



# FEAST

FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

## STUDENT RESOURCES

### TEACHER ANSWERS



# TASK SHEET

## QUESTION

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

TOAST ME!

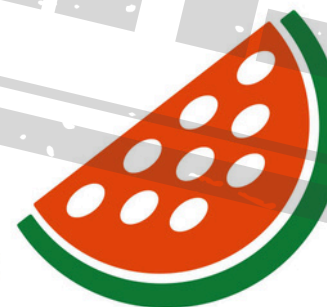
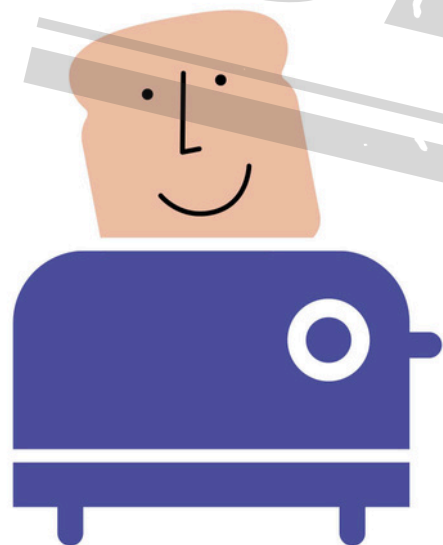
## SCENARIO

- 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.

**BENDY IS  
TRENDY**



### **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 eating a variety of foods 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 eating a variety of foods.
- 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 and explore the issue further by using Google and other search engines.

1. Learn about the journey of a carrot by viewing 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

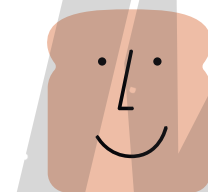
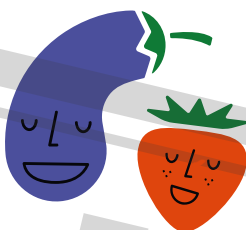
<https://www.abc.net.au/education/for-the-juniors-where-does-bread-come-from/13497916> (6:44min)

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

Fruits and vegetables are grown in many different ways. Pears, apples and oranges grow on trees. Grapes and watermelons grow on vines.

Vegetables grow 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 honeycomb. 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 and milk is then pumped into large vats at the processing plants. Milk is packaged into cartons or bottles, or can be used to make cream, butter, yoghurt, ice cream or cheese.

## STEM CHALLENGE

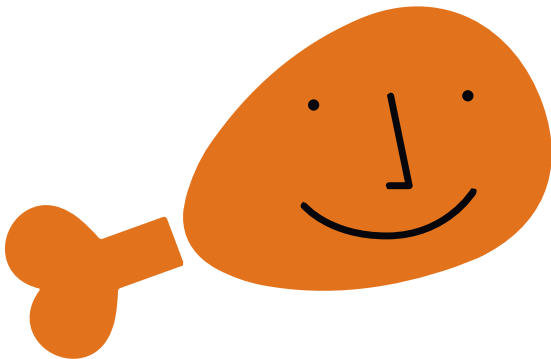


— What recipes can be created using food that might otherwise be wasted?

### STEM CHALLENGE: CREATE A HYPOTHESIS

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

**KEEP ME  
AND EAT ME**



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

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

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

**2.** Wasting food is bad for the environment

This is not a 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 a hypothesis because it makes a prediction and proposes a possible explanation.

**4.** A third of all food produced is wasted

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

**5.** Bananas are tastier than apples

This is not a 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 then they will keep from sprouting.

# FOOD WASTE



Use links below:

- Food Waste Facts by OzHarvest  
<https://www.ozharvest.org/food-waste-facts/>
- Top Five Wasted Foods by Woolworths  
<https://www.woolworths.com.au/shop/discover/food-savers/top-5-wasted-household-food-items?srsId=AfmBOoqw6ePm3hOd5TfPYQ6J6KBI-vjShnyZxCBkPjMIPdxp7NQGeryZ>
- Fight Food Waste by OzHarvest  
<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 by using ingredients up and loving 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 household 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.

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



FOOD NAME	PLUS (OR ADVANTAGES)	MINUS (OR NEGATIVES)	INTERESTING (WHAT YOU THINK IS INTERESTING)
<b>BREAD</b>	 Eg: Stale bread can be made into breadcrumbs for chicken schnitzel.	 Eg: When bread gets mould on it, it is unsafe to eat and needs to go in the bin.	 Eg: To transform stale bread sprinkle with water and pop briefly in a warm oven.
<b>BANANAS</b>	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 in the freezer.
<b>STRAWBERRY</b>	Strawberries can be made into jam, used in pies and made into smoothies.	Only wash strawberries right 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.
<b>CHEESE</b>	Cheese adds a great flavour to cooking.	Cheese is not suitable for people who have a dairy allergy. Non-dairy cheese alternatives, including cashew cheese, are a good option for non-dairy eaters.	Cheese is so diverse and every culture and country has it's own variety of cheese.
<b>CHICKEN</b>	Chicken is a versatile protein that can be included in a variety of dishes and cuisines.	If chicken is not cooked thoroughly and stored properly, or if raw chicken contaminates utensils or chopping boards, it can cause foodborne illnesses.	A chicken produces the eggs that we eat. If you have pet chickens they can also eat your kitchen scraps.

# FOOD GROUPS - EXPLORING FRUIT, VEGETABLES & LEGUMES



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List the five food groups:

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



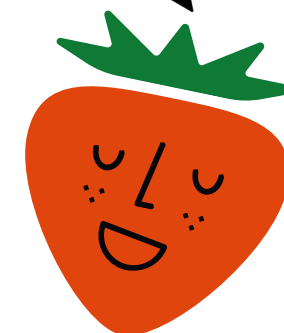
— List or draw fruit, vegetables and legumes that you have not tried. Choose one to research and provide three interesting facts about that food.

- e.g. asparagus
- e.g. dragon fruit
- 
- 

3 interesting facts about Asparagus

1. There are many different varieties including green, white & purple.
2. China grows (and eats) the most asparagus in the world.
3. It takes 2-3 years for asparagus to grow from seed to harvest.

**EAT ME!**





# FOOD GROUPS

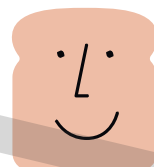


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— Using the 5 Food Groups webpage, view the foods that belong to each group and list foods from each food group that you have not tried. Visit:

<https://www.eatforhealth.gov.au/food-essentials/five-food-groups>

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



## 1.GRAINS & CEREALS

e.g. polenta, quinoa...



## 2.VEGETABLES & LEGUMES

e.g. eggplant, chickpeas...



## 3.FRUIT

e.g. dragon fruit, mango...



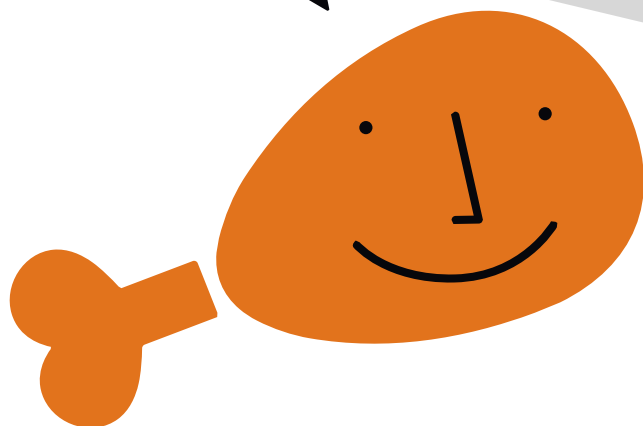
## 4.MILK, YOGHURT & CHEESE

e.g. almond milk, soy yoghurt...



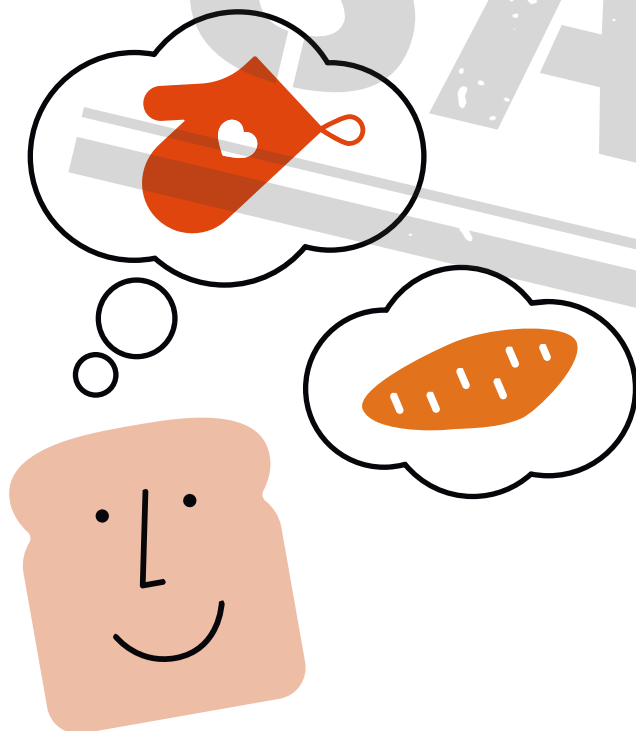
## 5.MEAT, FISH, POULTRY, EGGS & NUTS

e.g. Brazil nuts, salmon...



## 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?

e.g. apple, banana, yoghurt and orange.

**2.** What equipment is needed for the recipe?

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

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

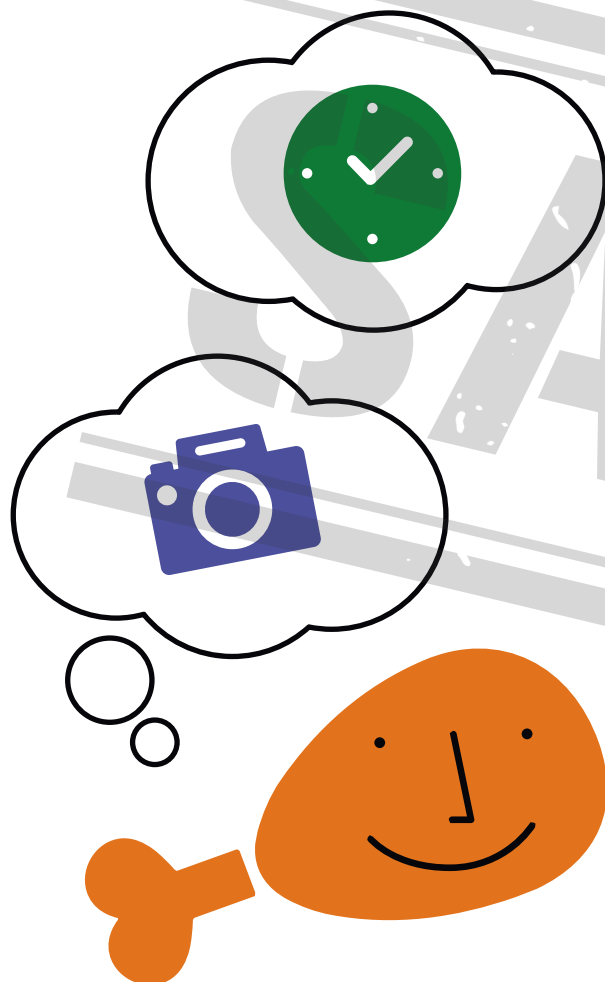
e.g. in picture format using photography or drawings.

**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. photography of steps involved.



6. What technology is needed for the design?

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

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

e.g. practical tips on fighting food waste at home or school, such as packing your own lunch, starting a school compost, shopping with a list, and storing food correctly. Information on the most commonly wasted foods. e.g. tips about how to eat a variety of foods and what we have used in our recipe, such as choosing to use a fruit or vegetable that you don't usually eat.

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.