HOW CAN WE USE FOOD WASTE?

SUPPORT MATERIALS

If you need further support on specific aspects of outdoor learning these materials can enhance the engaging experiences you are providing. They can support you as you design, plan and implement your curriculum. Outdoor learning is a great way to develop learners' integral skills (creativity and innovation, critical thinking and problem-solving, personal effectiveness, planning and organising). You will want to focus on why learning matters and ensure you are meeting your learners' needs.

These materials show paths that could be taken through the activity. These are not meant to be prescriptive. You should adapt your approach depending on your learners' needs and interests and your local area.

OVERVIEW

Learners explore food waste using a photograph and discuss what might happen to food that is not eaten. They consider food waste data for Wales and make a one-minute advert to encourage others to waste less food. Learners investigate how food waste scraps can be composted and recycled. They try to grow fruit and vegetables from food waste scraps and reflect on the process.

CURRICULUM FOR WALES

Areas explored:

- Expressive Arts
- Health and Wellbeing
- Languages, Literacy and Communication
- Science and Technology

Activity also incorporates aspects of cross-curricular skills outlined in the LNF and DCF.

RESOURCES

Internet enabled device and internet access.
Means of growing fruit and vegetables from food scraps - compost, soil, pots, food scraps, simple gardening equipment.

DOING THE ACTIVITY

- Most tasks require learners to work in pairs or groups.
- Encourage learners to share their ideas, and through open questioning, explain and justify their ideas when possible. Focus questions have been suggested to guide learners through the tasks.
- Some tasks might be more effective if pairs or groups of learners have access to an internet enabled device.
- When taking learners outdoors, it is essential that the Countryside Code is adhered to and any relevant risk assessments have been carried out with risks mitigated.

TASK 1

WHAT IS FOOD WASTE?

Learners are shown an image of expired vegetables in a large bin and invited to use a range of question starters to discuss and find out more about the image. Ask them to consider the last meal they ate, the parts they didn't eat and what they think happened to this food.

Every March there is a 'Food Waste Action Week'. This site contains data about food waste, links to other sites about this issue and you can enter your postcode to find how to correctly dispose of your inedible food - Preventing food waste - Love food Hate Waste.

Many other sites provide background information on this subject, e.g.

- Reducing Food Waste: Green Choices - Climate Action Wales
- Recycling data for Food waste - My Recycling Wales

Learners are provided with food waste data for Wales, watch a video Food waste is powerful. Be Mighty, Recycle your food waste (about 1.5 minutes) and consider a range of questions.

Although there is a cost, Engineering Education Scheme Wales organise a hands-on classroom project that is launched with a one-hour in-school workshop designed to educate learners on the scale and impact of food waste: Sustainable Waste: Compost to Crop - EESW.

Finally, explain to learners that they are going to make a one-minute advert to encourage others to waste less food. They will share adverts with the class, give and receive feedback and use a reflection triangle to think about the process of making the advert.

TASK 2

HOW CAN WE RECYCLE FOOD WASTE SCRAPS?

Explain to learners that food waste scraps, if uncooked, can be turned into garden compost and encourage them to consider what they know about compost and compost bins. You could contemplate starting to compost at school, if you don't already do so. To find out more see:

- How to set up home composting - Wales Recycles
- Composting for schools - RHS Gardening
- Composting project launched at Llanfoist Fawr Primary School - South Wales Argus

Inform learners that you can recycle fruit and vegetables from food waste scraps and that after watching the video 15 Fruits & Vegetables You Can Grow from Kitchen Scraps (about 7 minutes), the class is going to try to grow fruit and vegetables from food waste scraps.

Invite learners to make a list of the things that can be grown from food waste scraps and to carry out further research. For example, they could look at websites such as:

- Regrow From Scraps: 12 Fruits or Vegetables You Can Regrow – Food Revolution
- 20 Vegetables You Can Re-Grow From Scraps – Rural Sprout

Encourage groups of learners to share ideas and decide what each group will try to grow. Learners should prepare food waste scraps to grow, starting inside and when they are large enough, transplant them outside, caring regularly for the plants. After harvesting the fruit and vegetables, invite learners to reflect on how well things grew and why.

Matt Pritchard and Chris Roberts have a campaign to reduce food waste: Dirty Vegan Matt Pritchard and Chris 'Flamebaster' Roberts launch new Be Mighty. Recycle drive to cut £786 million food waste bill in Wales - Wales Recycles.

Useful links

Here are some links that might be worth exploring for each Designated Landscape:

Anglesey National Landscape

Recycling centres and recycling banks – Isle of Anglesey County Council

Recycling banks on Anglesey – Isle of Anglesey County Council

Bannau Brycheiniog National Park

Powys: Household Recycling Centres - Powys County Council

Carmarthenshire: Recycling Centres - Carmarthenshire County Council

Monmouthshire: Household waste recycling centres - Monmouthshire County Council

Clwydian Range & Dee Valley National Landscape

Denbighshire: Visiting our Recycling and Waste Parks - Denbighshire County Council

Flintshire: Household Recycling Centres - Flintshire County Council

Eryri National Park

Conwy: Household Recycling Centres - Conwy County Borough Council

Gwynedd: Bins and recycling - Gwynedd County Council

Gower National Landscape

Recycling centres - Swansea Council

Llŷn National Landscape

Bins and recycling - Gwynedd County Council

Pembrokeshire Coast National Park

Waste and Recycling Centres - Pembrokeshire County Council

Wye Valley National Landscape

Household waste recycling centres - Monmouthshire County Council

Other useful activities on Tirlun

Other activities on Tirlun that consider waste and recycling include:

- What can we do about rubbish?
- What to do with rubbish in Pembrokeshire Coast National Park?
- What to do with rubbish in Anglesey National Landscape?
- What to do with rubbish in Llŷn National Landscape?

In addition, activities on Tirlun that consider pollution include:

- What is pollution?
- How safe is sea swimming in Anglesey National Landscape?
- How safe is sea swimming in Pembrokeshire Coast National Park?
- How safe is wild swimming in Bannau Brycheiniog?
- How safe is wild swimming in Eryri?
- How safe is wild swimming in the Wye Valley?
- Surfing on the Gower
- Surfing off the Llŷn Peninsula
- What can we see in the dark in Clwydian Range and Dee Valley?
- What can we see in the dark on Anglesey?

These can all be adapted for any location.