

Lesson #3: Presentation Outline

What a Waste! Powerpoint Presentation

07

Food = energy + nutrients!



When we waste food, we are also wasting all the water, fuel, energy and time that is used on each step of our food journey from farmer's field to our plate!



Wasting water, energy and burning more fuel can have a bad effect on our environment, and contribute to Climate Change!



This presentation reveals the huge amount of food that is wasted or lost throughout our system until it reaches a supermarket. Explore how the steps from field to harvest, manufacturing to transportation, and a grocery store to your fridge leaves roughly a third of food wasted or lost. This presentation reminds us that wasting food wastes the water and energy used to grow them, and asks students to reconsider waste at home and out, including spoiling food, rethinking best before dates, or buying misshapen or irregular fruits and vegetables. Together, we can make every harvest count!

Science Review

This video has a few science extensions that are worth noting and exploring further with some classrooms:

By the time a piece of food makes it to your refrigerator or pantry, it has taken up a great deal of energy and water. On average, Canadians waste an estimated one-third of food that they purchase.

While other people struggle with food insecurity, affluent citizens throw away a lot of food. To provide more context, if the greenhouse gases from worldwide food waste were added together, food waste would compete with the top top three carbon emitting countries for total emissions. .

A United Nations Report suggests that switching diets away from dairy and meat consumption is one of the largest actions we can take on climate change, with global agriculture accounting for almost 20% of worldwide greenhouse gas emissions, nearly 40% of total land use, and 70% of freshwater use.

You may have heard about the concept of Meatless Mondays, or taking up a 100-mile diet. Both of these actions can make a big difference on your food footprint, while supporting less emissions from transportation and waste through processing and consumption by animals, if done thoughtfully. Keep in mind the complexities of alternatives however - water and energy is lower in producing oats for oat milk than almonds, for example.

Our large scale efficiencies also have produced some interesting decisions. A recent study showed that greenhouse-grown lettuce in Canada was actually more resource-intensive than shipping up the same lettuce from the Southern United States. Global supply chains and growing plants in natural settings prime for their production may be the best alternative in some cases.

Regardless, it's the food that has made the trip all the way to you that matters. Ensure it isn't put to the garbage can by rethinking the perfect food you imagine. There really isn't any difference in taste if something is misshapen,

Teacher Background

Expand Your Worldview

07

and best before dates do not automatically mean a food is expired. We can be creative with food and find so many more uses for it before throwing it away or in a compost bin.

Indigenous Connections:

Indigenous communities have thrived across Canada by wisely using resources, including those of crops, hunted animals, and other plants foraged across the country. Bison were a key source of food for many Prairie First Nations, who used the entirety of the animal, and not only for eating.

Colonization has shifted ways of life for many Indigenous communities across Canada. A notable example is the Inuit, who in modern-day Canada still have trouble with astronomical food prices in remote and northern communities.

The community of Arviat in Nunavut along Hudson's Bay has addressed this food security by building a greenhouse. The venue helps families and local students to plant their own gardens and learn more about growing food with longer summers from climate change. Compost from the community's food waste is being used as a fertilizer, and the program connects youth to nutrition education, alongside a program for young hunters, promoting country food such as caribou and cod. All of this is proof that the most inventive ways to combat food waste start at school!

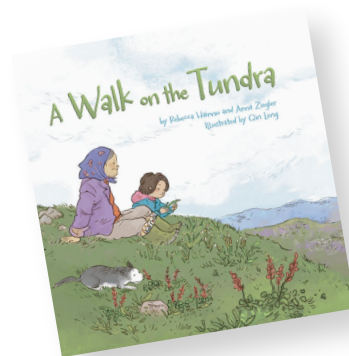
Stop & Check!

- Slide #1: Why is food so important to us?
- Slide #2: How does food travel to get to your plate?
- Slide #3: Can you think of ways that you waste food?
- Slide #4: What could you do to waste less food?



Sight Words to look out for:

- Wasted
- Harvested
- Storage
- Transportation
- Processing
- Pests
- Spoiled
- Expiration



A Walk On the Tundra
By Rebecca Hainnu & Anna Ziegler
Explore these three works exploring the land from different Indigenous perspectives.

A Day With Yahyah
By Julie Flett



Wild Berries
By Julie Flett