

Food education: against food waste

Digital tools utilized	Technical/digital skills to be possessed by the teachers
<ul style="list-style-type: none"> - Mentimeter, - Youtube, - Google, - Edpuzzle, - Canva, - Screencast-o-matic, - Sygil, - Tiny cards 	<p>Ability to choose and use applications and select information from websites for classroom work, create interactive contents.</p>

Difficulty analysed

Acquisition of greater awareness on the issues of food education, as an essential aspect of an active and responsible citizenship. Food waste represents a still unsolved and underestimated problem, especially concerning sustainability of food.

Seasonal products are more suitable to be sustainable than non-seasonal ones: let's discover how to eat seasonal food and to re-discover traditional recipes.

Objectives

- Acquire awareness of food waste
- Acquire awareness of seasonal food and sustainability of food
- Knowing how to use information from the network
- Build a project of cooperative activities within the class

Description of the Lesson Plan

This lesson plan could be useful to develop consciousness concerning food waste and recycling. The inclusiveness of the lesson plan resides in the nature of the topic: food has a profound meaning for everyone, could be a powerful tool to create inclusion. For instance, students who are not native speakers rarely know names of fruit or vegetables, and culinary traditions of their new country. At the same time, native speaker students don't know very much about traditions of foreign students, and this lesson plan could lead them to share their different traditions, creating new connections.

- Subjects involved: food science, cooking classes if available
- Teaching Methodologies: direct lesson, flipped classroom, and gamification.
- Prerequisites: knowledge of food (main categories of vegetables, and meat, and traditional recipes)
- Practical activity 1: prepare a Canva presentation
- Practical activity 2: prepare a google doc with a short summary
- Practical activity 3: produce a video, or a screencast video
- Practical activity 4: produce a seasonal calendar by means of Canva

Project Number: 2021-1-ES01-K220-SCH-000034434

- Practical activity 5: take notes on Google docs, search on Google
- Practical activity 6: produce a script by means of Sygil,
- Practical activity 7: realize a video by means of screencast-o-matic

Lesson 1: (1 hour) food waste

Warm up: two-question survey by means of mentimeter to assess the knowledge of food waste concept, short discussion about the results

Watching a video: a video modified by means of Edpuzzle will be a tool to investigate different angles of the food waste issue.

<https://www.youtube.com/watch?v=ccR2zK6yn8o> (to be modified with questions and vocal notes)

Discuss it: after watching the video, students discuss it highlighting critical moments and possible solutions

Create a list of problems and solutions: using Canva, students prepare a one-slide list of problems connected to food waste, and correspondent solutions summarizing the discussion contents.

Homework: research and write a brief essay concerning food sustainability

Lesson 2: (1 hour) food sustainability

Warm up: mentimeter asking to describe in one word food sustainability

Discuss it: discussion concerning the Mentimeter graph

Watch a video:

<https://www.youtube.com/watch?v=JI-2BAMRWBg>

Discuss it:

Do the students agree with the video contents? And what about the possibility to do what suggested?

Watch another video:

https://www.youtube.com/watch?v=DhaG_Zi6izU

Summarize in a Google doc the main idea of the video.

Homework: produce a short video, either filming them or casting a screen showing a short presentation talking about personal idea of food sustainability.

Lesson 3: (1 hour) seasonal food

Warm up: introduce seasonal food showing an image and discuss the possibility to find almost every food in almost every period of the year

Gamification: tiny cards game: combine vegetables, bread, dairy, and names

Gamification: tiny cards game: combine vegetables, bread, dairy, and months

Produce: a personal calendar using Canva, showing a particular food for each month

Lesson 4: (1 hour) traditional recipes and food waste

Warm up: describe a typical food

Watch it:

<https://www.youtube.com/watch?v=t-J1EEHPwhQ>

Project Number: 2021-1-ES01-K220-SCH-000034434

Pappa al pomodoro is a typical recipe to re-use stale bread: discuss it: do the students know other recipes to use food instead of throwing it? Search on Google recipes described by students (work in pairs).

Produce: take notes and a brief summary of videos found on you tube describing cited recipes.

Lesson 5: (1 hour) writing a script

Direct lesson to explain what is a script and how to write it,

Production of a script by means of Google docs. The goal is to create a script to make a video presenting a traditional recipe allowing to limit food waste. Use Sygil to define details of the script, including soundtrack. Set up of the rules: work in pairs or work in groups, depending on facilities and students' characteristics.

Homework: realize planned video

Lesson 6 and more: (depending on students' number) presentation of videos.