

EARTH DAY

EDUCATIONAL ACTIVITIES

GARB-OLOGY

Food waste occurs throughout the food system.

To begin the conversation about food waste, ask students if they have ever thrown away food after a meal, and then explain their reason for throwing away food.

Have students record how much food they waste; this can be recorded for a meal, a day, a week, etc. Students can analyze and interpret data based on their recorded figures individually and/or as a class. Next, students discuss potential solutions for preventing food waste.

MESSY MATH

Have students estimate how much trash they think they produce a day. Encourage them to consider what takes up the most space in their trash. Brainstorm how they might reduce their waste.



DIGGING DEEPER

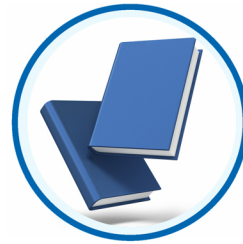
- ⚙️ What can be done to reduce food waste at school?
- ⚙️ What can be done to reduce food waste at home?
- ⚙️ If you buy lunch at school, are there certain items you must take?
- ⚙️ In the cafeteria, are students eating all or most of the food on their tray and/or from their lunch?
- ⚙️ How much food is thrown out daily in the cafeteria?
- ⚙️ What foods are being discarded at home? in school?

MEASURING YOUR FOOD-PRINT

Research how far food travels and the effects on the environment. Have students discuss how trash impacts the environment.

WATCH YOUR WAIST/WASTE

Encourage sensible portions at mealtimes. Take only the food items you want to eat. Try to eat a variety of colors every day!



Book Worms

Consider earth friendly reads like:
Compost Stew:
An A to Z Recipe for the Earth
by Mary McKenna Siddals



Baking Music

Turn unused kitchen equipment and/or utensils into musical instruments



A FORK of Art

Turn unused kitchen equipment and/or utensils into sculptures or other works of art

aPEELING FOODS

EDIBLE PLANTS

Discuss edible plant parts. Consider food items such as carrots. Discuss how the tops and bottoms can be eaten. Conduct food challenges such as trying the skin on a kiwi. Research edible flowers. Did you know you can eat the blossoms on a zucchini plant? Pansies, roses and violets are edible and can make your salad or iced tea as beautiful as it is tasty!

DO THE RIPE THING

Explore vocabulary such as expiration date, perishable food, and best by dates. What do these dates mean? If a food is past the manufacturer's date, does it need to be thrown out? Keep in mind, these dates indicate quality not safety. Compare dates of different types of food (bread, soup, pickles, fresh produce) and food packages (frozen, canned, fresh, refrigerated). Discuss how different foods and food packages may affect these dates.



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