FOOD RANGERS

Homework Activity Pack

Reducing Food Waste

ASDA

Proud to support LOVE FOOD hate waste

1. Can you match the food to its best storage place?

Draw a line from the food to the correct storage space. You could use a different coloured line for each storage space.

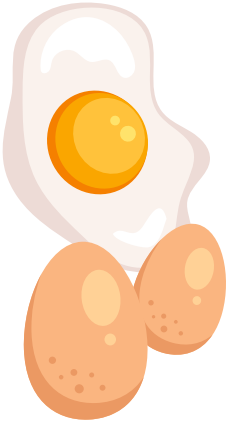
2. Can you find the items that can also be kept in the freezer and defrosted later to eat?

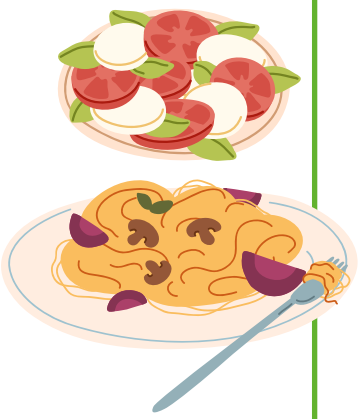
Draw a circle around them.

3. Planning what you're going to eat will help your family buy only what you need.

Fill in this menu plan detailing what you could eat for each meal across the week.

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Lunch					
Dinner					





4. Quiz time! Can you tell which of these statements are true and which are false?

Mark each statement with an T for 'true' or an F for 'false' in the blank box.

Milk cannot be stored in the freezer

By reducing food waste an average family can save almost £60 a week

Everyone remembers what food they have at home without checking first

The most wasted food in the UK is sliced bread

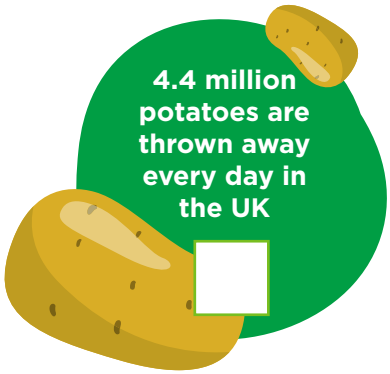
The best place to put leftovers is in the bin

Reducing food waste can help save the planet

The UK throws away 1/3 of all the food we buy

The best way to make sure you buy only what you need is to plan the weekly food shop

Everyone in the world has enough nutritious food to eat, and no one goes hungry



4.4 million potatoes are thrown away every day in the UK

5. Don’t throw it out – re-grow these vegetables at home!

With some water and sunlight, these vegetable scraps can be saved from the bin and re-grown!

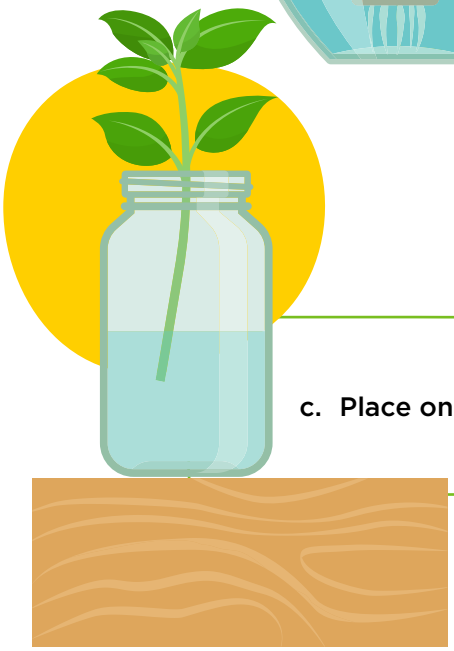
Try with: Celery, spring onions, mint, leeks, lettuce

You will need: a glass, clean water, a windowsill

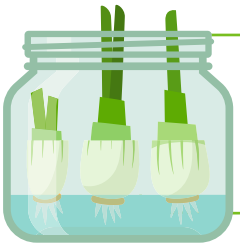
Instructions:

a. Fill a glass with a small amount of water

b. Pop the bulb of your vegetable scraps (the hard bit most people don’t eat) so the bottom part is in water and the top is in air.



c. Place on a sunny windowsill.



d. Replace with clean water each day

Within a few days your scraps will re-grow and you have more ingredients for free.

6. Love your leftovers by turning them into something yummy!

Why not be a Food Ranger and encourage your family to save some leftovers from being wasted with this quick and easy recipe? Don't forget to have an adult to help you.

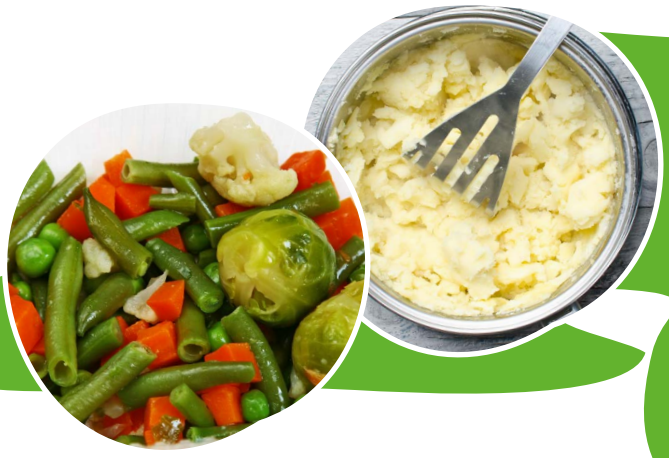
Bubble and Squeak

Ready In 15 minutes

Cooking Time 10 minutes

Prep Time 5 minutes

Serves 4



Ingredients

320g leftover cooked vegetables (peas, carrots, sprouts, parsnips; anything will do!)

450g leftover cooked potatoes

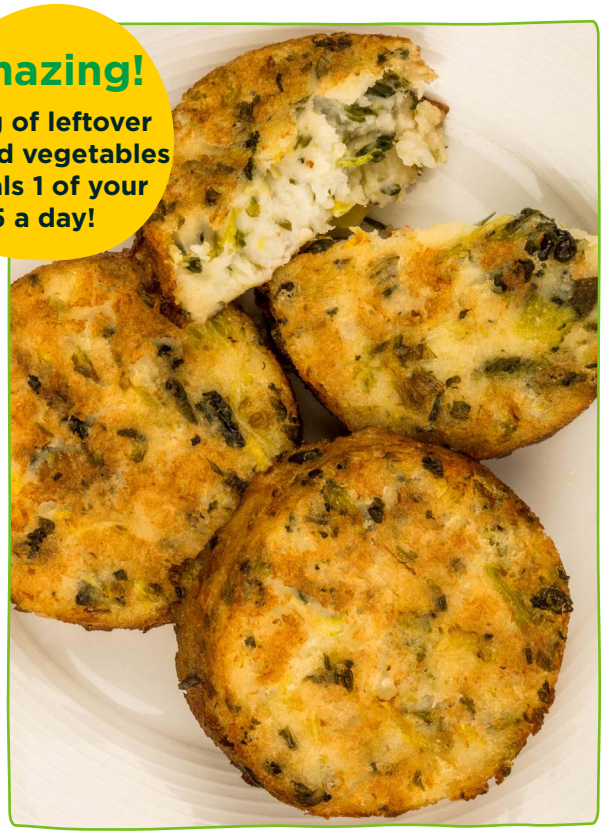
100g leftover cooked meat (optional)

4 tablespoons of reduced fat mayonnaise

1 egg, beaten

1 tbsp vegetable oil, for frying

Amazing!
320g of leftover cooked vegetables equals 1 of your 5 a day!



Method

1. Mash together all the leftover cooked vegetables and potatoes. (Optional – chop the leftover cooked meat and add this too.) Make sure you mash out all the larger lumps.
2. Add the low fat mayonnaise and beaten egg to the mashed vegetables and mix. Give everything a really good stir to bind all the ingredients together. This will stop your meal breaking up.
3. Ask an adult to preheat the grill and add the oil to a frying pan on a medium heat.
4. Once your ingredients are well mashed, ask an adult to add this to your frying pan and level out with a spoon. You can make smaller round portions or one large portion if you like.
5. Fry over the medium heat for 5 minutes and then place under a moderate grill until golden brown.
6. Turn out on to a serving dish.

TOP TIP – you can swap out any of your veg to include your favourites. Why not try serving your bubble and squeak with a side salad?

DID YOU KNOW? – Bubble and Squeak gets its name from the sounds the ingredients make when they are cooking. Did you hear the bubbling and squeaking?

Made a meal with your family?
Why not share a photo with your class!

7. Food Rangers! Can you encourage more people to save food from the bin?

Use this space to draw a poster to help people reduce their food waste.

ANSWERS

1. Can you match the food to its best storage place?

Fridge = fresh fish, salads, open jars of sauce, berries, fresh juice, milk, open jam

Freezer = frozen vegetables, frozen fruit, frozen ready meals

Cupboard = potatoes, carrots, canned food, dried pasta, fruit cordials, fresh bread

2. Can you find the items that can also be kept in the freezer and defrosted later to eat?

Berries, fresh meat, fresh fish, fresh bread, potatoes, carrots, milk (in a suitable container), frozen vegetables, ready meals, bananas

4. Quiz Time

Milk cannot be stored in the freezer (F) – But it does need to be in a container suitable for freezing.

By reducing food waste an average family can save almost £60 a week (T)

Everyone remembers what food they have at home without checking first (F)

The most wasted food in the UK is sliced bread (T)

The best place to put leftovers is the bin (F)

Reducing food waste can help save the planet (T)

The best way to make sure you buy only what you need is to plan the weekly food shop (T)

The UK throws away 1/3 of all the food we buy (T)

Everyone in the world has enough nutritious food to eat, and no one goes hungry (F)

4.4 million potatoes are thrown away every day in the UK (T)