



Food Waste K-2 Teacher's Guide

Literature Connections

1. My Food, Your Food, Our Food, Emma Carson Berne
 2. Miguel's Community Garden, JaNay Brown-Wood
 3. Compost Stew: An A to Z Recipe for the Earth, Mary McKenna Siddals
- Reading Response: Critical Thinking Questions
 - What are some of your favorite foods? Do you eat all of those foods or are there parts of your favorite foods you don't eat? Explain.
 - Where do you get the food you eat? Grocery store, farmer's market, food bank, family or community garden?
 - What do you think food waste is?

Student Page Activities

- Talk about food waste.
 - Activity 1: Use the definition on the student activity page and have them follow along with you. Discuss reasons they think people waste food. Write their responses in a place for the class to see.
 - Activity 2: Have students identify some of their favorite foods and circle the parts of those foods they may not eat, for example, a banana peel or tomato on a sandwich. Discuss why those things are not eaten and what could be done with them instead of throwing them in the trash.
 - Activity 3 and 4: Conduct a mini-audit. Looking at how much food they have and how much is wasted. What suggestions do they have for reducing waste?
 - Activity 5: Pledge to reduce the amount of food they waste.
 - Make social-emotional connections.
 - How do you feel about food waste?
 - When you notice food being wasted what are some ways you can handle the situation?

Class Action

- Schedule time to pick up litter on the school grounds or nature nearby (don't forget to recycle what can be recycled). Remember to track your trash using the Litterati app or the data collection forms. Scroll down the page to find the forms under K-12 School Challenge Materials.
<https://cleanearthchallenge.com/>

Food Waste

Name: _____

1. **What is food waste? Let's read the definition together.**

Food waste is food that is not eaten and is thrown in the trash or on the ground.

2. **Draw or write the names of four foods you like to eat. Circle any parts of the food you don't eat. For example, if you like apples, you may circle the stem.**

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3. **At lunch today, count all your food items individually. At the end of lunch, how many food items did you throw away? For example, if you are served or brought carrots for lunch, count the total number of carrots you started with and then how many you threw away at the end of lunch.**

_____ Total number of food items at the beginning of lunch.

_____ Total number of food items I threw away at the end of lunch.



Food Waste

4. Use your favorite color to make a square by ways to reduce food waste.

_____ Take or ask for less food.

_____ Share leftover food with a friend.

_____ Throw it on the ground at recess.

_____ Place my food scraps in a compost bin.

_____ Throw my uneaten food in the trash.

5. I, _____, pledge to waste less food, to help keep food waste out of the landfill and off the streets where wildlife can get hurt.



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Food Waste 3-5 Teacher's Guide

Literature Connections

1. Uncle John's City Garden, Bernette Ford
2. Soul Food Sunday, Winsome Bingham
3. How Did that Get in My Lunchbox, Chris Buttersworth
 - Reading Response: Critical Thinking Questions
 - In what ways and where do you see food wasted?
 - Where do you think your food comes from?
 - How can food thrown out on the side of the road impact wildlife?

Student Page Activities

- Conduct a lunchtime food audit. A graduated bucket is required. A scale is optional. Review the video before conducting the activity. Note: This is a great opportunity to take learning outside--let's picnic!
- Watch the video: #ShrinkFoodWaste, <https://youtu.be/nPI5gsar3Wc>. Follow the steps to estimate food waste outlined in the video. Have the kids work in pairs or small groups to calculate daily and yearly food waste.
- Create an action plan to reduce food waste and include ways to include and motivate the whole school.
- Make social-emotional connections.
 - How do you feel when you see wasted food?
 - What role does food play in your family gatherings?
 - Finish this sentence: When I work with others to solve a problem...

Class Action

- Schedule time to pick up litter on the school grounds or nature nearby (don't forget to recycle what can be recycled). Remember to track your trash using the Litterati app or the data collection forms. Scroll down the page to find the forms under K-12 School Challenge Materials. <https://cleanearthchallenge.com/>

Food Waste

Group Names: _____

Food Waste Audit

1. Before starting your audit, review items that can be composted. After the group finishes their meal, sort the group's leftovers into two piles, one for the trash and one that can be composted. Also, consider which non-food items can be recycled.

2.	Food Items for the Compost	Food Items for the Trash

3. List non-food items that can be recycled from your group's lunch.



Food Waste

4. Food Waste Action Plan

Answer the questions below starting on this page and continuing on another piece of paper.

- What is the problem, concern, or needed improvement and why is it needed?
- What action(s) will the group/class take? Consider how to persuade others to change their mindset or behaviors and try new things.
- How will we check our progress?
- What will it look like, or what will happen if our actions are successful?
- What materials will be needed to solve the problem or make improvements?



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Food Waste MS-HS Teacher's Guide

Literature Suggestions

1. Three Keys to a More Equitable Approach to Food Waste Management, Christopher Dipnarine | <https://bit.ly/FoodWaste-1>
2. The Environmental Impact of Food Waste | <https://moveforhunger.org/the-environmental-impact-of-food-waste>
3. Food Waste | Harvard T.H. Chan School of Public Health | <https://www.hsph.harvard.edu/nutritionsource/sustainability/food-waste/>
4. Goal 12: Responsible Consumption and Production: Global Food Loss and Waste | Food and Agriculture Organization of the United Nations | <https://bit.ly/3LIM0Y3>
 - Reading Response: General Critical Thinking Questions
 - Why should people care about food waste?
 - What impact does food waste have on the community/on the environment?
 - What is the relationship between food waste and food security?
 - What does food waste look like at school/at home?

Student Page Activities

- Students will develop a methodology to investigate and measure food waste at school.
- Develop and implement a food waste action plan.

Class Action

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Food Waste

Group Names: _____

Food Waste Methodology

Your group is tasked with developing a way to investigate food waste at school. Use the questions below to help your group work through your ideas. Add any other questions that are useful in keeping the investigation moving forward.

- How will we define food waste at school and what does it look like?
- What is the question we are asking or what problem are we trying to solve/improve? Be specific.
- What materials or permissions do we need to conduct this investigation?
- How long will we conduct this investigation?
- What data will we collect and how will it be recorded (spreadsheet/charts/graphs)? Be realistic. Do not overcomplicate your methodology with too many variables.
- How frequently will we collect data? What is our control? What are our variables?
- How will you communicate the group's plan, progress, and analysis?
- Identify group roles and responsibilities.



Food Waste

Group Names: _____

Food Waste Action Plan

As a group, develop and implement an action plan. Key components will be sharing your message widely, engaging others to participate, and sharing the school's progress.

Use the following questions to develop the group's action plan. Begin planning below or use another tool to capture the group's plan.

- What is the problem, concern, or needed improvement and why is it needed?
- What action(s) will the group/class take? Consider how to persuade others to change their mindset or behaviors and try new things.
- How will we check our progress?
- What will it look like, or what will happen if our actions are successful?
- What materials will be needed to solve the problem or make improvements?



Food Waste

Food Waste Action Plan-Continued

- What is the problem, concern, or needed improvement and why is it needed?
- What action(s) will the group/class take? Consider how to persuade others to change their mindset or behaviors and try new things.
- How will we check our progress?
- What will it look like, or what will happen if our actions are successful?
- What materials will be needed to solve the problem or make improvements?