



FOOD WASTE INTRODUCTION

Summary: In this lesson, students will learn how we define food waste (edible food that gets thrown away instead of eaten) and discuss the amount of food wasted in the US (about $\frac{1}{3}$ of all produced). We will discuss the parts of the food chain where food is wasted (on the farm, at the grocery store, on consumer level).

Learning Goals and Objectives:

- Explore how much food is wasted on average in the U.S.
- Learn how to prepare pancakes with a fruit compote.

Materials:

- Pancake recipe and ingredients (included below)
- Fruit compote recipe and ingredients (included below)
- A bag with 7 lbs of any food in it (to demonstrate average food wasted)
- Kitchen equipment: stove, pans, mixing bowls, measuring cups, measuring spoons, ladles, paring knives, cutting boards, spatulas.

Vocabulary:

- Food waste: food that is edible but ends up being thrown out or spoiling.

Teaching Notes

- Before offering this lesson, educators may want to first teach the skills covered in the [Knife Safety](#) and [How To: Cut Vegetables](#) lessons.

References

- Be a Food Waste Warrior. Retrieved from <https://www.worldwildlife.org/teaching-resources/toolkits/be-a-food-waste-warrior>
- Food Waste FAQs. Retrieved from <https://www.usda.gov/about-food/food-safety/food-loss-and-waste/food-waste-faqs>



Opening Circle

- Welcome students and share that we are going to be cooking something every day that is an example of how to reduce food waste.
- Pair Share:
 - What was the most recent edible food you saw being thrown away or wasted and why did it happen?
- Explore the issue of food waste:
 - “Food waste refers to food that is edible but ends up being thrown out or spoiling before it can be eaten. In the United States, food waste is estimated at between 30-40 percent of the food supply.”
 - Pass around a 7lb bag of food and ask how many pounds students think it is. Then tell them that about 7 lbs per week is wasted for every person in the United States.

Introduce Recipe

- “Today we are going to be making pancakes with a fruit compote. If you ever have extra fruit that someone gives you and you can’t eat it all before it goes bad, a great thing to do is to make sauce, compote! It lasts in the fridge, and it’s super yummy.”
- Transition into table groups.

Table Groups

- Review recipes and knife safety with students.
- Assign ingredient preparation jobs. Teacher may want to create a rotation system in which every student gets the chance to make a pancake.
- Prepare the recipes and set the table for enjoying the pancakes.
- Discussion questions while eating:
 - Do you do any food preservation in your family?

Closing

- Clean up classroom.
- Exit question: what food waste prevention technique did you learn today, and would you ever do it at home?



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BUTTERMILK PANCAKES



WET INGREDIENTS

- 2 CUPS BUTTERMILK *
- 6 TABLESPOONS BUTTER - MELTED
- 4 EGGS

DRY INGREDIENTS

- 3 CUPS FLOUR
- 1 1/2 TEASPOONS BAKING SODA
- 6 TABLESPOONS SUGAR
- 2 TEASPOONS SALT

- 1) IN A MEDIUM MIXING BOWL COMBINE THE BUTTERMILK, MELTED BUTTER, AND EGGS, WHISKING GENTLY TO MIX THEM.
- 2) IN ANOTHER MEDIUM MIXING BOWL COMBINE THE FLOUR, BAKING SODA, SUGAR, AND SALT. STIR UNTIL MIXED.
- 3) POUR THE WET INGREDIENTS INTO THE DRY INGREDIENTS AND STIR GENTLY, JUST ENOUGH TO COMBINE THEM. TRY NOT TO OVERMIX. A FEW LUMPS ARE O.K.!
- 4) LIGHTLY OIL A FRYING PAN OR GRIDDLE AND PLACE OVER MEDIUM HEAT. WHEN PAN IS HOT, DROP ABOUT 2 TABLESPOONS OF BATTER ONTO THE PAN FOR EACH PANCAKE. LOOK UNTIL CAKES ARE FULL OF BUBBLES AND UNDERSIDES ARE GOLDEN BROWN. TURN PANCAKES WITH A SPATULA AND BROWN THE OTHER SIDE.
- 5) KEEP PANCAKES WARM IN A 200° OVEN UNTIL READY TO SERVE.



DON'T HAVE BUTTERMILK? YOU CAN MAKE YOUR OWN: ADD 2 TABLESPOONS OF WHITE VINEGAR OR LEMON JUICE TO 2 CUPS OF MILK. LET SIT FOR 5-10 MINUTES. YOU CAN ALSO USE 2 CUPS OF PLAIN YOGURT IN PLACE OF THE BUTTERMILK.



FRUIT COMPOTE

INGREDIENTS:

- 1 POUND OF SWEET FRUIT SUCH AS PEARS, APPLES, PEACHES, OR PLUMS
- 1/2 CUP BROWN SUGAR
- JUICE OF 1/2 A LEMON
- 1/2 TEASPOON OF CINNAMON

STEPS:

- 1- WASH, PEEL, AND CHOP THE FRUIT. DISCARD THE PITS, CORES, AND ANY BRUISED BITS OF FRUIT
- 2- IN A MEDIUM SAUCE PAN COMBINE THE FRUIT, BROWN SUGAR, LEMON JUICE, AND CINNAMON. ADD 1/3 CUP OF WATER
- 3- PLACE PAN OVER MEDIUM HEAT + BRING TO A BOIL. BOIL RAPIDLY FOR 20 MINUTES, STIRRING OCCASIONALLY. AS THE FRUIT LOOKS DOWN THE NATURAL JUICES WILL CREATE A BEAUTIFUL, SILKY SAUCE
- 4 - REMOVE FROM HEAT + COOL TO ROOM TEMPERATURE BEFORE STORING IN THE FRIDGE

FRUIT COMPOTE GOES WELL WITH MANY THINGS
TRY IT WITH:

ICE CREAM



PANCAKES



YOGURT



OATMEAL

