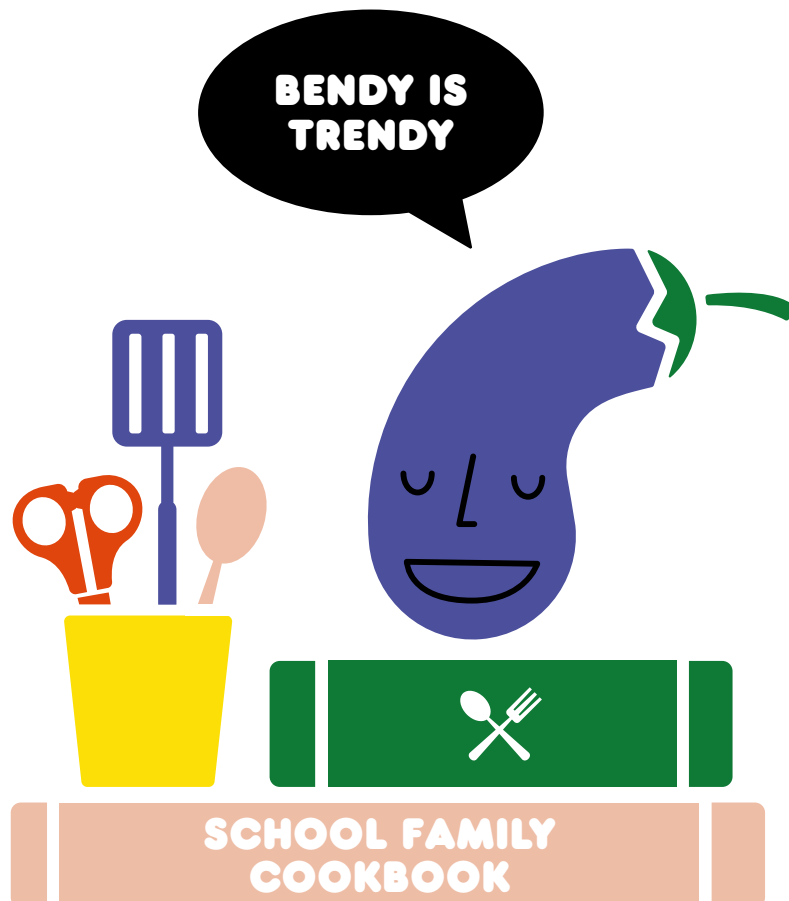
SCENARIO

- 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

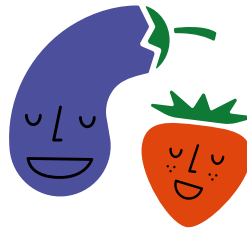
1. I must visually explain the steps involved in creating my recipe.
2. Our task is to design and create a recipe that educates others on healthy eating and how to reduce food waste.
3. I will list ingredients and use illustrations, food photography or digital technologies to explain the steps involved in creating my chosen recipe.
4. I will need to write a paragraph below the recipe discussing how the recipe addresses food waste and healthy eating.
5. After presenting our recipe, procedure and labeled drawings we can contribute our recipes to a cook book.
6. With my class I will host a cook book launch.

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 (6:43 min)
3. Find out where [honey](#) comes from, by viewing the ABC Splash video (5:1 min)
4. Discover how [milk](#) gets from the dairy farm to you, by viewing the ABC Splash video (5:25 min)

MY NOTES

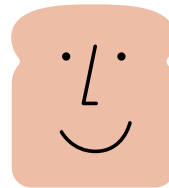


1. Fruits and vegetables

Fruits and vegetables are grown in many different ways.

Pears, apples and oranges grow on trees, grapes and watermelons grow on vines.

Vegetables grown in gardens and some grow in the ground, including carrots and potatoes.



2. Bread

There are many different types of bread, including, white, wholegrain, brown, flat bread and pita bread. Bread is made with a grain called wheat, when the grain is crushed down into flour it is used to make bread.



3. Honey

Honey comes from Bees. Every Bee in the colony has a job. Some of the workers go out to find flower nectar and bring it back for the colony. Bees store the sweet nectar in the honey comb. Bees make lots of honey so when there are no flowers around they have a store of food for everyone to eat.



4. Milk

Milk is produced by milking cows. Tankers transport the milk from the dairy farms to processing plants, milk is then pumped into large vats at the processing plants. Milk is packaged into recycling cartons or bottles or can be used to make cream, butter, yoghurt, ice cream or cheese.

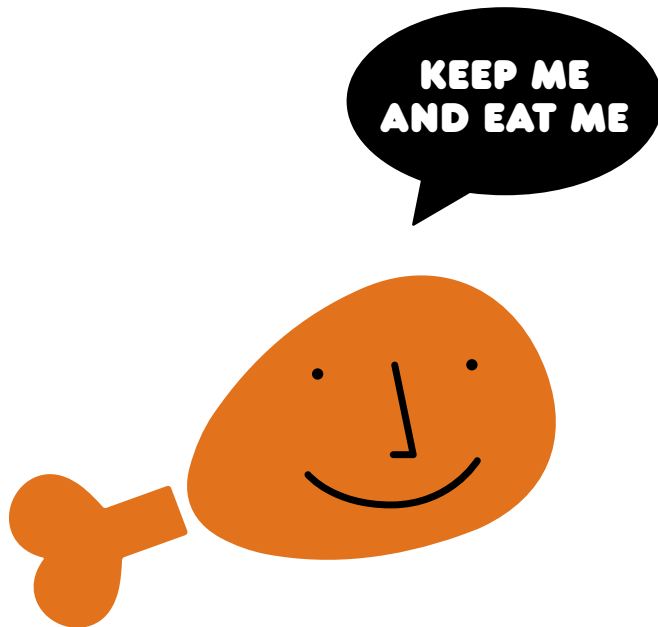
STEM CHALLENGE

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

STEM CHALLENGE 1: CREATE AN HYPOTHESIS

➤ An 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 AN HYPOTHESIS?

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

This is an hypothesis because it makes a prediction and proposes a possible explanation.

2. Wasting food is bad for the environment

This is not an hypothesis because it does not make a prediction or propose a possible explanation.

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

This is an hypothesis because it makes a prediction and proposes a possible explanation.

4. A third of all food produced is wasted

This is not an hypothesis because it does not make a prediction or propose a possible explanation.

5. Bananas are tastier than apples

This is not an hypothesis because it does not make a prediction or propose a possible explanation.

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

I hypothesise that...

if potatoes are stored in cold, dry and dark conditions they will keep from sprouting.

— 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


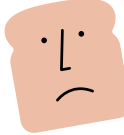

1. Food saving habits start when you; **Look** at what you already have in the fridge, freezer or pantry before shopping, **Buy** what you need, **Store** food properly to give it the best chance of survival and **Cook** with what you have, use ingredients up and love your leftovers.
2. The top five wasted foods are: vegetables, bread, fruit, bagged salad, and leftovers.
3. Wasting food wastes everything: water, land, energy, labour, money and love.
4. Food waste costs the Australian Economy \$36.6 billion each year.
5. One in five shopping bags end up in the bin, equating to \$2,000 to \$2,500 worth of groceries per house hold each year.

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.

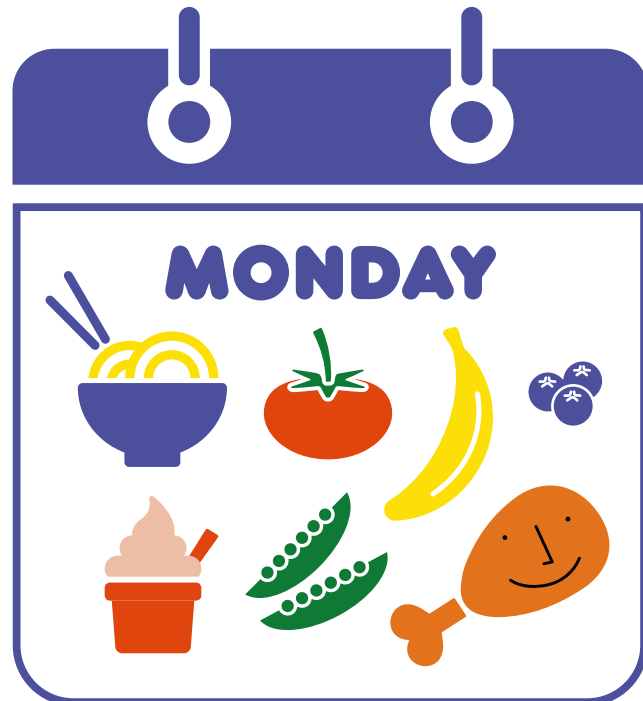
FOOD NAME	PLUS (OR ADVANTAGES)	MINUS (OR NEGATIVES)	INTERESTING (WHAT YOU THINK IS INTERESTING)
BREAD	 <p>Eg: Stale bread can be made into breadcrumbs for chicken schnitzel.</p>	 <p>Eg: When bread gets mould on it, it is unsafe to eat and needs to go in the bin.</p>	 <p>Eg: To transform stale bread sprinkle with water and pop briefly in a warm oven.</p>
BANANAS	Bruised or overripe bananas can be used to make smoothies, banana bread and muffins.	Bananas easily bruise when traveling from home to school, resulting in a lot of bananas being thrown out.	Frozen bananas can last for up to 2-3 months.
STRAWBERRY	Strawberries can be made into jam, used in pies and made into smoothies. Packed full of good vitamins.	Only wash strawberries before eating. If you wash strawberries and store them they go bad quickly.	Overripe or sour strawberries are still delicious. You can even make tea with the stems.
CHEESE	Cheese adds a great flavour to cooking and is healthy in moderation.	Cheese contains a lot of fat so only use a small amount in cooking.	Cheese is so diverse and every culture and country has it's own variety of cheese.
CHICKEN	Chicken is a cheap protein option, that can be found in supermarkets.	Chicken can be produced inhumanely so check your labels. If not stored or cooked properly it can be dangerous.	A chicken produces the eggs that we eat. If you have pet chickens they can also eat your kitchen scraps.

I'M STILL TASTY, DON'T WASTE ME



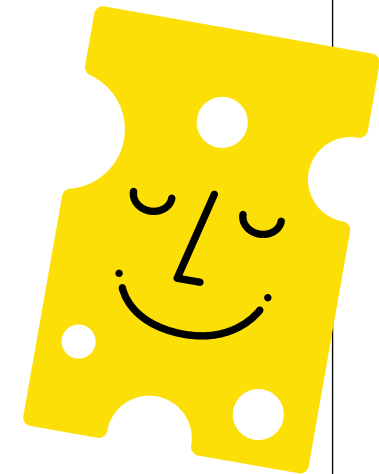
FOOD GROUPS

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



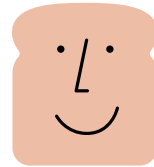
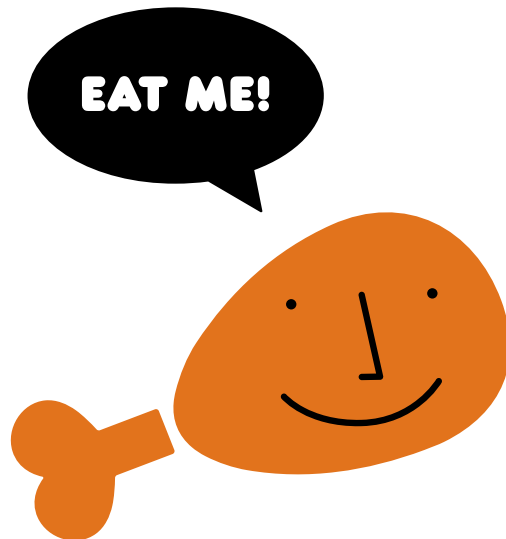
➤ Using the [5 Food Groups](#) webpage, view the foods that belong to each group and locate information about the recommended average daily number of serves from each of the 5 food groups for children aged 4-13 years old.

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: 5

Define what a serve is: 1 slice of bread

1/2 roll or flat bread, 1/2 cup of cooked rice, pasta or noodles.



2. VEGETABLES & LEGUMES

Recommended average daily number of serves: 5

Define what a serve is: 1 medium tomato, 1/2 medium potato, 1 cup green leafy
1/2 cup cooked dried or canned beans, 1/2 cup cooked green or orange
vegetables.



3. FRUIT

Recommended average daily number of serves: 2

Define what a serve is: 1 medium apple, 2 small apricots, 1 banana
1 cup of diced or canned fruit



4. MILK, YOGHURT & CHEESE

Recommended average daily number of serves: 2 1/2

Define what a serve is: 1 cup of milk, 2 slices of cheese, 3/4 cup of yoghurt
1 cup of soy, rice or other cereal milk



5. MEAT, FISH, POULTRY, EGGS & NUTS

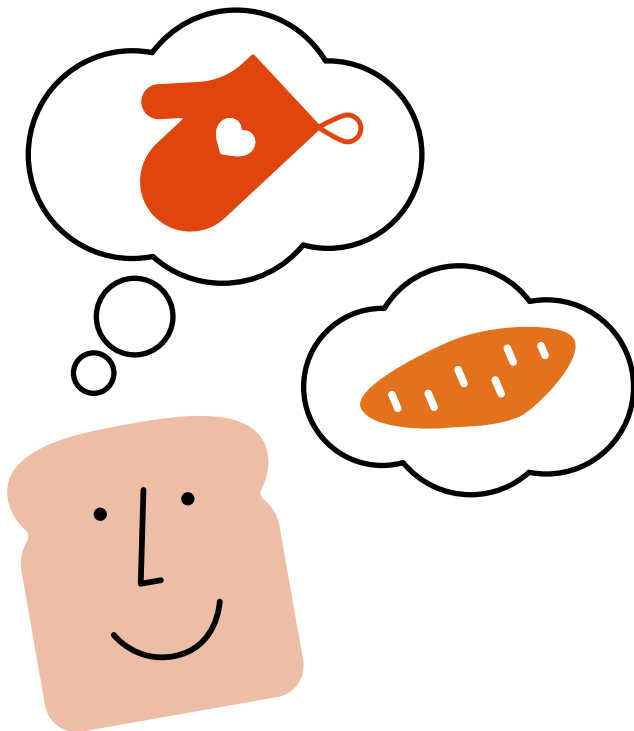
Recommended average daily number of serves: 2 1/2

Define what a serve is: 2 large eggs, one small can of fish, 65g of lean meat
1 cup of cooked/canned legumes e.g. lentils, chick peas

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.



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

1. What ingredients are required?

e.g. apple, banana, yoghurt, orange

2. What equipment is needed for the recipe?

e.g. large bowl, chopping board, knives, measuring cup

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

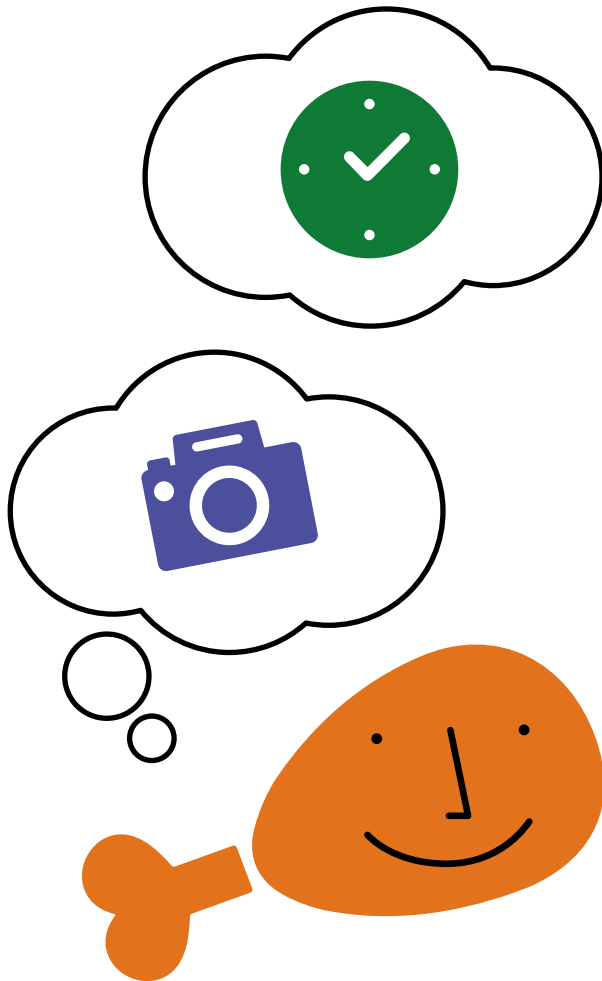
e.g. in picture format using photography or drawings

4. What images do you need?

e.g. the washing of fruit image, slicing of fruit image, pushing fruit onto skewer image and serving image

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

e.g. hand drawing of steps involved



6. What technology is needed for the design?

e.g. computer for typing my recipe, camera for photographing steps

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

e.g. tips on what to do at home or school to fight food waste such as pack your own lunch, have a school compost, shop using a list and store food correctly. I will refer to how I have incorporated the top wasted foods. e.g. tips about why we need to eat healthy food and what we have used in our recipe to address healthy eating, such as, including natural yoghurt without added sugar, keeping the skin on my apple as the skin has most of the vitamins.

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

e.g. we will need 3 lessons to design and produce our recipe.

9. Do you need a story board?

e.g. yes

10. How are you going to work together safely?

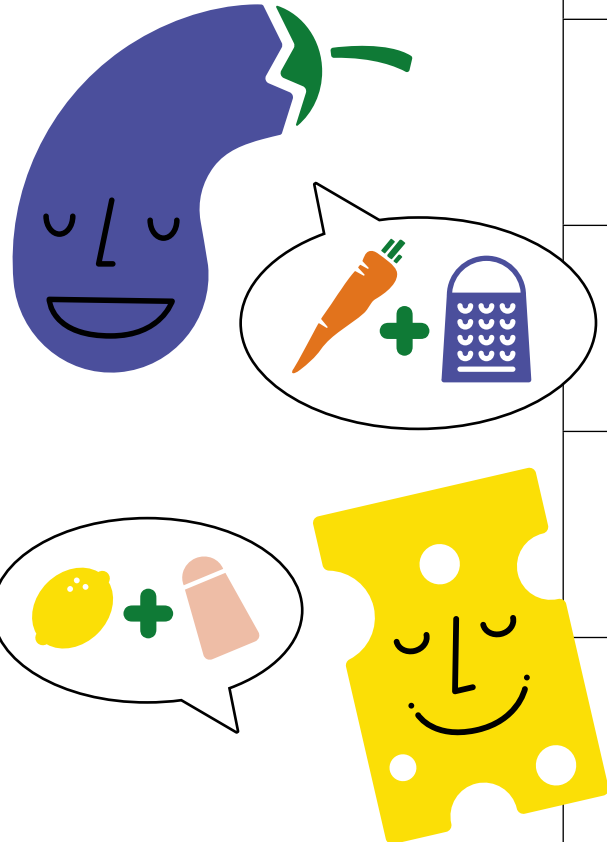
e.g. we will discuss who will complete what jobs and we will also discuss what safety hazards could occur and how we can avoid them.

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.



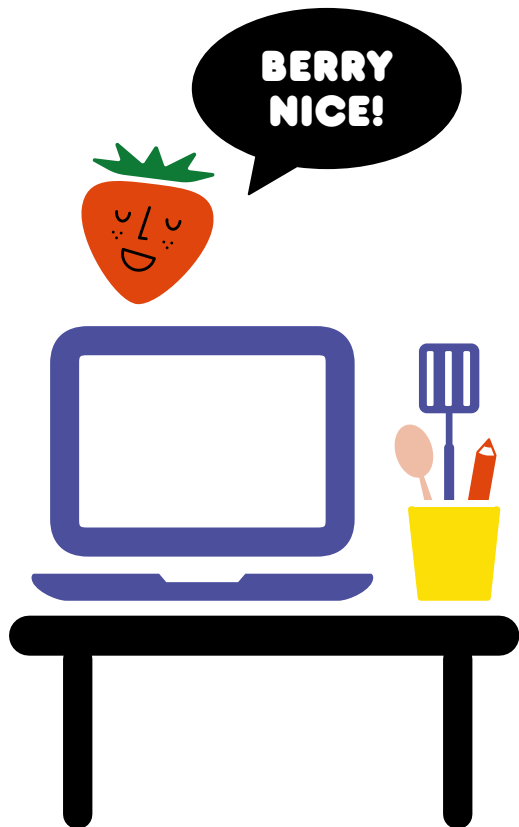
WHAT	WHEN	HOW	WHO	AREAS FOR IMPROVEMENT
Eg: We must decide on a recipe.	Eg: Two weeks prior to the cookbook launch.	Eg: Each person will research 3 recipes and in groups we will vote on the best recipes.	Eg: All group members.	Eg: Our recipes must be healthy and consider ways to reduce food waste.

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



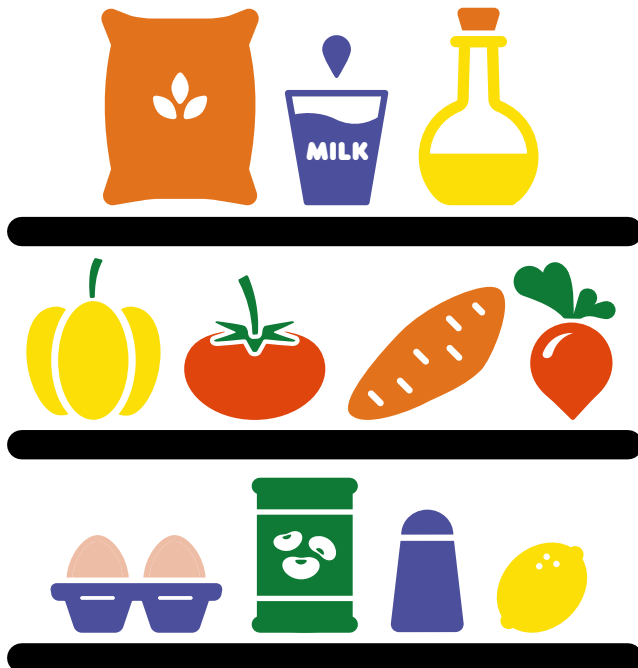
DELIVER YOUR SOLUTION LIST INGREDIENTS AND EQUIPMENT



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 Creamy Pasta Salad

PREP TIME

15 minutes

SERVES

5 serves

INGREDIENTS

100 g bagged lettuce leaves

2 cups bow tie pasta

1/2 cup of pitted olives

100 grams of feta

1/2 cup of semi dried tomatoes

1/2 green capsicum

1/2 red onion

500 ml extra virgin olive oil

50ml thickened cream

1/4 tsp honey wholegrain mustard

1 tsp basil, finely chopped

EQUIPMENT

large bowl

large saucepan

strainer

knife

chopping board

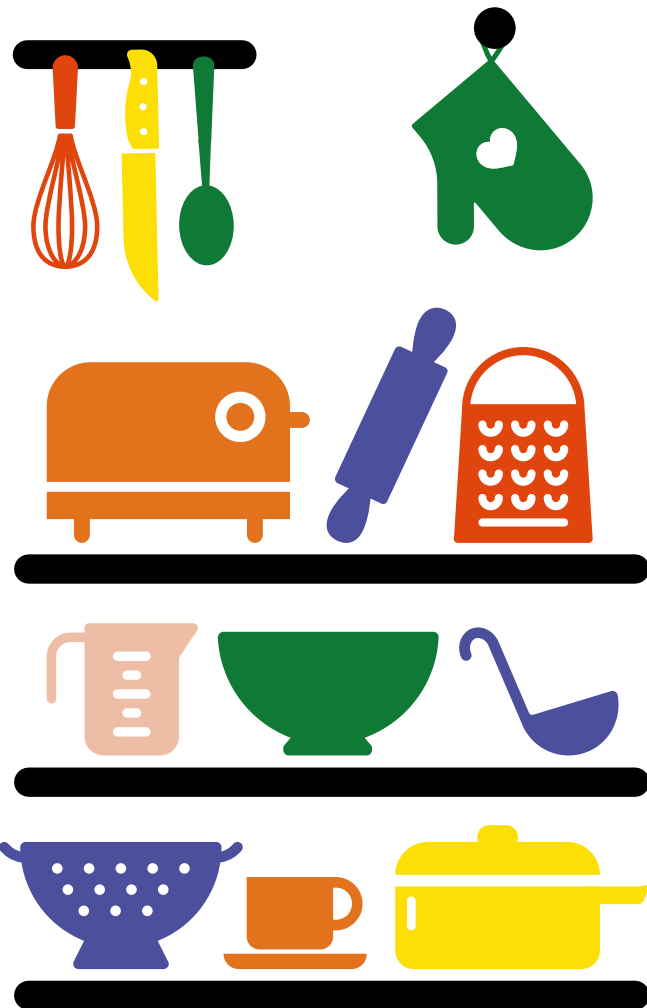
measuring spoons

measuring cups

screw top jar

tongs

DELIVER YOUR SOLUTION STEPS TO CREATE RECIPE



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

1

Cook pasta in a large saupcan of boiling water for 10 minutes and then drain.

2

Place pasta into a large bowl add olives, capsicum, onion and bagged lettuce.

3

Place all salad dressing ingredients into a small screw. jar. Shake well.

4

Pour dressing over the pasta salad and use tongs to toss again to mix well.

5

Enjoy!

6

DELIVER YOUR SOLUTION EDUCATE ABOUT FOOD WASTE



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



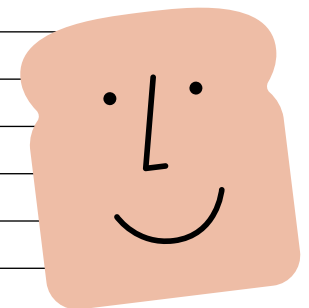
1. Refer to page 5 of student resources

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

Within the past 10 weeks, we have been learning about food waste. Did you know food waste costs the Australian economy \$36.6 billion a year. Australians are also not eating enough healthy food, particularly fruits and vegetables.

BODY

In our Healthy Creamy Noodle Salad, we are using bagged lettuce. We are making sure we are using all of the bagged lettuce and vegetables in the recipe, even if they are a little wilted because bagged lettuce is the top 5 wasted foods. To make our healthy Creamy Noodle Salad we suggest using wholemeal pasta instead of plain pasta and we have included a range of vegetables filled with healthy vitamins. For the dressing we suggest using a recycled jar. We recommend garnishing the salad with additional sun dried tomatoes if not being used.

CONCLUSION

We hope you enjoy our recipe as much as we enjoyed developing it. We also hope that in the future before letting food go to waste, you think before you throw.

MAKE YOUR OWN RECIPE



RECIPE NAME

Creamy Pasta Salad

CREATED BY

OzHarvest

Prep time

20

Cook time

10

Serves

5

INGREDIENTS

-100g bagged lettuce	-100 ml olive oil
-2 cups of bow tie pasta	-1 tsp basil chopped
-1/2 cup pitted olives	-50ml thickened cream
-100g feta	
-1/2 cup semi-dried tomatoes	-1/4 tsp honey
-1/2 green capsicum	wholegrain mustard

EQUIPMENT

-large bowl	-measuring cups
-large saucepan	-screw top jar
-strainer	-tongs
-knife	
-chopping board	
-measuring spoons	

PROCEDURE

1. Cook pasta in a large saucepan of boiling water for 10 minutes and then drain.
2. Place pasta into a large bowl add olives, capsicum, onion and bagged lettuce.
3. Place all salad dressing ingredients into a small screw jar. Shake well.
4. Pour dressing over the pasta salad and use tongs to toss again to mix well.
5. Enjoy!

HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

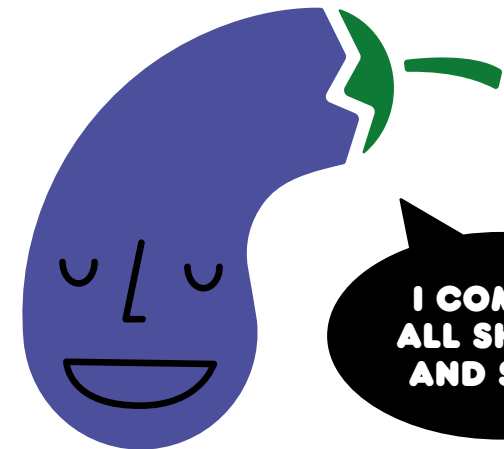
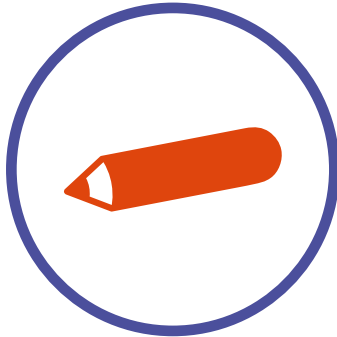
Bagged lettuce is in the top 5 most wasted foods. To make it last longer, you can store it with a damp paper towel in an airtight container in the fridge. To make the pasta salad a healthy option we recommend using wholemeal pasta instead of plain pasta and we have included a range of vegetables filled with vitamins. We recommend using the basil leaf stems or the remainder of the leaves for garnish.

DELIVER YOUR SOLUTION



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



**I COME IN
ALL SHAPES
AND SIZES**

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?
Throw out our leftover after dinner.	This is wasting good food that could be eaten at another time.	I take my leftovers to school for lunch or I make them into another meal.
We used to get a lot of takeaway.	I can make a lot of different meals that are cheap and tasty to eat.	We now cook meals at home that have fruits and vegetable in them.
We used to throw out the food in my lunch box at the end of the day because I didn't like what my parents packed.	The food I throw away is harming the planet because many resources go into making it such as water and energy.	I now pack my own lunches so that I can include items that I enjoy eating or food items I learn to make in FEAST.



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