



FEASTTM

FOOD EDUCATION AND
SUSTAINABILITY TRAINING

**DESIGN
FOLIO**

NAME

CLASS



RESOURCE YOUR DESIGN BRIEF

THE ESSENTIAL QUESTION

— How can the power of individual choice create a future without food waste?

SCENARIO

— Food waste is a global problem. And we're talking about good edible food, not just piles of food scraps.

— OzHarvest cares about the huge volume of good food going to waste in Australia and is searching for future thinkers to help us be the change, which our food system needs!

WE NEED
YOUR HELP!

DESIGN BRIEF

— As a member of the **OzHarvest Food Fighter Team** you have been given the task to design and produce a 'Use It Up' Recipe Card, Information Sheet and 'Fight Food Waste' Promo.

1. Form a team and select a team name.
2. Design a 'Use It Up' Recipe Card that incorporates commonly wasted foods to create a delicious meal.
3. Design an Information Sheet with the following tips to promote your selected commonly wasted food:
 - A) Explain how the recipe tackles food waste.
 - B) Identify one storage tip to make your recipe last longer.
 - C) Explain how the recipe encourages healthy eating.
 - D) Explain one way you would cook or prepare your recipe to maintain or improve the nutritional value – e.g. steaming vegetables maintains vitamin content compared to boiling them.



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- E) Identify one food safety tip to consider when creating your recipe.
 - F) Discuss the characteristics and properties of the ingredients used in the recipe (e.g. flavour, appearance, texture, and aroma).
4. Design a creative 'Fight Food Waste' promo to advertise your 'Use It Up' recipe idea, and how it reduces food waste.
 5. Your Design Folio needs to include the 'Use It Up' Recipe Card, Information Sheet and the plan for your 'Fight Food Waste' promo.





RESOURCE ANALYSIS OF THE DESIGN BRIEF

➡ Look carefully at the design brief and in the table provided list 6-8 considerations and constraints that may affect your project.

Considerations are flexible factors that allow the product to be modified.

Constraints are inflexible factors that must be included in the design brief.



CONSIDERATIONS 	CONSTRAINTS 
<p><i>Example:</i> choice of ingredients, allergies, less than 30 minutes.</p>	<p><i>Example:</i> must be completed within the practical lesson time frame, must include a top wasted food and must target adolescents (your classmates).</p>
Empty space for student input	Empty space for student input

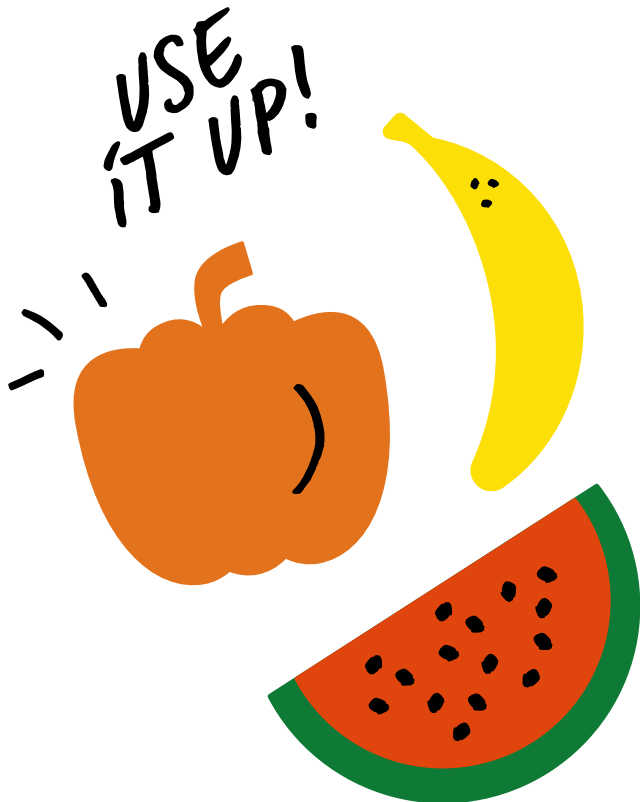


RESOURCE ANALYSIS OF THE DESIGN BRIEF



CRITERIA FOR SUCCESS

➤ Refer to the design brief and your list of considerations and constraints to develop 6-8 criteria for success. Make sure you put them into question format.
Example: Did the 'Use It Up' Recipe include commonly wasted foods?



RESOURCE INITIAL PLANNING FOR THE UNIT

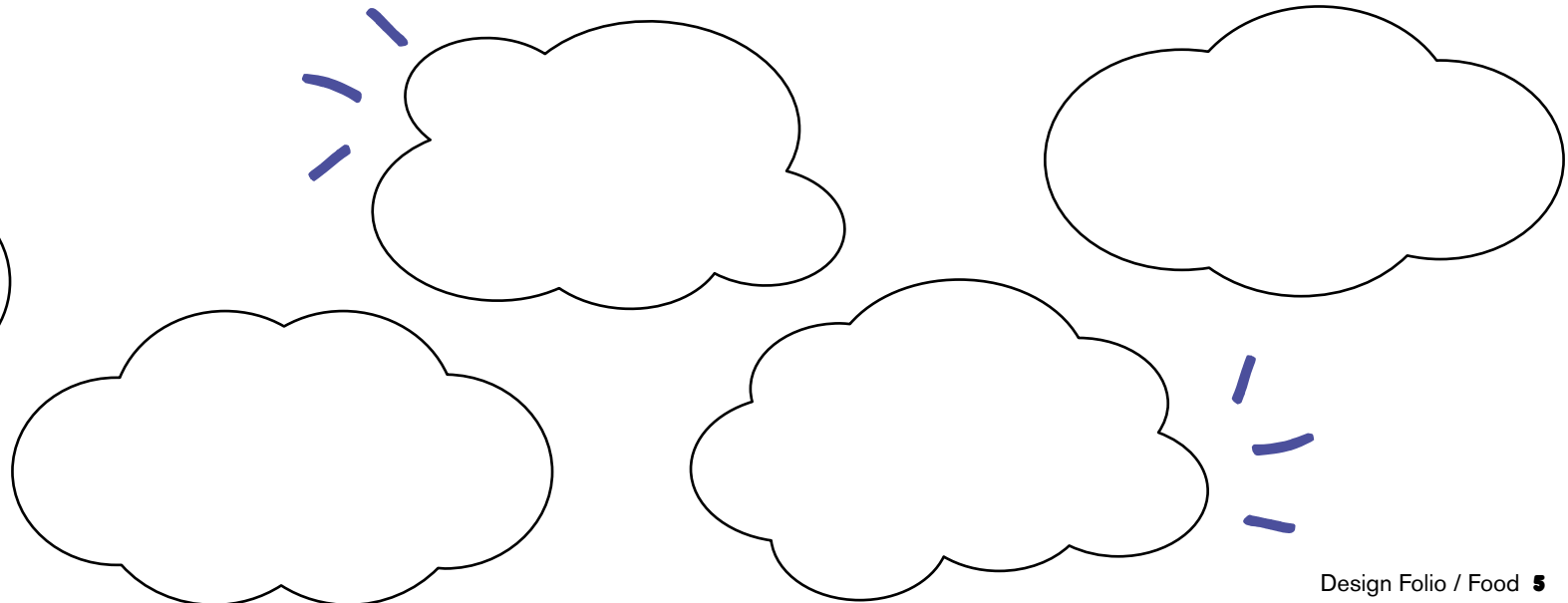


- Form a team that you will be working with for this unit and select a team name.
- Your team name should reflect the theme of the unit in some way. Use the thought clouds to insert name ideas and then record your final team name.
Example: Food Fighters, Future Thinkers, Change Makers etc.
- Write the team members and team name in the space provided.

TEAM MEMBERS

FINAL TEAM NAME

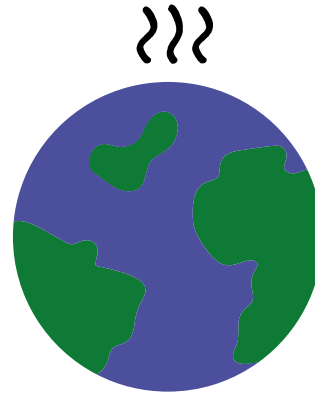
CHOSEN TOP WASTED FOOD



RESOURCE WHAT IS FOOD WASTE?



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Food waste occurs when any food that could have been eaten by people is wasted or thrown away. Food is wasted every day along the whole food supply chain – from when it is grown, during transportation, in the packaging and manufacturing process, at the supermarkets and above all, in our homes.¹

Food waste is a devastating and widespread issue and is a major contributor to climate change. If food waste was a country, it would be the **third biggest emitter of greenhouse gasses in the world.**²

One third of food is being wasted globally which is the equivalent of **six garbage trucks dumping rubbish every second.**³

Food waste is costing the Australian economy an estimated **\$36.6 billion a year.**⁴

Write a sentence about why we should care about the issue of food waste.

1. ozharvest.org/fight-food-waste/the-problem/#sc_s1

2. fao.org/3/i3347e/i3347e.pdf

3. fao.org/platform-food-loss-waste/en/

4. dceew.gov.au/sites/default/files/documents/national-food-waste-strategy.pdf

RESOURCE

WHAT IS FOOD WASTE



➡ Visit the following sites to research food waste, what are the top wasted foods and why we need to avoid wasting food.

1. Food waste facts and hunger facts
ozharvest.org/fight-food-waste/the-problem/#sc_s1
2. The top six to fix | The Path to Half
assets.sustainability.vic.gov.au/asset-download/Report-The-Path-to-Half.pdf
3. What To Do – Fight Food Waste
ozharvest.org/fight-food-waste/what-to-do/
4. A-Z of food saving tips
ozharvest.org/fightfoodwaste/wp-content/uploads/2018/05/A-Z-Food-Saving-Tips.pdf
5. The Impact of Food Waste
www.ozharvest.org/fight-food-waste/downloadable-tools/

Define food waste and justify why we all need to reduce food waste.

What happens to the parts of the food that can't be eaten (scraps) at home or school?

Identify some of the main reasons for food waste at home.

Identify the top wasted foods.



RESOURCE

INNOVATIVE WAYS TO REDUCE FOOD WASTE

➡ Get inspired by looking at companies who have created new products to help reduce food waste.

1. **Dash Water** – a soft drink that uses wonky fruit. Over half of all fruit and vegetables never even make it off the farm. One of the reasons is due to supermarket size and shape specifications. This product turns wonky fruit into a delicious soft drink. Learn more: dash-water.com.au
2. **Green banana flour** – reducing food waste at the farm. After years of observing wild life break fences to eat green bananas that had been baking in the tropical North Queensland sun, banana farmer Rob Watkins accidentally drove over a handful of these green bananas which was an 'aha' moment. This is when the idea of commercial banana flour was born. With more than 500 tonnes of green bananas wasted each week in North Queensland – a problem had finally been solved. Watch Ted X Talk Going Bananas | Krista Watkins: youtu.be/hV38emFiAYk

3. **OzHarvest's Use It Up Tape** – making it easy to waste less at home. With 2.5 million tonnes of food wasted from our homes, OzHarvest decided to do something about it! Use It Up Tape can be used in your fridge or pantry to mark a shelf, or on food items that need to be eaten first. Once you see what needs to be eaten, you're more likely to Use It Up! Watch the video: youtu.be/-rGhLuZwRIU
4. **Olio** – fighting food waste with app technology. Olio is an app that connects neighbours with each other and with local businesses so surplus food can be shared, not thrown away. Learn more: olioex.com/about/



RESOURCE INNOVATIVE WAYS TO REDUCE FOOD WASTE



— Write your own persuasive text ‘innovative ways to reduce food waste are essential in tackling climate change’ using the scaffold.

You may choose to present your persuasive text as a written essay or performance piece e.g. TikTok video. If you are choosing to perform your piece you will still need to use the scaffold to draft your performance.

— Include the following:

Emotive language

Make sure you use emotive words and phrases to persuade the reader. Here are some examples:

- The greatest threat ...
- We strongly believe ...
- This wasteful activity ...

Text connectives

Use text connectives to add and sequence arguments in the text. Examples include:

- In addition, ...
- Furthermore, ...
- Lastly, ...

HOW TO STRUCTURE EACH PARAGRAPH USING TEEL

T = topic sentence	<p>Food waste feeds climate change. Food waste is often overlooked in the climate change debate, but is responsible for 8-10% of global greenhouse gases. That's more than all the emissions from the plastic we produce (3.8%), the aviation section (1.9%) and from extracting oil (3.8%). Food waste is a major contributor to climate change, but we can all take action, starting in the kitchen. However, tackling food waste at home is the single most impactful action each of us can do, starting today to tackle the climate crisis.</p>
E = elaborate or provide more explanation of idea in topic sentence	
E = give some evidence to support the topic presented in the paragraph	
L = linking sentence making connections between paragraph and main argument of the text	

**ZERO
WASTE**

RESOURCE

INNOVATIVE WAYS TO REDUCE FOOD WASTE



<p>T = topic sentence</p>	<p>Opening Paragraph The opening paragraph introduces the topic with some background information and indicates the author's stance.</p>	
<p>E = elaborate or provide more explanation of idea in topic sentence</p>	<p>Paragraphs Each of the next 2 paragraphs presents an argument with supporting facts to support the author's opinion, with arguments ordered from most to least important.</p> <p>Paragraph 1 Topic sentence Elaborate Example Link</p>	
<p>E = give some evidence to support the topic presented in the paragraph</p>	<p>Paragraph 2 Elaborate Example Link</p>	
<p>L = linking sentence making connections between paragraph and main argument of the text</p>	<p>Conclusion The conclusion restates the author's opinion and gives some recommendations for action.</p>	

RESOURCE DEALING WITH THE ISSUE OF FOOD WASTE



➡ Visit the following sites to research food waste, what the top wasted foods are and why we need to avoid wasting food.

1. Landline

abc.net.au/news/rural/programs/landline/2022-08-14/waste-not-want-not:-dealing-with-the-issue-of-food/14019342

2. How to Use It Up?

ozharvest.org/use-it-up/

Identify four ways we can avoid food waste.

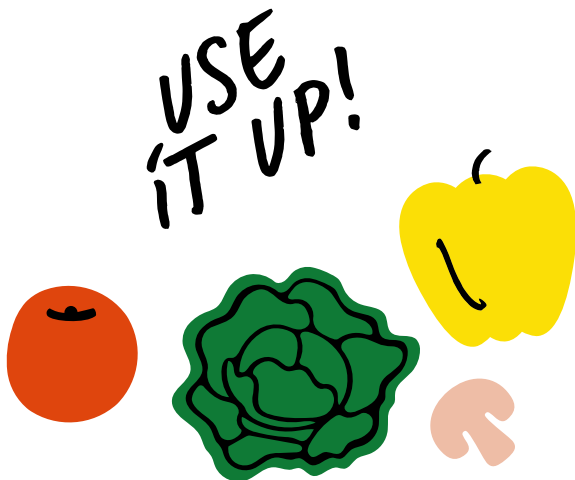
1.

2.

3.

4.

What does Use It Up mean? How can households adopt this simple habit?



RESOURCE

EXPLORING FOOD PRESERVATION AND THE SENSORY PROPERTIES

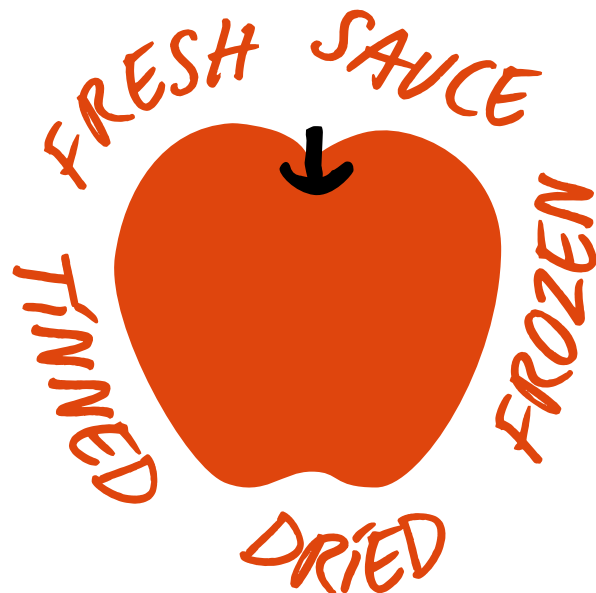


➤ Do comparison taste test: fresh and preserved food.

Example: freeze dried, frozen, dehydrated, tinned and pickled.

➤ Use a sensory vocabulary to describe the sensory properties of the ingredients in the following table.

foodafactoflife.org.uk/media/6174/sensory-vocabulary-p316.pdf



FOOD ITEM	PRESERVATION METHOD	TASTE	TEXTURE	AROMA	APPEARANCE

Pick a food item and discuss how incorporating one of the preservation methods into a recipe can change the sensory properties.

RESOURCE MY FIVE FOOD GROUPS

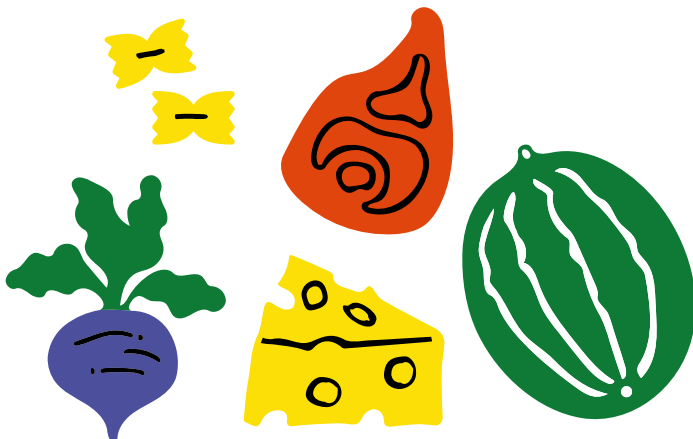


➤ Eating a variety of foods from different food groups is important to ensure you get all the nutrients your body needs. There are five food groups each providing nutrients essential for our health.

➤ Research the five food groups and in the table, provide a brief summary of the importance of each food group and outline the recommended number of serves for adolescents per a day.

See websites:

1. eatforhealth.gov.au/food-essentials/five-food-groups
2. eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/recommended-number-serves-children-adolescents-and



FOOD GROUP	SERVES	SUMMARY
Vegetables and legumes/beans		
Fruit		
Grain (cereal) foods		
Lean meats, poultry, fish, eggs, tofu, nuts and seeds and legumes/beans		
Milk, yoghurt, cheese and/or alternatives, mostly reduced fat		

RESOURCE

ADAPTING RECIPES TO MAKE HEALTHY CHOICES

— The OzHarvest Wholemeal Pita Pizza reduces food waste and is a healthy alternative to ordering takeaway pizzas.



Serves



Cost per serve



Total prep & cooking time



♥ WHY WE LOVE THIS RECIPE

It's quicker to make these delicious pizzas than ordering a delivery!



FOOD WASTE TIP

Any leftover cooked veggies or meat are also delicious on this pizza.

INGREDIENTS



1 wholemeal pita bread



1 tbsp. tomato paste (no added salt)



1/2 tomato, sliced



1/4 cup baby spinach



2 Sicilian or Kalamata olives, thinly sliced



1/4 capsicum, sliced



1/2 cup reduced fat mozzarella cheese



1/2 tsp. dried mixed herbs



Dash of pepper



STEPS



Preheat oven to 180°C. Line a baking tray with baking paper and place pita breads on tray.



Spread tomato paste on top of pita bread.



Sprinkle the herbs on next.



Add the spinach and capsicum.



Add the olives and tomatoes.

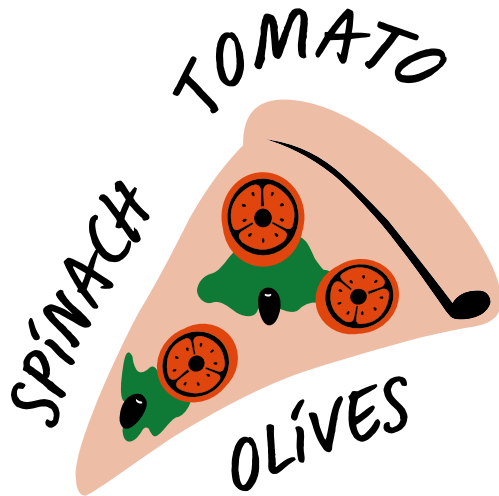


Sprinkle with mozzarella and pepper. Bake in oven for 15 minutes or until golden brown.

RESOURCE ADAPTING RECIPES TO MAKE HEALTHY CHOICES



Use the Australian Guide to Healthy Eating poster eatforhealth.gov.au/guidelines/australian-guide-healthy-eating to complete the following table. Add three extra ingredients to the pizza to increase the overall nutritional value of this recipe.



INGREDIENTS	MAIN FOOD GROUP
1 wholemeal pita bread	Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties.
1 tbsp tomato paste	
1/2 tomato, sliced	
1/4 cup of spinach	
2 Kalamata olives, sliced	
1/4 capsicum, sliced	
1/2 cup reduced fat mozzarella cheese	
1/2 tsp. dried mixed herbs	
Dash of pepper	
1.	
2.	
3.	

Outline how the wholemeal pita pizza recipe addresses healthy eating and food waste avoidance.

RESOURCE 'USE IT UP' RECIPE CARD & INFORMATION SHEET PROJECT PLAN



➡ Prepare a project plan for developing your 'Use It Up' Recipe Card and Information Sheet. Outline what needs to be done, who is responsible, when things will be done and write it down as a suggested order of the work.



WHAT	WHEN	HOW	WHO

RESOURCE INSPIRATIONAL IDEAS

➡ Recipe research is an important aspect of the design task. Before you begin researching your recipe consider the following:

1. What top wasted food item features in your recipe?
2. What ingredients and equipment are needed to prepare your recipe?
3. What healthy cooking methods are used?
4. Who is the recipe for? Any dietary requirements such as gluten free, vegetarian?
5. What ingredients are in season, fresh and local?
6. What ingredients do you already have?
7. Cost and time.
8. Expertise.

➡ With this in mind, research and select 3 recipes and write why you have selected each recipe in the spaces provided.

REFER TO WEBSITE
SUGGESTIONS ON
THE NEXT PAGE



RECIPE 1

RECIPE 2

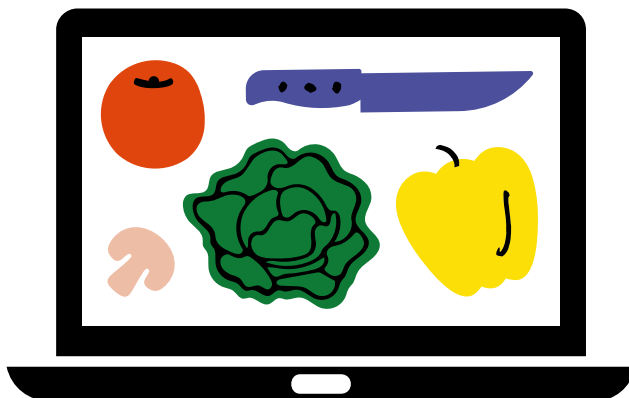
RECIPE 3

INSPIRATIONAL IDEAS



Website suggestions:

1. OzHarvest's Fight Food Waste
ozharvest.org/useituptips/
2. FEAST at Home recipes
education.ozharvest.org/home-resources/
3. Big Oven
bigoven.com/recipes/leftover
4. Cancer Council Simple Meals
cancercouncil.com.au/cancer-information/living-well/nutrition-and-cancer/recipes-and-snacks/simple-meal-recipes/
5. Heart Foundation recipes
heartfoundation.org.au/search/%22vegetarian%22
6. Nutrition Australia Try for Five recipes
tryfor5.org.au/recipes



Choose your favourite recipe.

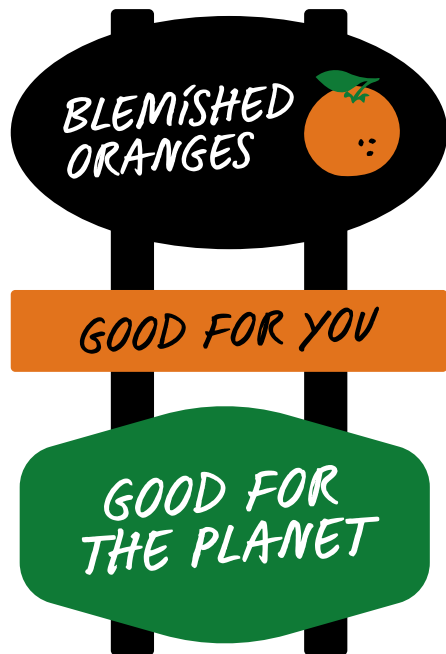
Justify why you have chosen this particular recipe.

Explain how the recipe utilises your top wasted food and how the recipe is addressing healthy eating.

'FIGHT FOOD WASTE' PROMO PROJECT PLAN



— Prepare a project plan for developing your 'Fight Food Waste' Promo what needs to be done, who is responsible, when things will be done and write it down as a suggested order of the work.



WHAT	WHEN	HOW	WHO

'USE IT UP' RECIPE CARD TEMPLATE



— Now that you have chosen your recipe, it's time to modify and adapt the recipe to create your own 'Use It Up' Recipe Card. Make sure your recipe incorporates the commonly wasted food item selected.

CHOSEN COMMONLY WASTED FOOD

RECIPE NAME

Prep time Cook time Serves

INGREDIENTS

EQUIPMENT

STEPS

GENERATING & DESIGNING INFORMATION SHEET TEMPLATE



— To create your Information Sheet, answer the questions outlined in the design brief:

A) Explain how the recipe tackles food waste.

B) Identify one storage tip to make your recipe last longer.

C) Explain one way you would cook or prepare your recipe to maintain or improve the nutritional value.

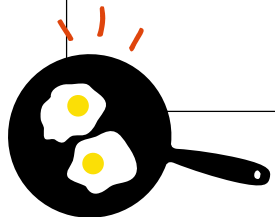
D) Identify one food safety tip to consider when creating your recipe.



RESOURCE GENERATING & DESIGNING INFORMATION SHEET

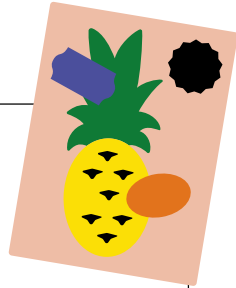


E) Discuss the characteristics and properties of the ingredients used in the recipe.



RESOURCE GENERATING & DESIGNING FIGHT FOOD WASTE PROMO

— Design your creative promotion for your 'Fight Food Waste' Promo. Experiment with text, images, and infographics that you might include in your promotion.



RESOURCE 'USE IT UP' RECIPE CARD



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A large, empty rectangular box with a thin black border, intended for writing a recipe.



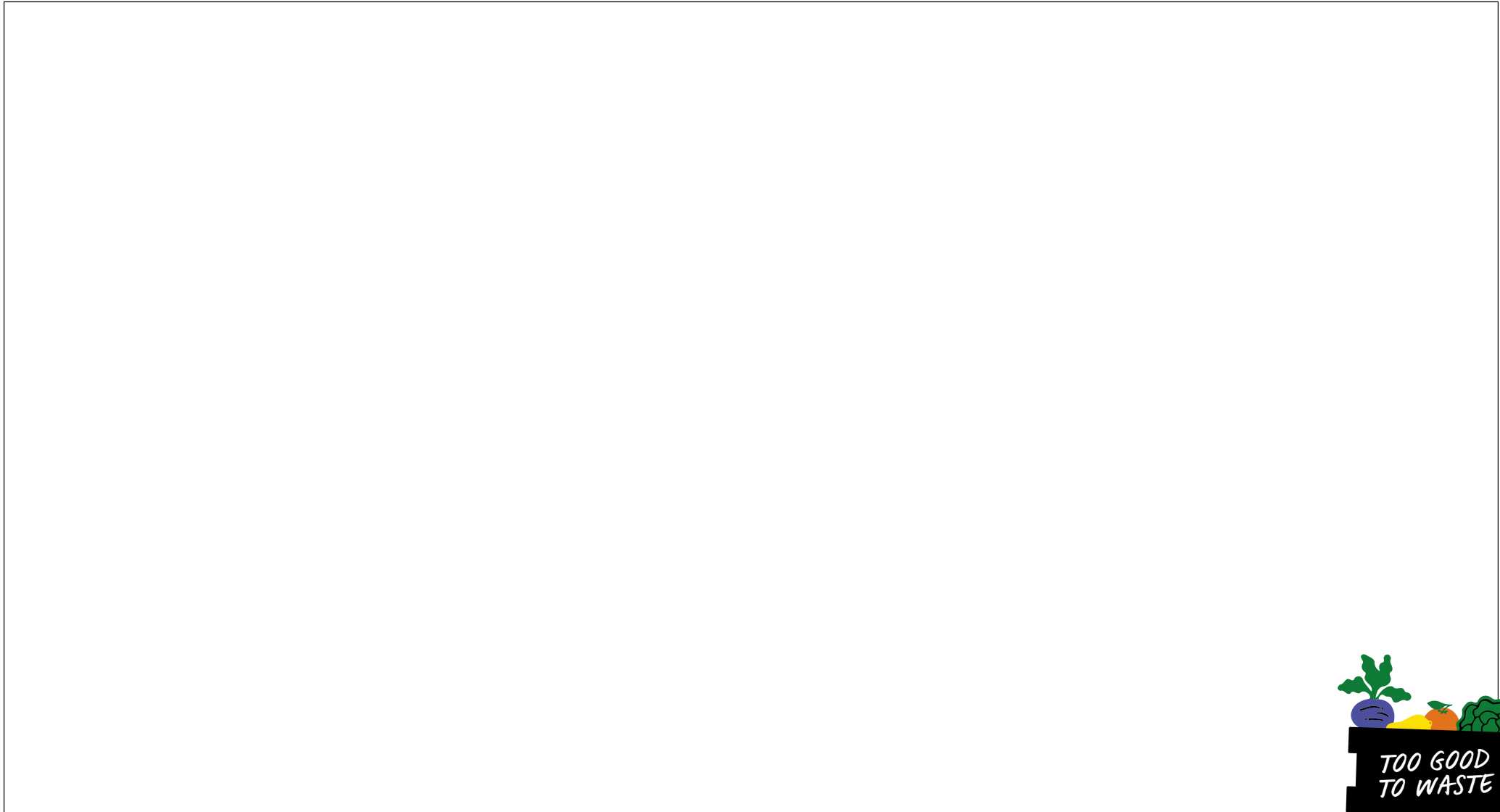
RESOURCE INFORMATION SHEET



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RESOURCE
'FIGHT FOOD WASTE' PROMO



RESOURCE EVALUATING



➤ Using your criteria for success, evaluate your 'Use It Up' Recipe Card, Information Sheet and Food Expo promotion.

1. Did you meet the design brief requirements?
2. How can your recipe and 'Fight Food Waste' promo have a positive impact on the planet?
3. How can healthy food choices have a positive impact on our bodies?





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