



FEAST TM

**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 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. Identify one storage tip to make your
 - B) recipe last longer. Explain how the recipe encourages people
 - C) to eat a variety of food. Explain one way you would cook or
 - D) prepare your recipe to maintain or improve the nutritional properties 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 Card 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.

CREATE
CHANGE
IN THE
WORLD

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>Example: choice of ingredients, allergies, less than 30 minutes.</p>	<p>Example: must be completed within the practical lesson time frame, must include a top wasted food and must target adolescents (your classmates).</p>
<p>The recipe must be considerate of classmates who may have food allergies or intolerances. The recipe must consider classmates who may be unable to eat certain types of food based on their religious or cultural beliefs. We need to ensure that the food we use is stored and prepared safely for cooking and consumption.</p>	<p>The recipe must include a variety of foods.</p> <p>Thinking about our school kitchen set-up, we can only use the equipment we have at our disposal.</p> <p>The recipe must not exceed our budget.</p> <p>The recipe must be able to be prepared and cooked within a set timeframe (e.g. one period of school).</p> <p>We need to ensure that we have adequate space and appropriate facilities to store and prepare our ingredients safely.</p> <p>We have included commonly wasted food items in our recipe design.</p> 

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?



Were there any food allergies, intolerances and cultural factors we had to consider when buying/choosing ingredients and designing our recipes?

Which commonly wasted food item did we include in our recipe?

Based on the choice of ingredients, why would this recipe be considered a positive food choice?

What steps did we take to ensure that our ingredients were stored, prepared and cooked safely?

How did we meet the budget and time constraints of cooking a recipe at school?

What equipment did we use at school, that can easily be replicated in a home kitchen?

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.

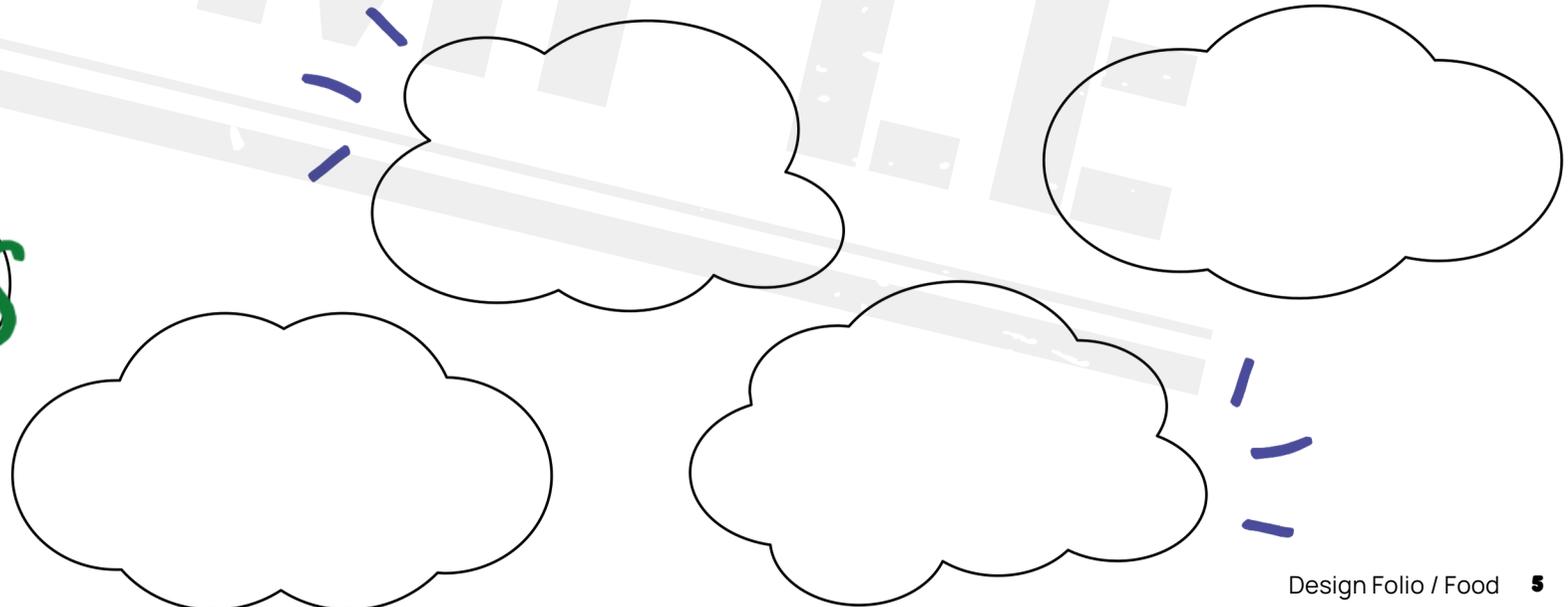
Example: Food Fighters, Future Thinkers, Change Makers etc.

— 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.

We should care about the issue of food waste because wasting food wastes precious resources and contributes to climate change.

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

2. [fao.org/3/i3347e/i3347e.pdf](https://www.fao.org/3/i3347e/i3347e.pdf)

3. [fao.org/platform-food-loss-waste/en/](https://www.fao.org/platform-food-loss-waste/en/)

4. [dccceew.gov.au/sites/default/files/documents/national-food-waste-strategy.pdf](https://www.dccceew.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?

Food waste is when edible food ends up in landfill. We need to reduce food waste to stop methane emissions, prevent precious resources like water and land being wasted and to be able to feed everyone in our world.

Food scraps that can't be eaten should be put into compost bins, added to worm farms or fed to animals like chickens and guinea pigs. Currently, most food scraps end up in landfill.

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

We buy too much food. We cook too much and then don't freeze or eat the leftovers. We don't check what we have in our fridges and pantries and overlook food items pushed to the back. We buy take-away instead of using what we have at home already

Identify the top wasted foods.

The top wasted foods include;

Vegetables
Fruit
Bagged salads
Bread
Leftovers

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

<p>T = topic sentence</p>	<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>
<p>E = elaborate or provide more explanation of idea in topic sentence</p>	
<p>E = give some evidence to support the topic presented in the paragraph</p>	
<p>L = linking sentence making connections between paragraph and main argument of the text</p>	

**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>Food waste is a huge problem in Australia. Each year millions of tonnes of perfectly edible and nutritious food is going to waste and ending up in landfills around the country. It is necessary for every Australian to start taking action in the fight against food waste.</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>Food Waste is driving climate change and wasting precious resources. When food goes to landfill, it rots, releasing methane. Methane gas is twenty times more harmful to the planet than regular CO2 emissions. In fact, if food waste were a country, it would be the third highest emitter of greenhouse gases, (after USA and China). (1)</p>
<p>E = give some evidence to support the topic presented in the paragraph</p>	<p>Paragraph 1 Topic sentence Elaborate Example Link</p>	<p>Food Waste in landfill is releasing more dangerous gases than the entire aviation industry! (2)</p> <p>Every piece of food has a water footprint and a carbon footprint. In other words, each piece of food contains/has used precious resources. When food is thrown away, the resources are also thrown away. Beef is a good example of using precious fresh water. Half a kilo of beef (eg typical size of mince on a tray) takes, on average, 6,813 litres of water to produce. (an average shower is 50 litres). So that is over 136 showers for one tray of beef! (3)</p>
<p>L = linking sentence making connections between paragraph and main argument of the text</p>		<p>The Carbon footprint refers to the fossil fuels used in the production of food-the machinery, the fertilisers, the electricity, the trucks, ships or planes to transport, the refrigeration to store it, the plastics to wrap it etc. One litre of milk is responsible for 1.39 kilograms of CO2 being released to the atmosphere. (roughly equivalent to a 20 minute car trip!) (4)</p>