



## **South Lanarkshire Council, Food Waste Project with Zero Waste Scotland**

### **Equipment Required:**

- Scales to weigh the waste
- Gloves and aprons to protect the waste warriors when weighing the waste
- Banner to promote and signpost in dining hall
- Hi-vis vests for the waste warriors to be seen

### **Paperwork and Teaching Resources:**

- Zero Waste Scotland's [Food Waste Monitoring Toolkit for Teachers and Pupils](#)
- Zero Waste Scotland's [Whole School Education Pack 'Fighting Against Food Waste'](#) including a lesson overview and download of '[An Autopsy of Food Waste](#)' ppt.
- Posters to inform and stimulate discussion [Food saving action poster](#) and [Food waste in Scotland poster](#)

Lots of other resources for different stages are available via [Zero Waste Scotland's Food Waste Primary School Resource](#).

- [P1 - 3 Education Pack](#)
- [P4 - 6 Education Pack](#)
- [P6 - 7 Education Pack](#)

### **During Lunch Time:**

Waste warriors should try to chat with pupils when they are emptying their trays to gather information on why they are throwing away anything edible / encourage them to eat more / get any other feedback about the food they were provided with.

Refer to the Food Autopsy guidance within the Whole School Resource pack.

### **Completing Daily Totals:**



ALWAYS REMEMBER TO GET THE DAILY TOTAL OF MEALS SERVED FROM THE COOK IN CHARGE. Write clearly and use the whole [Monitoring Toolkit document](#) to update what types of waste was the most common. Write more rather than less as the information gathered is extremely helpful.


Photos are great to document your activities.

## Zero Waste Scotland, 'Fighting Against Food Waste' P1 - P3

Summary of Zero Waste Scotland's [Education Pack, 'Fighting Against Food Waste' P1- P3 Resource](#)

Use the Education Pack to support the delivery of these 3 lessons with a 'starter', 'main', 'dessert' and 'extra helping' activity. Pupil worksheets are within the [Education Pack](#) and can be printed for use in the classroom.


<p><b>P1 – P3 Lesson 1: <a href="#">Be a Food Saving Hero</a></b></p>	<p><b>Overview:</b> This lesson introduces the idea that a lot of effort goes into getting food from farm to fork and when we waste food, we also waste the effort that went into making it. Over the next three lessons learners will be inspired to save food from the bin, earning different powers when completing each activity, ultimately becoming 'food saving heroes.'</p>	<p><b>Learning Intention:</b> We are learning about why it is important to save food from the bin because we understand the effort that goes into making it and the harm it can cause when it is put in the rubbish bin.</p>	<p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>• Print the '<a href="#">Life of a strawberry</a>' worksheet Pg.6 - 1 per learner.</li> <li>• Print the '<a href="#">Build a roll</a>' worksheet Pg.7 - 1 per learner.</li> <li>• Print the '<a href="#">Food saving hero</a>' worksheet Pg.8 - 1 per learner.</li> <li>• Display '<a href="#">Farm to fork</a>' Download PowerPoint.</li> <li>• '<a href="#">The Extraordinary Life and Times of Strawberry</a>' video clip</li> </ul>	<p><b>Curriculum Links:</b> HWB 0-35a, HWB 1-35a MNU 0-01a SCN 1-02a, SCN 1-04a SOC 0-07a, SOC 0-08a, SOC 1-08a</p> <p><b>Global Goals:</b></p> 
<p><b>P1 – P3 Lesson 2: <a href="#">Food Transformers</a></b></p>	<p><b>Overview:</b> This lesson explores how food can be used in different ways through a practical taste test. Learners are encouraged to challenge their preconceptions about different types of fruit and 'ugly' produce. For instance, they might not eat a brown banana but what about a banana smoothie?</p>	<p><b>Learning Intention:</b> We are learning that food can be transformed into different things and eaten in different ways. We understand that by doing this we are saving food from the bin and protecting our planet.</p>	<p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>• '<a href="#">Farm to fork</a>' PowerPoint used in lesson 1 - you will need slides 3 and 7.</li> <li>• You will need the 'Food saving hero' worksheets completed in lesson 1.</li> <li>• On the right of this worksheet there are four superpower stars for learners to colour in when they have developed them.</li> <li>• Print '<a href="#">Taste test</a>' worksheet Pg.12 - 1 per 2-3 learners.</li> <li>• Odd looking fruit and veg - brown bananas, bruised, scarred or misshapen fruit or veg.</li> </ul>	<p><b>Curriculum Links:</b> HWB 0-30a, HWB 0-35a SCN 1-02a SOC 0-08a SOC 1-08a TCH 0-02a</p> <p><b>Global Goals:</b></p> 







			<ul style="list-style-type: none"> <li>• Make a smoothie using left over fruit, recipe suggestion can be found <a href="#">here</a>.</li> <li>• Word cloud link: <a href="#">wordle</a></li> </ul>	
<b>P1 – P3 Lesson 3: Practical Powers</b>	<p><b>Overview:</b> This lesson introduces the idea of saving food from the bin through correct storage and portioning in an interactive and engaging way that builds on the learning from the previous lessons.</p>	<p><b>Learning Intention:</b> We are learning to save food from the bin by storing it in the right place and not taking too much because we understand that putting food in the wrong place makes it go off quicker and taking too much can lead to waste.</p>	<p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>• Print the '<a href="#">Storage snap</a>' worksheet Pg.19 - 1 per learner.</li> <li>• Display the '<a href="#">Storage song</a>' (Pg.20) on a whiteboard.</li> <li>• Have '<a href="#">Oh My Darling Clementine</a>' song ready to play for singing the 'Storage song'</li> <li>• Food Standards <a href="#">eatwell plate</a></li> <li>• Display the '<a href="#">Portion poem</a>' (Pg.21) on a whiteboard.</li> <li>• Online game '<a href="#">Cookin Castle</a>'</li> </ul>	<p><b>Curriculum Links:</b> HWB 0-30a, HWB 0-32a LIT 0-10a, LIT 1-04a MNU 0-01a, MNU 0-20b SCN 1-02a, SCN 1-04a SOC 0-08a, SOC 1-08a TCH 0-02a</p> <p><b>Global Goals:</b></p> 
<b>Additional links/ resources</b>	<p><b>United Nations Global Goals:</b> <a href="#">BBC Bitesize</a> <a href="#">All Aboard for Global Goals</a> <a href="#">SDGs for the Early Years</a> <a href="#">Scotdec- Explore Global Goals</a></p>	<p><b>Royal Highland Education Trust (RHET)</b> <a href="#">Resource portal – Early Level</a> <a href="#">Resource portal – First Level</a></p>	<p><b>Explorify</b> <a href="#">What is a balanced diet for us and the planet?</a> <a href="#">Sweet and Shiny</a> <a href="#">Apple Orchard</a></p>	<p><b>Zero Waste Scotland Posters</b> <a href="#">Food saving action poster</a> <a href="#">Food waste in Scotland poster</a></p>

## Zero Waste Scotland, 'Fighting Against Food Waste' P4 – P6

Summary of Zero Waste Scotland's [Education Pack, 'Fighting Against Food Waste' P4 – P6 Resource](#)

Use the Education Pack to support the delivery of these 3 lessons with a 'starter', 'main', 'dessert' and 'extra helping' activity. Pupil worksheets are within the [Education Pack](#) and can be printed for use in the classroom.



<p><b>P4 – P6</b> <b>Lesson 1:</b> <b><a href="#">Shock Spending Scandal</a></b></p>	<p><b>Overview:</b> This lesson looks at the extent of food waste in Scotland and the financial implications of wasting food that could have been eaten. Learners consolidate this information by writing a news article and performing a play about the 'spending scandal' and why they should value food and not waste it.</p>	<p><b>Learning Intention:</b> We are learning about the amount of food we throw away in Scotland that could have been eaten. We understand that by saving food we are also saving money and reducing our impact on the planet.</p>	<p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>• Print or share the '<a href="#">Food waste diary</a>' (Pg. 7) with each learner and ask them to record food waste in their home over one week.</li> <li>• Share the '<a href="#">Food waste in Scotland</a>' quiz (Pg. 8-9) with learners.</li> <li>• <a href="#">Short film</a> from the Food and Agriculture Organisation of the United Nations</li> <li>• Download and display '<a href="#">Shock spending scandal</a>' PowerPoint.</li> </ul>	<p><b>Curriculum Links:</b> EXA 1-01a, EXA1-02a, EXA 1-07a, EXA 1-13a, EXA 1-15a, EXA 2-01a, EXA 2-02a, EXA 2-07a, EXA 2-13a, EXA2-15a HWB 1-35a, HWB 2-35a MNU 1-20b SCN1-02a, SCN 1-04a SOC 1-08a TCH 1-03a, TCH 1-04b, TCH 2-03a, TCH 2-04b</p> <p><b>Global Goals:</b></p> 
<p><b>P4 – P6</b> <b>Lesson 2:</b> <b><a href="#">Your Country Needs You!</a></b></p>	<p><b>Overview:</b> This lesson looks at what life was like during World War II (WWII) and how rationing led to a greater appreciation of food with very little being wasted. It compares how much we valued food</p>	<p><b>Learning Intention:</b> We are learning that during World War II children like us would have valued food more than we do now, but we understand that even though our food is not rationed</p>	<p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>• Download and display '<a href="#">Your country needs you</a>' PowerPoint.</li> <li>• 3 eggs at different stages of freshness</li> </ul>	<p><b>Curriculum Links:</b> HWB 1-35a, HWB 2-35a LIT 1-04a, LIT 1-24a, LIT 1-26a, LIT 1-28a, LIT 1-29a SOC 1-14a, SOC 1-08a TCH 1-02a</p>


	then to how much we waste now. It looks at propaganda posters used during WWII and asks learners to create a poster to help reduce food waste.	we should still value it and save it from the bin.	<ul style="list-style-type: none"> <li>• Clear container or glass filled with water</li> <li>• <a href="#">‘Dig for Victory’</a> video</li> <li>• Download and display <a href="#">‘Shock spending scandal’</a> PowerPoint (optional)</li> <li>• <a href="#">Interactive game</a> about rationing during WWII</li> </ul>	<b>Global Goals:</b>   
<b>P4 – P6 Lesson 3: <a href="#">Plate Promise</a></b>	<b>Overview:</b> This lesson consolidates the learning from the previous two lessons and provides information on practical ways that food can be saved from the bin. Learners create their own plate promise explaining what they will do personally to reduce the amount of food they waste.	<b>Learning Intention:</b> We are learning that small things like planning meals, understanding labels and storing food correctly can have a big impact on what we throw away. We understand that saving food from the bin is important.	<b>Resources:</b> <ul style="list-style-type: none"> <li>• Download and display <a href="#">‘Plate promise’</a> PowerPoint</li> <li>• Print <a href="#">‘Plate promise’ wordsearch</a> (Pg.19) worksheet - 1 per learner</li> <li>• <a href="#">‘Plate Promise Quiz’</a> (Pg 20)</li> <li>• Large paper plates - 1 per learner</li> <li>• White paper, pencils, scissors, and PVA glue</li> <li>• Images of food (you could ask learners to bring these in prior to the lesson)</li> <li>• Digital wall display created on a <a href="#">padlet</a></li> </ul>	<b>Curriculum Links:</b> HWB 1-35a, HWB 2-35a, HWB 2-36a SOC 1-08a, SOC 1-18a MNU 1-20b TCH 1-03a, TCH 2-03a TCH 1-04b, TCH 2-04b  <b>Global Goals:</b>   
<b>Additional links/ resources</b>	<b>United Nations Global Goals:</b> <a href="#">BBC Bitesize</a> <a href="#">Scotdec- Explore Global Goals</a> <a href="#">World’s Largest Lesson, ‘Teaching Global Goals for the First Time’</a> <a href="#">Learning Through Landscapes, ‘Our Global Goals’</a> <a href="#">Every Plate Tells a Story</a> <a href="#">‘What’s on my Plate’ poster</a>	<b>Royal Highland Education Trust (RHET)</b> <a href="#">Resource portal – First Level</a> <a href="#">Resource portal – Second Level</a>	<b>Explorify</b> <a href="#">What is a balanced diet for us and the planet?</a> <a href="#">Family Meal</a> <a href="#">Hungry Hedgehogs</a>	<b>Zero Waste Scotland Posters</b> <a href="#">Food saving action poster</a> <a href="#">Food waste in Scotland poster</a>

## Zero Waste Scotland, 'Fighting Against Food Waste' P6 – P7

Summary of Zero Waste Scotland's [Education Pack, 'Fighting Against Food Waste' P6- P7 Resource](#)

Use the Education Pack to support the delivery of these 3 lessons with a 'starter', 'main', 'dessert' and 'extra helping' activity. Pupil worksheets are within the [Education Pack](#) and can be printed for use in the classroom.

<p><b>P6 – P7</b> <b>Lesson 1:</b> <a href="#">The Road to Reduction</a></p>	<p><b>Overview:</b> In this lesson the environmental impact of food waste is explained both in terms of the effort involved in producing it and the gases released if it is sent to landfill. Learners are encouraged to think about what is wasted in their own homes and on a broader scale across the country including how Scotland has pledged to reduce what is thrown away.</p>	<p><b>Learning Intention:</b> We are learning that wasting food is bad for the planet because we understand that if we put it in the landfill bin it releases harmful gases and wastes all the effort that went into getting it to our plates.</p>	<p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>• Prior to this lesson ask learners to fill out a '<a href="#">Food waste diary</a>' (pg. 7) for one week.</li> <li>• Download and display '<a href="#">Road to Reduction</a>' PowerPoint</li> <li>• <a href="#">Short film</a> about carbon cost of food production</li> </ul>	<p><b>Curriculum Links:</b> HWB 2-35a MNU 2-01a, MNU 2-03a, MTH 2-05a, MNU 2-07a, MNU 2-11b SOC 2-08a TCH 2-02a</p> <p><b>Global Goals:</b></p> 
<p><b>P6 – P7</b> <b>Lesson 2:</b> <a href="#">Cultures of Taste and Waste</a></p>	<p><b>Overview:</b> In this lesson learners will explore the importance of valuing food by looking at how countries around the world celebrate food and use up leftovers in interesting ways. They will design their own leftover recipes and create a poem inspired by the traditional celebration of Scotland's national dish - 'Address to a Haggis'</p>	<p><b>Learning Intention:</b> We are learning how food is valued and celebrated in different cultures across the world and in Scottish culture. We understand that cooking with leftovers is a way of valuing food and saving it from the bin.</p>	<p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Photographs</a> from the book 'Hungry Planet: What the World Eats'</li> <li>• Download and display '<a href="#">Cultures of taste and waste</a>' PowerPoint.</li> <li>• Share the '<a href="#">Reimagining leftovers</a>' (Pg. 11) sheet with the class or print - 1 per learner.</li> <li>• Display '<a href="#">Address to a Haggis</a>' (Pg. 12) on a whiteboard/projector.</li> </ul>	<p><b>Curriculum Links:</b> HWB 2-33a, HWB 2-34a, HWB 2-35a SOC 2-08a, SOC 2-16c, SOC 2-19a</p> <p><b>Global Goals:</b></p> 

<p><b>P6 – P7</b> <b>Lesson 3:</b> <b><u>Investigating Change</u></b></p>	<p><b>Overview:</b> In this lesson learners will be introduced to key behaviours that help reduce food waste at home. They will put what they’ve learned to the test by conducting an experiment on where is best to store certain types of food. Finally, they will build on their existing knowledge and use their imaginations to design a technological solution to save food from the bin.</p>	<p><b>Learning Intention:</b> We are investigating the role of microorganisms in breaking down foods. We are learning why some storage places are better than others for food and how this can reduce our food waste if stored correctly.</p>	<p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>• Download and display ‘<a href="#">Investigating Change</a>’ PowerPoint.</li> <li>• Share ‘<a href="#">Waste Fighting Check Challenge</a>’ (Pg. 18) sheet with the class or print 1 per learner</li> <li>• Milk time-lapse <a href="#">video</a></li> <li>• Banana time-lapse <a href="#">video</a></li> <li>• Bread time-lapse <a href="#">video</a></li> </ul>	<p><b>Curriculum Links:</b> HWB 2-33a, HWB 2-36a SCN 2-13a, SCN 2-19a MNU 2-10a TCH 2-11a</p> <p><b>Global Goals:</b></p> 
<p><b>Additional links/ resources</b></p>	<p><b>United Nations Global Goals:</b> <a href="#">BBC Bitesize</a> <a href="#">Scotdec- Explore Global Goals</a> <a href="#">World’s Largest Lesson, ‘Teaching Global Goals for the First Time’</a> <a href="#">Learning Through Landscapes, ‘Our Global Goals’</a> <a href="#">Every Plate Tells a Story</a> <a href="#">‘What’s on my Plate’ poster</a></p>	<p><b>Royal Highland Education Trust (RHET)</b> <a href="#">Resource portal – Second Level</a></p>	<p><b>Explorify</b> <a href="#">What is a balanced diet for us and the planet?</a> <a href="#">Family Meal</a> <a href="#">Perfect Pinchers</a> <a href="#">Flying High</a> <a href="#">Alexander Fleming</a> <a href="#">Green for Growth</a> <a href="#">Can microorganisms be good for you?</a> <a href="#">Small but powerful</a></p>	<p><b>Zero Waste Scotland Posters</b> <a href="#">Food saving action poster</a> <a href="#">Food waste in Scotland poster</a></p>