



SAVE THE FOOD ENVIRO CHAMPS UNIT OUTLINE

DATES:

TIME: 10 Hours, plus additional 25 hours group and self-guided activities for 35 total

SUMMARY:

This nine lesson curriculum is focused on creating a deeper connection between Oceanside youth and fresh fruit and vegetables in order to reduce wasted food, introduce new produce, teach about food insecurity and create a sense of social responsibility relative to food choices and management. Follow-on activity ideas are provided and each Thursday lesson will be connected with eating and food awareness through the Boys & Girls Club of Oceanside's Food Fridays. Students will keep a food journal and relevant observations and activities will culminate in their final projects.

GOALS:

- Connect personal food related decisions to the food system and society
- Develop social responsibility to raise awareness in others about food waste and hunger
- Cultivate the ability to act in ways that reduce food waste and hunger
- Motivate youth to become agents of community change

OBJECTIVES:

- Observe the environment to increase awareness of food waste prevention opportunities
- Participate in food waste prevention activities and experiment to find new ones
- Develop actionable strategies to reduce food waste and hunger in the family and community
- Mobilize family and community members to participate in food waste prevention activities
- Explore new ideas with peers and others and increase commitment to prevent food waste
- Develop and present an E Champ Harvest Project

LESSON SUMMARIES

LESSON #1 FUN WITH FRUITS & VEGGIES (Social Studies | Health | Science)

This lesson introduces ProduceGood, the EnviroChamps Save the Food Unit and fruits & veggies with focus on produce origins and identification, the benefits they bring as a whole food, why they are relevant to all of us and the role we all play on behalf of the environment and our community to reduce food waste.

Objectives:

- Learn the origins of fruits and veggies
- Connect everyday fruits and vegetables with their benefits
- Identify with opportunities to keep fruits and veggies eaten and not wasted

Classroom Activities:

- PG introductory video with Q&A
- Relevant slides with Q&A and discussion
- Produce placed around the room to be identified

- Assign 1st E Champ Activity - Produce from Field to Plate

Follow-on Activity Options/Ideas (45-1 hr):

- Discussion: Handout copies of food rainbow and discuss how different produce aids health
- Coloring: Preprinted worksheets youth can color to learn about fruits & veggies
- Art projects: Draw different types of fruits and veggies
- Growing: Avocado seed with toothpicks | Heart of romaine lettuce in cup of water and sun (new shoots)
- 1st E Champ assignment: tally/classify fruits & veggies at home/school with comments (written/drawn) and assess to determine where it came from and document the different geographic locations to map with class. Document and illustrate your findings. Prepare to share in the next class.

Potential Room Resources/Materials/Aids:

Fruits and veggies placed around the room | worksheets of fruits & veggies | Enviro Champs Playbooks | colored pencils and/or markers | Avos and/or hearts of romaine for science experiments

LESSON #2 HOW DO FRUITS & VEGGIES GET TO OUR PLATES? (Science|Geography|Math)

This lesson introduces the resources required to grow fruits and vegetables, adding to their value as a commodity that should not be wasted. It follows food as it travels from source to table and considers new and unique perspectives on consuming fruits and vegetables and managing excess parts to avoid the waste stream.

Objectives:

- Learn about the resources required to grow fruits and veggies
- Recognize how far food travels from source to table
- Discover new ways to increase consumption and reduce food waste

Classroom Activities:

- Videos with Q&A and discussion
- Math and distance activities with maps
- How much water does it take to grow an apple? Filling 2 gallon jugs with water
- Assign 2nd E Champ Activity - Waste/Excess Tally

Follow-on Activity Options/Ideas (45-1 hr):

- Map Group or small group work: Large group map or individual, sources of produce across geo/group
- 2nd E Champ activity: Tally food that goes into your trash for a week, share the information with your family and then create a system to move the oldest food to the front of the fridge or counter. Document and illustrate your findings and prepare to share in the next class.

Potential Room Resources/Materials/Aids:

Paper and pens/colored pencils | maps of North and South America (copies) | empty gallon milk jug | butcher paper for large map or each group teacher choose their own adventure

LESSON #3 WHY DO FRUITS & VEGGIES GO TO WASTE? (Environmental Education | Health | Social Science)

This lesson looks at the social norms that lead to produce and other food being wasted and introduces sustainable ways to prevent waste and promote a more positive cultural outlook with respect to personal health and whole food consumption.

Objectives:

- Increase awareness of food waste and recognize what's required to reduce it
- Connect personal food choices with waste reduction

- Recognize sustainability relative to food choices and the environment

Classroom Activities:

- Checkout ugly produce with Q&A and discussion
- Food Waste Video with discussion
- Assign 3rd E Champ Activity - Waste Not Want Not

Follow-on Activity Options/Ideas (45-1 hr)

- Create signs conveying a message to prevent food waste
- Come up with creative ways to use parts of the food you don't normally use and/or consider ways to use food that is getting old to prevent it from being wasted (document ideas in playbook)
- Take a picture of or draw really funny-/ugly-looking fruit or veg (ugly fruit art contest)
- Trash tally activity by teacher group
- 3rd E Champ assignment: Experiment with using more parts of produce that you would typically throw away by eating the less perfect parts or encouraging a family member to do so. Put the cutaways or skins in the freezer and save for a soup. Document your efforts in the playbook and be ready to share in the next class.

Potential Room Resources/Materials/Aids:

Paper and pens/colored pencils/large sign paper/butcher paper/actual products or pictures of ugly fruit/veggies

LESSON #4 GIVE FOOD WASTE A NEW LIFE? (Math | Social Science | Government | Science)

This lesson focuses on the amount of food wasted in the United States each year, what happens when this waste goes into to landfill, how laws are trying to mitigate this waste and how important it is for all of us to participate in helping to reduce food waste in landfills through limiting what we throw away and learning news ways to consume and manage produce and its excess.

Objectives:

- Recognize levels of food waste and the associated activities for reduction (food-recovery pyramid)
- Familiarize with California laws designed to reduce organics in landfills
- Explore the fundamentals of composting

Classroom Activities:

- Deep dive into Food Waste Reduction Hierarchy Pyramid, discuss each level and what it means
- Understand what 40% means (taking 10 of one thing and throwing away 4 of them). Discuss percentages.
- Watch video on composting with Q&A and discussion
- Introduce the compost bucket (from Solana Center) to save lunch scraps and begin filling bucket
- Assign 4th E Champ Activity - Time to Upcycle

Follow-on Activity Options/Ideas (45-1 hr)

- 40% Activity: Have kids find 10 of something and then separate 4 of those things
- Start a mini project: use produce excess for art, start a mini compost pile, create a lesson for your family
- Show and discuss reasons for most preferred/least preferred uses of food, using and understanding the food-recovery hierarchy pyramid . Coloring page/sheet of the food-recovery pyramid.
- Fill Solana Center compost bucket on Food Fridays this week and following weeks
- 4th E Champ assignment: Weigh a bag of citrus (oranges/apples/grapefruit) or estimate the pounds (6 oranges generally equal one pound). Research to determine weight for different types so you can make an estimate for whatever you find. Calculate the pounds, then multiply by 3 to get servings. How many servings did you find? Document and prepare to share your findings with the group.

Potential Room Resources/Materials/Aids:

Compost handout | Food-recovery hierarchy pyramid (need to source and cost): draw, illustrate or write about one most preferred and one least preferred use of food Present to class your pyramid illustrations or pre-printed coloring sheet.

LESSON #5 FOOD WASTE AND FOOD INSECURITY REDUCTION (Community Health | Social Science)

This lesson makes the connection between food excess and hunger with a focus on diverting excess from landfill to instead feed people, opportunities to grow food at home or school and exploring new recipes and creative ways to prepare known and unknown produce.

Objectives:

- Learn how to approach food insecurity with compassion
- Recognize limited access to healthy food and food deserts
- Connect with gardening as a means to reduce hunger in your community

Classroom Activities:

- Watch video on food insecurity with Q&A and discussion
- Talk about how having nutritious food helps you grow, think clearly, feel better and what does a “food desert” mean
- Discuss ways to help those who are food insecure (school garden, sharing lunches, making communal meals, wasting less)
- Assign 5th E Champ Activity - Local Bounty

Follow-on Activity Options/Ideas (45-1 h)

- Plan a way to share a meal or make something from ingredients that are considered unusable
- Watch video of how OKC makes things that some would consider waste
- Eat popsicles made from citrus that would have otherwise been thrown away (Food Friday)
- Explain (draw or film) a solution to get all that extra food to hungry people
- Kitchen activity to use produce in unique recipes - rotting bananas? Smoothies or bread recipes
- Compare the food value of a piece of fruit compared to a bag of chips
- 5th E Champ assignment: Find trees and/or gardens (in neighborhood or at school or B & G) and document in your Enviro Playbook (how many trees and/or gardens, types of fruit and/or veggies). Think about some Harvest Hero project ideas based on what you’ve learned so far. Draw and document your findings to share at the next class.

Potential Room Resources/Materials/Aids: Picture of football stadium filled with wasted food | pictures of small inside and outside home gardens | pictures of a microwave and stove and what can be done with each | possible distribution of PG fruit popsicles from OKC

LESSON #6 WHAT IS GLEANING? (Environmental Education | Community Health)

This lesson introduces the ancient practice of gleaning with a focus on how ProduceGood recovers unwanted food to divert it from landfills and feed the food insecure through their partnerships with San Diego organizations that provide food for people,

Objectives:

- Familiarize with the ancient practice of gleaning and how this looks in the modern world
- Learn about ProduceGood programs and the partnerships that enable food recovery and sharing
- Connect with opportunities to glean at home and in the community

Classroom Activities:

- Watch PG gleaned videos with Q&A and discussion
- Talk about the Poway neighborhood that gleaned every year
- Share examples of how easy gleaned can be and the value of volunteerism through the It Takes a community Model and Crop Circle
- Discuss feeding organizations who partner with PG for examples of receivers
- Assign 6th E Champ activity: Harvest Hero

Follow-on Activity Options/Ideas (45-1 h)

- Draw a picture or write a story about one person providing excess fruit or vegetables to another
- Talk about ways you share with others and why it makes you feel good
- Assign 6th E Champ assignment: Make a Harvest Hero list of things you can commit to do to reduce waste and hunger. Organize ideas into your final project and commit to your plan of action.

Potential Room Resources/Materials/Aids:

Picture of a farmer's field with 4 corners marked for food access | Pictures of children sharing toys with siblings | Pictures of people of all ages picking fruit. Enviro playbook

LESSON #7 WHAT ARE KIDS DOING TO REDUCE FOOD WASTE AND HUNGER?

This lesson features student gleaners and the projects they have driven to rescue waste and hunger in their own communities as a means for inspiring students to think more deeply about their own potential to have impact as an environmental champion through their E Champ Harvest project and in their day-to-day food related choices.

Objectives:

- Create awareness that empowers kids to become agents of change
- Connect with central ideas through review of peer food waste prevention projects
- Cultivate ideas for end of unit Harvest project

Classroom Activities:

- Watch video of how Mr. Kardos' class has learned about food waste
- Watch video of Belle Morales and what she did at her high school about food waste
- Watch Mr. Kardos make something yummy from simple items you have at home
- Assign 7th E Champ activity: Project Design

Follow-on Activity Options/Ideas (45-1 hr):

- Discuss how you can help Boys & Girls club reduce waste and hunger
- Discuss other student projects and generate ideas for end of unit Harvest project*
- Make a movie or write a story about how you will be a Harvest Hero
- Interview a student who has gleaned or received gleaned produce
- Assess any material needs for final projects
- 7th Enviro Champ assignment:

Potential Room Resources/Materials/Aids:

iPhone for movie making | PG video series

LESSON #8 HOW CAN I MAKE A DIFFERENCE EVERY DAY? (Community Health | Social Science)

This lesson will refer back to the prior seven to reflect on how perspectives have changed and focus students on resources to aid their final Harvest project development as well as their ability to be future change makers as Environmental Champions focused on Saving the Food.

Objectives:

- Familiarize yourself with other resources and identify opportunities for preventing food waste
- Discuss how perspectives have changed since the unit began 7 weeks ago
- Report on Harvest project progress and readiness for final day

Classroom Activities:

- Share your Harvest Hero list of activities to reduce waste and hunger (from last week)
- Talk about upcoming Thanksgiving. Share some family traditions, foods
- Watch video of wasted food at Thanksgiving
- Discuss how you will help reduce waste and hunger
- Assign 8th E Champ Assignment: Conduct your project and prepare for your final presentation

Follow-on Activity Options/Ideas (45-1 hr)

- Discuss and support final projects to ensure kids have what they need*
- 8th Enviro Champ assignment: Do your project work and practice/prepare for your project presentation

Potential Room Resources/Materials/Aids:

Save the Food resources | anything to help with final projects

LESSON #9 HARVEST HERO PROJECT PRESENTATION AND REFLECTION (2 hours)

This Lesson will focus on student presentation Harvest projects, tying research from the Enviro Playbooks to the final project goal(s), community impact and future opportunities.

Objectives:

- Students teach others through their own project experience
- Reflect on benefits of sharing, recovering and not wasting fruits and veggies
- Summarize and compare the importance of the most important uses of food so it is not wasted

Classroom Activities:

- 18 students will present their final Harvest Hero project

Follow-on Activity Options/Ideas (45-1 hr)

- Question and answer session for presentations
- Thanksgiving and the opportunity to apply lesson learned to related activities (provide suggestions/list/video) of how to not waste that day
- 9th Enviro Champ assignment: Don't be a turkey! Help your friends and family not waste all that excess food on Thanksgiving by sharing what you have learned.

Potential Room Resources/Materials/Aids:

Video device to capture presentations to aid future learning | Anything defined as a need to support presentations