







1. To recognise the impacts of food waste on the planet.
2. To investigate ways we can reduce our food waste.

food waste	Food that is safe to eat but is thrown away	 food waste
landfill	A site where waste materials are collected and buried underground	 landfill
food waste recycling	Changing inedible food waste into useful materials	  food waste recycling
edible	Food that is safe to eat	 edible
inedible	Food that is not safe to eat	 inedible

Why Does Food Waste Matter?

It is estimated that 1 in 5 bags of the food shopping we buy is wasted. In England, this adds up to almost 10 million tonnes of **food waste** each year. This is enough to make over 15 billion meals and feed everyone in the country for 11 weeks.



Potatoes are the most commonly wasted food in the UK.

Landfills




Our **food waste** usually ends up in a **landfill** with other rubbish. It is often buried in the ground to rot away.

Although **food waste** usually breaks down quickly, it produces a gas called methane as it rots. This gas builds up in the atmosphere and contributes to global warming.



Reducing Food Waste

We can aim to decrease our food waste in three different ways.

<h3>Reduce</h3> 	<h3>Reuse</h3> 	<h3>Recycle</h3> 
<p>We can reduce the amount of food we prepare and cook so less food is wasted.</p>	<p>We can reuse leftovers or vegetable peelings to make stock for future meals.</p>	<p>We can recycle food waste by turning it into compost, helping the plants in our garden.</p>