



# FOOD WASTE WARRIORS

## Let's think about food waste

The food we all eat costs money, is transported all over the world and takes time to shop for. Look at the questions below and think what they mean to you. We all have a responsibility to try not to waste food. You could do an internet search to find some facts and figures – you may be surprised by what you find.

*What is food waste?*

*Why do we have it and how does it happen?*

*Why should we care/why does it matter?*

*What can we do?*

**What food, if any, do you think your family wastes the most of?** Record your thoughts below

## Meal Planning – waste not want not!

One way to reduce food waste is to only buy what your family needs. This means you have to carefully plan the ingredients that you will need for each meal and think how you may use any leftovers.

Think about the main meals that you and your family like to eat for your dinner/ tea from Monday to Friday and list them below with the main ingredients needed.

Day	Meal and Ingredients

## Be a Food Rapper!

Below is a Food Waste Rap written by Creative Dynamo Ecotainment. Read it aloud and remember the message 'Think Eat Save!'

*'Think Eat Save' don't throw that food away*

*Coz this food tastes really good and lasts longer than today*

*'Think Eat Save' you'll soon see things my way*

*Let's be clever in the kitchen that's what I've come to say*


*When we're shopping out with mummy lets love food and not waste money*

*Let's not take home lots of packaging it'll only end up in the bin*

*'Think Eat Save' don't throw that food away*

*Coz this food tastes really good and lasts longer than today!*

Now it's your turn to create a food rap that helps people to understand the issues around food waste. Use the example to help with your rhyming and ideas.





## BANANA & OAT COOKIES

This is a great way to use up unattractive, over ripe bananas. The base of these simple 'cookies' combines just two ingredients – bananas and oats. Then be creative and add other things to jazz them up if you like such as dried fruit, orange zest, grated carrot or cinnamon. They're best eaten on the day you make them but will keep for a day in a sealed container.



**Skills Check:** Follow a recipe; follow food safety & hygiene rules; tidy away; mash; use weighing scales; beat ingredients together.

**Equipment:** Baking sheet, greaseproof paper, large bowl, fork, weighing scales, measuring spoons, spoon, use an oven with adult supervision.

**Allergens\*:** Gluten (gluten free oats are available)

### Ingredients (makes approx. 15):

- 160 g oats (any kind)
- 2 large bananas – the riper the better!
- 2 level tsp ground ginger (optional)

### Method

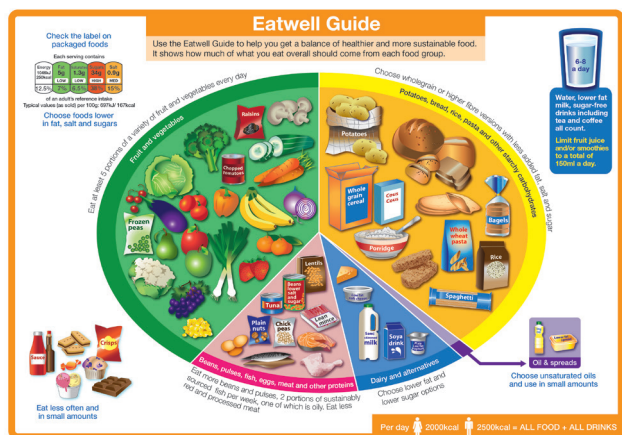
1. Preheat the oven to 180C /Gas Mark 5-6 and put greaseproof paper on the baking sheet.
2. Unpeel the bananas and in a large bowl, mash them well with the fork.
3. Add the ground ginger if using and mix into the bananas.
4. Add the oats and stir well so there are no dry bits.
5. Put spoonfuls of the mixture onto the lined baking sheet in the size you want the cookies to be and flatten if necessary (NB - they will stay the same size and won't rise).
6. Bake for 15 mins until golden.
7. Leave to cool for 10 minutes before eating.

\* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.



## BANANA & OAT COOKIES

### Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### So, thinking about Banana & Oat Cookies...

**Bananas** are a nutritious and filling fruit, providing an excellent source of potassium (good for blood pressure regulation) and vitamin B6, as well as being a source of fibre.

**Oats** provide starchy carbohydrate, which gives us slow-release energy, and are a good source of fibre, vitamins and minerals.



### Energy, sugar, fat and salt per serving

Per 19g serving

**ENERGY**  
239kJ / 57kcal

3%

MED

**FAT**  
0.9g

1%

LOW

**SATURATES**  
0.1g

1%

MED

**SUGARS**  
2.9g

3%

LOW

**SALT**  
0g

0%

% of an adult's reference intake

Typical values per 100g : Energy 1239kJ / 293kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.

## GET PHUNKY IN 15 MINUTES WITH THE PHUNKY15



A series of 15 minute physical activity ideas that you can do in the home with no equipment or apparatus. The children can even do this in their home clothes – no need to get changed. So there really is no excuse, start now, get active, get Phunky with Phunky15.

### The warm up...

**Circular arms** - Get the children to stand up straight with their arms extended outwards from their body. The children should rotate their arms in a forward motion making small circles. Gradually increase the size of the circles until their arms are making the biggest circles possible. Keeping their arms extended outwards from their body, the children should rotate their arms gradually making smaller circles.



### Main activity...

**A Walk in the Woods** - Ask the children to start walking on the spot and imagine that they are going exploring through the woods. Give commands that they have to act out such as: jump over a log, duck under branches, high knees through the muddy patches, tip toe over the stepping stones etc. Ask them to think about the sounds they would hear and encourage development of the actions.

### Cool down...

**Strong as a tree** - Children spread out in the room and stand with their feet firmly on the floor. The children pretend they are a tree in a gentle breeze and sway slowly back and forth. As the wind increases the children's movements become stronger and move back and forth more vigorously whilst keeping their feet flat on the floor. As the wind gets lighter the children sway gently again in the breeze until the wind dies down and the children can rest.





# CUP FULL OF ENERGY -15 minute Mindfulness practice

### WALT What Am I Learning Today?

- Bring energy to the body.
- Share energy with others.

### WILF What I am Looking For?

- Aware of how the body is feeling in terms of energy.
- Notice change in energy levels.
- Able to describe how movement can re-energise the body.

### Guidance and preparation

- Children need to be in a large space eg hall or outside.
- Use chime bar to signal the beginning and end of the practice.

### Resources

- Chime bar (any percussion instrument).

### Useful for...

Adult to use practice when children are becoming tired to raise their energy levels.

### Activity (10 minutes)

1. Adult to explain practice to children.
2. Adult to demonstrate practice by cupping hands together in front of body.
3. On an in breath, raise cupped hands in front of the body to above the head.
4. On an out breath, turn hands so backs of palms are together and slowly move arms out in wide circle and back down to starting position.
5. Children to practice the movement and when ready, match the movement with the breath.
6. Adult to use chime bar to signal end of the practice.

### Discussion (5 minutes)

Adult to lead discussion of the practice eg:

- How energetic did you feel before doing the practice?
- How did you feel afterwards?
- Did your heart rate change?