

ILITY + ENERGY
BLE + HYDRO
+ ELECTRONICS +
MISSIONS + WATER
+ HOUSEHOLDS

PRINT + ELECTRONICS
FUELS + RENEWABLE
SCIENCE + ELECTRONICS
+ SOLAR + EMISSIONS
TIES + CONSUMPTION

PERSON FOOTPRINT
FOSSIL FUELS +
WASTE + SCIENCE
+ GEOTHERMAL +
BARREL + RESERVE

RENEWABLE
ENGLISH

**Giving you the tools to
raise climate change
awareness**



LESSON 4: What a Waste



Pause

Objectives



Identify 3 food waste hotspots



Fridge Hacks



Ideas for leftovers



Top tips on reducing food waste



Make pr

Which food is which?

Connect the picture with the word



Re

Expir

Co

Le

Sto

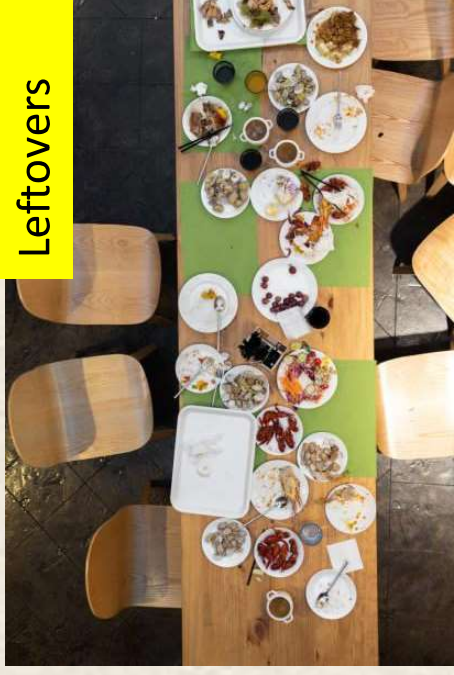
Ze



Which food is which?



Stock



Leftovers



Refrigerator



Compost



Zero Waste



Expiry date

Food Waste Facts True or False

1. Less than 50% of food thrown away by supermarkets is still edible.
2. 1/3 of the food we produce is wasted. 1.6 billion tonnes a year.
3. 5% of carbon emissions are due to food waste.
4. Wasting one burger wastes as much water as a 90-minute shower.
5. Reducing food waste is the 3rd most effective way to combat climate change

Food Waste Facts True or False

1. Less than 50% of food is thrown away by supermarkets is still **False**.
2. 1/3 of the food produce is wasted. 1.6 billion tonnes a year **True**.
3. 5% of carbon emissions are due to food waste. **False**.
4. Wasting one bucket of water is as much water as a 90-minute shower. **True**.
5. Reducing food waste is the 3rd most effective way to combat climate change **True**.

Food Waste Hopspots

Buying Food
Supermarket



Keeping food
Fridge/Refrigerator



Eating Food
Your plate



Questions

- 1. Who is the sell by date for?
- 2. How long can cans last beyond their expiry date?
- 3. What did they find in King Tut's tomb?

The Expiry Myth

Sell-By Dates

They're meant for stores — not consumers

A food sell-by date is meant to help stores know how long to display a product on their shelves. They have very little to do with whether a product is safe to consume.

Canned Food

This can last beyond 4 years past its expiry date as long as the can still in good condition.

Don't trust the date

Trust yourself. If the date has gone but the food looks and smells good, it probably still is. They found edible honey in King Tut's tomb. Something tells me it was a long way past its expiry date.



Answers

- 1. Who is the sell by date for?



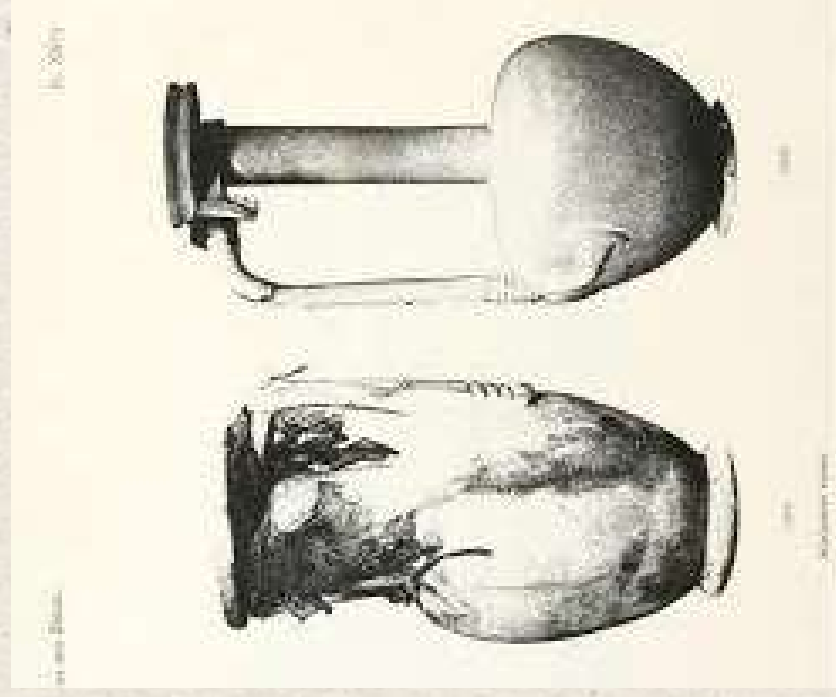
Answers

- 2. How long can cans last beyond their expiry date?



Answers

- 3. What did they find in King Tut's tomb?



HOW TO AVOID

FOOD WASTE

@ReduceWasteNow



Carrot & celery sticks completely submerged in water



Half an onion face down in a bowl



Revive leafy greens in ice bath



Kale with stems in water



About-to-spoil food in "Eat me First" bin at front of fridge



Fruits & veggies separated



Keep onions away from potatoes



Whole cucumbers and tomatoes at room temperature



Use stale bread for french toast or croutons



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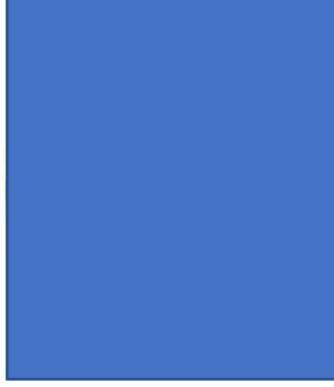
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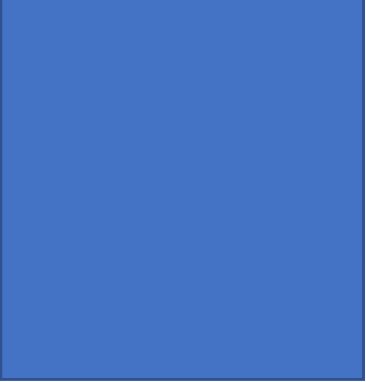
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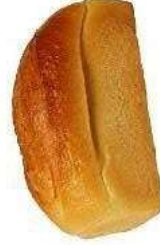
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Whole cucumbers and tomatoes at room temperature



Use stale bread for french toast or croutons



How to Avoid Food Waste

- Fruit and Veg should be kept **separate/together**.
- Carrots and celery should be kept in **oil/water**.
- Onions should be kept **close to/away from** potatoes.
- Make and eat me **first/last** section in your fridge.

How to Avoid Food Waste

- Fruit and Veg should be kept **separate**.
- Carrots and celery should be kept in **water**.
- Onions should be kept **away from** potatoes.
- Make and eat me **first** section in your fridge.

Interview Time

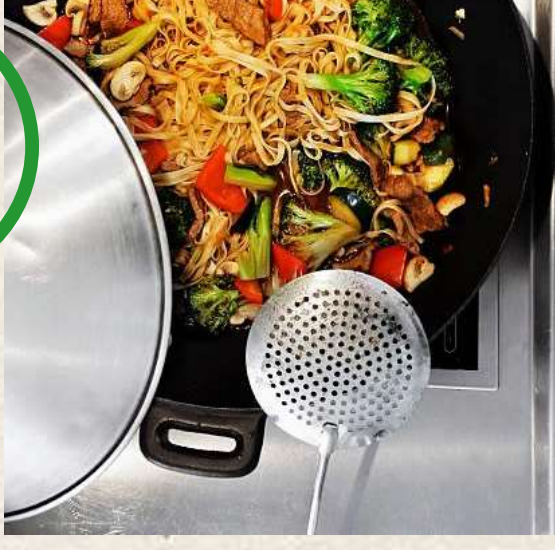
Vocab Check

Inventory

Freezer

Stir fry

Pot Pie



Let's Check

Inventory



This is a **list** of what you have. Great to use for food.

Freezer



A place to keep **frozen** food and keep food frozen.

Stir Fry



A mixture of foods fried together.

Pot Pie



A crunchy pastry filled with a mixture of food in a **pot**.

Questions

1) What is Susanne's main goal?

A: Save Food

B: Save Money

C: Both



Questions

2) What inspired her to start Makeover my Leftovers?

A: Seeing how much food is wasted in restaurants.

B: She didn't want to waste money.

C: She loves eating cold food.



Questions

3) What foods does she mention to use up leftovers?

A: Chips.

B: Curry, stir fry, Pot pies, Pastas.

C: Papaya salad.

?

Questions

4) What's her top tip?

A: Always eat everything.

B: Save energy.

C: Take Inventory.



Answers

1) What is Susanne's main goal?

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B: Save Money

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Questions

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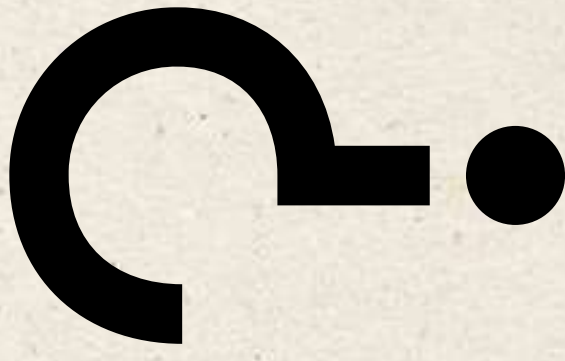
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Questions

4) What's her top tip?

A: Always eat everything.

B: Save energy.

C: Take Inventory.



Project Time What can I do?

Flash 0-2

- **Make a video:** What can you do to reduce food waste?

- Things to consider:

Where do you keep your food?

What do you do with your leftovers?

Can you compost or regrow?

- **Don't forget to write a script.**

- **If you'd like to make a video send it in:**

harry@renewableenglish.com

[@renewableenglish](https://www.instagram.com/renewableenglish)



My Planet Promise

I, Harry Waters, promise to measure my pasta properly and make more stock..



Objectives



Identify 3 food waste hotspots



Fridge Life Hacks



Ideas for leftovers



Top tips on reducing food waste



Make pr