


LESSON PLAN

1

FOOD WASTE DIARY

The following table shows the food waste for the Kelly Family over one week.

			
Day	What got binned?	How much?	Why was it not saved?
Monday	Apple Chicken Broccoli Bread	3 apple cores Half a chicken 4 bits of broccoli 2 slices of bread	Left over from breaktime We were too full to eat all the chicken Toby doesn't like broccoli The bread was stale
Tuesday	Milk Egg Bread Fish finger Peas Bananas	200ml 2 eggs 4 crusts 2 fish fingers 1 tablespoon 3 bananas	Poured too much into cereal Left out of the fridge Crusts from sandwiches We cooked too many We cooked too many They went brown in the fruit bowl
Wednesday	Lettuce Toast Sausages Beans Orange	½ a bag 4 slices 2 sausages ¼ of a tin 1 orange	Got forgotten in the fridge Burnt at breakfast Fell on the floor Cooked too many Got squashed in a schoolbag
Thursday	Milk Rice crispies Biscuits Bread Ham Cucumber	100ml ½ a bowl 6 biscuits 4 slices 1 slice ¼ a cucumber	Past its best before date Poured too many Went stale because the lid was left off Toaster set too high Left over from sandwiches Left over from dinner

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Friday	Bread Chips Fish Mushy peas Strawberries	½ a slice 300g 1 piece 2 tablespoons 200g	Threw away the ends Cooked too many Leftover from dinner Leftover from dinner They went soft in the fridge
Saturday	Bread Pepper Onion Rice Pork chops	2 slices ½ a pepper ½ an onion 2 cups 1 chop	Loaf had gone mouldy Left over from dinner Left over from dinner Cooked too much The dog licked it
Sunday	Mashed potatoes Gravy Carrots Beef Bread	3 scoops 100ml 3 tablespoons 3 slices 2 slices	Granny didn't want potatoes Made too much Toby didn't want vegetables Overcooked the beef Kids wouldn't eat the ends of the loaf