



# Lesson 10 Food Waste

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## Recipe: Broccoli & Potato Tacos

### Review Lesson 9

[foodliteracycenter.org/lesson9](http://foodliteracycenter.org/lesson9)

- What are the 6 parts of a plant? [root, stem, leaf, flower, fruit, seed]
- What is the difference between fruits and vegetables? [Fruits have seeds and vegetables do not.]

### Lesson Overview

Students will learn to stretch food dollars and throw away less food by making a recipe that uses the whole vegetable.

### Talking Points

- Eating the whole vegetable is a great way to reduce food waste. We throw away a lot of edible food!
- You can get more food with your food budget if you throw less away.
- Half of all fruits and vegetables are thrown away! That's bad for the planet.
- There are some parts of the plant that are NOT edible! Be sure to talk to a grown up before eating new fruits or vegetables.
- Sometimes we end up with food waste because we take too much food without trying it first. What is something you could do instead?

### Activity Overview

- Teachers/Adults: Download and print the [Food Waste Activity Worksheet](#).
- Students will match the plants we eat to parts of the same plant that we usually throw away.

### Recipe Overview

- Give students an opportunity to touch and smell the items on the tray. What is familiar? What is new?
- Use the leftover zested and juiced lemons to make flavor-infused water to drink with their broccoli and potato taco.

### Discussion & Wrap Up Questions

- How did we reduce food waste in today's recipe? What is another way we can have less food waste
- How did we save money today? [By not throwing away the potato skins and broccoli stems that we already paid for.]
- What is one thing you learned today? What was your favorite part of today?
- How were you a Food Adventurer today?

## Vocabulary Words

### Food Waste

Your Sandwich Can Save the World!

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