

## How wasteful was my lunch? (KS2)

### Learning Objectives:

By the end of this session pupils should have learnt:

- That many packed lunch items have a lot of packaging which can be recycled
- The importance of reducing food and packaging waste
- How to reduce the amount of rubbish in a lunch box by making different choices

### Learning Outcomes:

Pupils will be able to:

- Identify items that create a lot of non-recyclable packaging
- Remember some of the problems associated with rubbish going to landfill sites
- Identify how to reduce the amount of rubbish from lunch boxes by choosing items with recyclable or reusable packaging

### National Curriculum Links:

*English KS2:*

- En1 Speaking & listening . *speaking, listening, group discussion & interaction*

*Science:*

- Materials & their properties . *grouping & classifying materials within an environmental context.*
- QCA Unit 3C: Characteristics of materials

*Geography:*

- Knowledge and Understanding of environmental change and sustainable development.
- Improving Our Environment - QCA Unit 8.

*Citizenship & PSHE:*

- Preparing to play an active role as citizens . *discuss topical issues, sustainable resource use*

*Cross Curricular:*

- Education for Sustainable Development
- Sustainable Schools: Doorway 4 . Waste & Purchasing

### Resources:

- Rubbish saved from packed lunches
- How wasteful was my lunch? Worksheet (see below)

### Activity Guidelines:

1. Ask the children not to throw away any of their rubbish at lunch time.
2. Children look at the packaging they have left over after lunch time and fill out the How wasteful was my lunch? Worksheet. (Pair up school dinner children with those who have packed lunches)
3. Discuss with the class the type of packaging that is left and remind them about what happens to this rubbish (i.e. it ends up in landfill taking up space and where the biodegradable material produces methane as it rots). Ask them whether they could have avoided some of the rubbish that has to go in the bin. For example:
  - using a reusable box for sandwiches instead of bags, cling film or foil
  - putting raisins, biscuits, cakes etc. from bulk buys into small reusable containers
  - refilling drink bottles instead of having drinks in cartons etc.
  - recycling fruit peelings in a compost bin at school or home
  - recycling plastic bottles at home
4. Ask the class to now design a waste free lunch on a plain piece of paper. The aim being to reduce the amount of rubbish going in the bin by using materials that can either be reused or recycled. Ensure the children label their drawings and say what the packaging is made from and how it can be reused, recycled or composted.
5. Organise a waste free lunch challenge day for the class/year group. Rubbish left over could be scored in the following way: reusable=0 points; recyclable/compostable= 1 point; and any waste that has to be thrown away= 2 points. The individual/class with the least amount of points wins!
6. The idea of a waste free lunch could also be repeated throughout the school year with the whole school getting involved or for example when planning a class party.

