

Nude food lunch guide

Year level

Middle primary to lower secondary with a simplified activity listed at end of lesson plan.

Lesson description

Students compile a nude food lunch guide that promotes zero waste lunches.

In this lesson students will:

- become aware of alternative forms of food packaging that result in zero waste to landfill
- become aware of the environmental and economic benefits of nude food lunches
- research lunch and morning tea options that are healthy and result in zero waste to landfill
- design and promote a nude food lunch guide for students and families.

Curriculum links

Years 3 and 4

V 8.4 Identify and practise strategies to promote health, safety and wellbeing (*Health & Physical Education - ACPP036*)

V 9 Describe the ways food can be selected and prepared for healthy eating (*Design and Technologies - AC9TDE4K04*)

V 8.4 Describe strategies to make the classroom and playground healthy, safe and active spaces (*Health & Physical Education - ACPPS040*)

V 9 Investigate and apply behaviours that contribute to their own and others' health, safety, relationships and wellbeing (*Health and Physical Education - AC9HP4P10*)

V 9 Describe the ways food can be selected and prepared for healthy eating (*Design and Technologies - AC9TDE4K04*)

Year 4

V 8.4 Investigate and select strategies to promote health, safety and wellbeing (*Geography - ACPPS073*)

V 8.4 The sustainable management of waste from production and consumption (*Geography - ACHGK025*)

Years 5 and 6

V 8.4 Plan and practise strategies to promote health, safety and wellbeing (*Health & Physical Education - ACPPS054*)

V 9 Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities (*Health & Physical Education - ACPPS058*)

V 9 Propose actions or responses to issues or challenges and use criteria to assess the possible effects (*HASS - AC9HS5S06*)

V 9 Analyse how behaviours influence the health, safety, relationships and wellbeing of individuals and communities (*Health and Physical Education - AC9HP6P10*)

Years 7 and 8

V 8.4 Investigate and select strategies to promote health, safety and wellbeing (*Health & Physical Education - ACPPS073*)

V 9 Plan and implement strategies, using health resources, to enhance their own and others' health, safety, relationships and wellbeing (*Health and Physical Education - AC9HP8P10*)

Procedure

1. Discuss the packaging in students' lunchboxes. Questions might include:

- What types of packaging are found in a typical lunchbox?

Cling wrap and other soft plastics such as chip packets, squeezable yoghurt tubes, plastic bags and muesli wrappers; firm plastic yoghurt tubs; paper; cardboard, for example, sultana boxes; cans such as tuna tins or soft drink cans; foil such as pie trays; and 'natural' packaging such as banana skin and orange peel.

- Why is food packaged?

Food is packaged and processed to protect it from damage and contamination, to extend its shelf life, to maintain flavour and to provide security.

- What are some of the environmental issues associated with processed and packaged food?
 - Packaging food creates a huge amount of waste, much of which ends up in landfill. A recent survey at a Brisbane primary school found that, on average, students throw away approximately four pieces of rubbish a day from lunch and morning tea waste. For a school of 500 students, that equates to more than 10,000 pieces of rubbish every week.
 - Packaging materials such as paper, plastic, cardboard, metals and glass come from valuable, often non-renewable resources. Some of these resources can be recovered through recycling or reuse, but many of them end up in landfill.
 - The majority of the litter collected on Clean Up Australia Day is packaging waste.¹
 - Producing processed and packaged foods requires large amounts of energy and water. Fresh fruit and vegetables, locally produced food and food which is minimally processed require less energy and less resources for production.
- What are some of the health issues associated with processed and packaged food?
 - Food processing can result in extra kilojoules being added to food and valuable nutrients being lost.²
 - The fresher the produce the higher the nutrient content and the more beneficial it is for your health.
 - The extra kilojoules contained in processed food leads to extra kilograms of bodily weight and obesity.
 - Discuss how to create a healthy, nude food lunch. Keep in mind the waste hierarchy – avoid, reuse, reuse, and recycle. Reduce waste by cutting down on packaging and food waste by avoiding disposable packaging such as cling wrap or plastic wrappers.
 - Buy in bulk and put in food in smaller reusable containers to save money and reduce unnecessary packaging.
 - Buy fresh foods that are wrapped in their own natural packaging (such as the skin on the fruit or vegetable), or food that can be packed in reusable or recyclable packaging.

2. Discuss ideas for encouraging students to bring about a healthy, zero waste lunch and morning tea to school.

3. In small groups, students research on the internet for recipes and tips for packing a nude food lunch. Each group comes up with three recipes and two tips.
4. Come together as a class and brainstorm ideas for the design and production of the Nude Food Lunch Guide.
5. Each group works on the production of their own pages of recipes and tips in the style that has been decided upon and then all pages are collated to form the Nude Food Lunch Guide.
6. Students give a presentation at parade about the environmental and health benefits of nude food and provide samples of food from recipes in the new Nude Food Lunch Guide.
7. The Nude Food Lunch Guide is made available for parents on the school website and students take turns to include a recipe from the guide in the school newsletter each week.

Simplified activity

- Discuss the benefits of nude food for students' health and the environment. Each student comes up with one recipe for a healthy, rubbish free lunchbox snack which they share with the rest of the class.

Extension Activity

- Students organise and promote a nude food day for the whole school.
- Students place a Nude Food tip in the school newsletter each fortnight, for example 'buy in bulk to reduce waste and save money'.
- Loan a free waste audit kit from Council to assist students assess what waste, recycling and organic materials they have collected in their classroom or school.
- Book an excursion to the Towards Zero Waste Education Centre at Brisbane Landfill to receive a waste education presentation with Brisbane City Council and tour of the landfill. This will give students the opportunity to learn more about moving towards zero waste, waste minimisation and landfill operations.

¹ www.cleanupaustraliaday.org.au/about/resource-centre/results

² www.nutritionaustralia.org.