

## Food

---

Measure the amount of food thrown away.

Develop awareness campaigns to reduce food waste.

Create a 'Community Fridge' where food that would otherwise go to waste can be stored and accessed by those in need.

Start a composting system for lunches that go uneaten and use the compost to grow food for the school canteen.

Hold 'Meatless Mondays', providing vegetarian alternatives.

Grow a sustainable food in a local garden or allotment, you can offer it for free, sell it to your local community or use as healthy ingredients.

Create a friendly competition where the winner is the group with less food waste in a certain period. If possible, award the winners with a small home composting kit.

Contact your STEAM Mentor to discuss additional food strategy options.



We recommend consulting the Food resources from the \_\_\_\_\_ primary program for ideas on how to explore this topic.

Additionally, you could introduce the theme using this short activity:

Ask the group to think about a meal that was important to them. Why was this an important meal and why was it different from every other meal they have?

Was it the food that was served?

Was it the occasion being celebrated?

Was it who they were with?

Compare answers from different young people in the group. How might this activity vary, or be the same, if it were completed by people from different parts of the world or during different points in history.

It might be helpful to research images showing the diets of different children across the world.

Paper, pens and devices with internet access.

Food is essential for life, but it is more than just fuel for our bodies. It is a complicated and often emotive topic. If sustainability means having access to what we need whilst ensuring that others, both now and in the future, also have access, how can we balance this in terms of food?



Below is a list of job roles associated with Food. Use internet

---

