

Top 10 quick waste activities

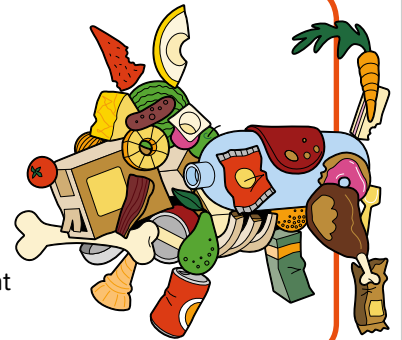
Need a quick activity idea to fill a lesson or entertain an after-school club? Try one of these ten waste-themed suggestions to support student learning on the topic.

For 4-7 year-olds



1. Waste Characters

Have you seen our man and dog cartoon characters created from food waste? You can **download and print out a black and white version** to colour in – why not name them both too? Can you count how many items of food and packaging waste that they're made from? Trickier still, can you name all the different items? If you have time, why not draw a companion cat for them – what rubbish might you use to illustrate their feline friend?



2. A Day in the Life of a Crisp Packet

If you've looked at the **Food diary of William Wastenot poster**, you'll know that crisps have some of the most pesky packaging, since they're made from a type of plastic film which can't be recycled. Why not imagine what happens to your crisp packet once you've thrown it into the bin, and write a Day in the Life story describing what happens to it next? You could bring your story to life by turning your crisp packet into a cartoon character! If you have time, find out where your nearest landfill site is, so you can make a map of your local area to show your crisp packet's journey.



3. Letter Home

After you've filled in the **Student food diary**, you may be surprised at how much food and plastic packaging waste you produce every day – and want to do something about it. In groups, discuss some of the simple swaps you could have made at each meal or break time to reduce your waste footprint. Now why not write a letter home to your family about what kind of foods you would like in your packed lunch and at breaks that produce less waste? You could also make some other suggestions: for example, that you have chopped-up fruit in a reusable container, rather than packaged portions from the supermarket, for snack time.



See pages 2-3 for waste quick activity ideas for 7 to 14 year-olds...

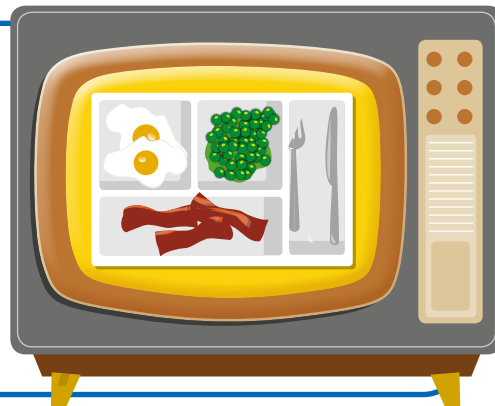


Top 10 quick waste activities

For 7-11 year-olds

4. The Generation Gap

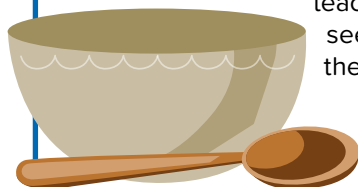
Were you surprised by any of the facts in the [History of food waste timeline](#)? It may seem odd to consider that ready meals only became commonplace 30 years ago or that your grandparents usually ate the same meals every week. Why not interview members of your family and neighbours about the food they ate when they were growing up and if they think there was less waste back then (if so, why?). You could create a display from everyone's findings to put up as part of Waste Week; or make a short film of interview clips with everyone's families.



5. Waste Masterchef

Think of foods that often get chucked in the bin, then get creative and concoct some new recipes that you could make with these leftovers! Use your imagination – like Roald Dahl does in his *Revolting Recipes* book. There are lots of ideas online for recipes made from leftover ingredients, or take a look at our [own recipe suggestions](#).

If there's time, you could even split into teams and compete *Masterchef*-style – judged by your teacher or group leader – to see who can come up with the winning concoction!



6. Waste Maths

Once everyone's filled in their [Student food diaries](#), why not analyse the results as a class? What types of food most often ended up in the bin – and what type of packaging? Illustrate your findings using a simple graph or pie chart, and if any other classes have taken part, why not compare the results? If you have time, write a list of top tips based on what you've learnt – for example, packing sandwiches in a reusable container instead of plastic film – to give everyone ideas for reducing food and packaging waste.



7 Down in the Dumps

What does a landfill look and smell like? How big are the piles of rubbish – and what happens to it over time? Should any items be kept out of landfill (such as toxic materials)? Ideally, try to visit a local landfill site, but if that's not possible, watch this video: www.youtube.com/watch?v=18FLfQDln18. Now, make a collage to depict everything you've learnt and include some top tips about things you shouldn't throw away. You could continue your learning by taking a look at our [Life in the dumps quick activity](#).



See page 3 for waste quick activity ideas for 11 to 14 year-olds...

Top 10 quick waste activities

For 11-14 year-olds

8. Packaging Protest

Food manufacturers, producers and supermarkets have an important role to play in reducing the amount of rubbish we send to landfill by using less – or more sustainable – food packaging for their products. Visit a local supermarket with students to investigate different types of food packaging; they could also search online for recent innovations in packaging design. Next, challenge students to create a new type of packaging for one product in particular, and present a business case explaining how it creates less waste. Or, students could 'lobby' manufacturers that they think use too much – or non-recyclable – packaging. Present them with statistics on the amount of waste produced by food packaging in the UK and suggest alternatives. You could also publish your letters on your school blog or use social media channels to raise awareness.



9. Get Down to Business

Contact local businesses (offices, restaurants and cafés) in your area and ask them to complete a survey about what they do with their food waste and plastic packaging. Afterwards, you could offer suggestions for how they could use alternative packaging or, if they end up with a lot of unwanted food at the end of each day, recommend ways of sharing this with people in need (see www.planzheroes.org).



10. Café Zeroes

Imagine you are the owner of a zero-waste café; this means you are a café that prides itself on producing as little waste as possible and showing the world why that's awesome! Think about what this café would be like. What would be on the menu? Which suppliers would you use (e.g. local producers)? How would you interest your customers in your zero waste philosophy? For helpful advice on sustainable foods and methods, take a look at this resource aimed at people working in the food industry: www.sustainweb.org/ethicaleats/adviceandtools/

