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## **Lesson Plan 1**

How does a waste free lunch help the planet?

Objectives

Students will learn and understand the following:

1. Preparing a waste free lunch will reduce the amount of garbage the classroom produces.
2. Learning how to bake and cook food from scratch teaches important life skills and will inspire children to choose homemade food rather processed, packaged, mass produced factory food.
3. Students will learn the history of food preparation, and preserving (drying, canning, fermenting, curing and smoking).
4. They will learn that refrigeration only became widely available 100 years ago.
5. Students will feel more connected to their environment and the seasons as they learn how local organic food is grown and then prepared

into a delicious meal or healthy snack to bring to school.

6. Students will learn some basic recipes that are simple to make and will teach how to balance the flavours of the tongue.
7. Students will create a recipe board where they will share their favorite recipes.

### Procedures

1. Discuss with students why there is food ending up in the classroom garbage asking the following;
  - Do you bring too much food?
  - Do you for the most part like the lunch that you bring to school?
  - Do you help make your lunch?
  - What would your ideal lunch look and taste like?
  - Why are there so many candy/snack bar wrappers in the classroom garbage?

Instead of processed snacks, what could we make to bring to school that we would enjoy eating?

This discussion will lead us into why we like the taste of some foods more than others and introduces the six tastes of the tongue; sweet, sour, salty, bitter, pungent and umami.

2. Students will taste various foods using their tongue, nose and eyes.

### Materials

120 cardboard cups

1 litre sugar water

1 litre vinegar water

1 litre tonic water

1 litre salt water

1 litre kombu/fish sauce water (umami)

1 litre spicy (chilli flakes) water

Six different liquids each containing a specific taste of the tongue are poured into a cup for each student to smell and taste and then record their findings.

Students will then close their eyes and plug their nose to taste a piece of apple, then a piece of raw potato.

They will mark down their conclusions.

Class discussion to determine which sense is the most dominant when tasting food, and what happens to our sense of taste if our nose is plugged.

This lesson plan is then followed with a homework piece to write their most memorable food experience. They will describe in detail where the meal took place, who was there, what could they smell, taste, the textures.

Why was it memorable?

What was the occasion?

The aim is to get children excited about making food, eating food and trying new tastes and textures.

This will reinforce the Waste Free Lunch idea and why it is so much more satisfying to your taste buds to eat real homemade food, and how you are helping the planet by bringing your food in reusable containers.