

# Food Not Garbage

Grade

2

Topic: Waste  
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Duration: 30 minutes

*Students will look at healthy nutritious food choices and the packaging it comes in.*

## **Curriculum Expectations**

- 2m97: Collect and organize data
- 2m97: Create and interpret displays of data, and present and discuss the information
- 2m100: Pose questions about meanings derived from the data on graphs
- 2p1: Identify healthy eating practices and use a decision-making model to make healthy food choices
- 2p5: Identify a balanced diet and apply decision-making skills to create menus for healthy meals
- 2p6: Describe the importance of food to the body
- 2p7: Explain the negative effects of poor nutrition on healthy teeth and the importance of regular brushing and visits to explain the negative effects of poor nutrition on healthy teeth and the importance of regular brushing and visits to the dentist

## **Background Information**

Apples don't need wrappers. Compared to unhealthy counterparts, many healthy foods are not as processed and are not wrapped in plastic. What is unhealthy for you can also be unhealthy for the environment. The excess packaging is one third of the amount of waste students add to landfill sites.

## **Accountability**

School administrators, teachers and students will be aware of creative ways to reduce waste in the school and maintain healthy food choices for students. Students will become more aware of what their bodies and environment need to be healthy.

## **Teacher Notes**

1. Materials: copy of Canada's Food Guide, chart paper, markers.
2. For one day up to one week, record what students eat and what is left over. Include the amount of garbage, recycling and compost created.
3. After the week, try to chart each student's meal menus, amount of garbage items, recycle items and compost items created.
4. Go through Canada's Food Guide and see who made nutritious choices for lunches and identify who had litterless lunches.
5. Compare the relationship between healthy food choices and amount of waste created.

## **Home Extension**

Measure the nutritional values in dinners and during the cleanup watch what was recycled and composted. Report how successful the family was in their healthy choices.

***Lesson Comments***

What did your students find?

Did it change what they bring for lunch and snack each day?

What creative solutions did they come up with?