



KIDS IN NUTRITION

Food Waste Reduction Series Overview

5th-grade

LESSON 1: FOOD FLOW FROM FARM TO FORK

Objectives

- Appreciate how food goes from the plant or animal to our plates
- Identify how food is produced, the resources used, and how to reduce food waste
- Describe why reducing food waste is important for the environment and the conservation of global resources



LESSON 2: PLANTING PLANT PARTS

Objectives

- Identify the parts of the plant and how they can be used in cooking or repurposed
- Eat or plant vegetable scraps instead of discarding them



LESSON 3: FOOD SAVING SALSA

Objectives

- Experiment with and mix up flavors and textures so that they can learn to prepare things the way they like them and expand the variety of foods they eat
- Create their own salsa recipe from leftover items in the refrigerator
- Practice using leftover ingredients in new ways



LESSON 4: LEFTOVER MAKEOVER

Objectives

- Explain the benefits of eating leftover foods
- List common dishes made from leftover foods
- Create a recipe from leftover foods



LESSON 5: DO I THROW IT OUT

Objectives

- Identify ways to reduce food waste when they go out to eat
- Learn how to redirect food and packaging away from the landfill
- Give examples of materials that can be composted, reused, and recycled
- Identify unique ways to reuse food packaging



LESSON 6: JEOPARDY REVIEW

Objectives

- Work as a team to solve problems
- Demonstrate knowledge from previous lessons

