

BE A WASTE WARRIOR



Secondary Classroom Nutrition Activity

Time	Materials	DO	SAY
Preparation	<p>Several packaged ingredients with Best if Used By Dates (cereal, crackers, or breakfast bars).</p> <p>Bananas in different stages of the ripening process: yellow, brown spots, and brown/black banana.</p>	<p>Review best if used by dates on common products in the dry-storage area of the kitchen.</p> <p>Observe bananas during the ripening process.</p>	<p>WHAT YOU WILL NEED:</p> <ul style="list-style-type: none"> Bananas in different stages of the ripening process: yellow, brown spots, and brown/black banana. Several shelf-stable products with Best if Used By dates. Suggested products: cereal, crackers, breakfast bars, bread, rice, or pasta. Table or desk to display products.
2min/2:00	Script	Introduction / Smile	<ul style="list-style-type: none"> Good morning/afternoon! This month in our cafeteria, we are celebrating “Be a Food Waste Warrior!” This month is all about finding ways to decrease food waste at home, at school, and in your communities. Did you know that between 30-40% of food goes uneaten in the United States, which is the equivalent of 20 pounds of food wasted per person per month? Wasted food uses our natural resources such as water, energy, and labor and the discarded food ends up in landfills. By decreasing food waste, we can save money on the amount of food purchased, which instead, can be used on some other important purchases. Today we will discuss best if used by dates on food products as one of the ways to decrease food waste.

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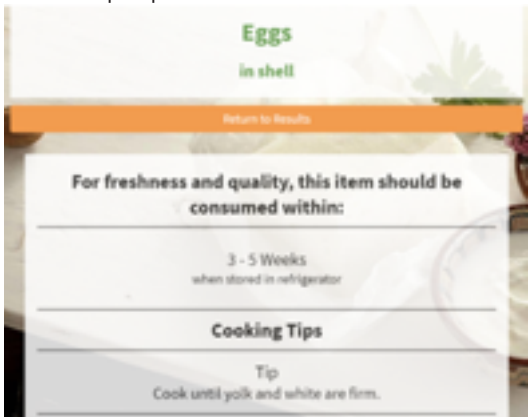
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4min/6:00	Common food products in the kitchen.	Hold up the products when explaining product labeling dates.	<ul style="list-style-type: none"> There are also a variety of phrases used for product dating. This of course, makes it confusing as to the length of time that different food products are safe to eat. Let's review some common phrases you may see on food products. <ul style="list-style-type: none"> "Best before" or "best if used by" – This tells us how long the product will be at the best flavor and quality. Food is safe to eat after this date, however the quality may be decreased. There are efforts through the Food and Drug Administration (FDA) to support "best if used by" as the standard phrase used on food products instead of some of the more confusing phrases such as "use by", "sell by" and "expires on". "Use By" – This label is aimed at consumers as a directive of the date by which the product should be eaten; mostly because of quality, not because the item will necessarily make you sick if eaten after the use-by date. However after the use-by date, product quality is likely to go down much faster and safety could be lessened. "Sell By" –this label is aimed at retailers, and it informs them of the date by which the product should be sold or removed from shelf life. This does not mean that the product is unsafe to consume after the date. Typically one-third of a product's shelf-life remains after the sell-by date for the consumer to use at home. Now that you are more familiar with what each of these dating phrases mean, you can be more aware to not throw out or waste foods too early, before the quality of the food is affected.
8 min/ 14:00			<ul style="list-style-type: none"> Are you curious how you can use technology to help you learn how long different foods are to store before eating? Check out the FoodKeeper website or app, which was developed by the USDA's Food Safety and Inspection Service, with Cornell University and the Food Marketing Institute. It contains a complete guide of all common foods and when they should be consumed for best quality and freshness. This is a great resource to make sure we aren't wasting food by throwing it out too soon.

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			<ul style="list-style-type: none"> Example picture:  The link to the app is: <ul style="list-style-type: none"> https://www.foodsafety.gov/keep-food-safe/foodkeeper-app
12 min/ 26:00		Place all bananas in different stages of the ripening process on the table or desk for display.	<ul style="list-style-type: none"> Let's talk about fresh produce, because when it comes to some of these items such as bananas, we may be tempted to discard as soon as it becomes spotted or discolored. On this display, there are three bananas: one yellow, one spotted, and one brown. Open the yellow banana. Depending on the class size, you may want to ask a student to open the banana for you. Notice inside the peel is fresh, and yellow. Would you eat this banana? Yes. Open the spotted banana. What do you notice on this banana? Even though it is spotted on the outside, the inside is still fresh without discoloration or bruising. This would be a healthy snack or part of a meal. Open the brown/black banana. What do you notice on the inside of this banana? There is some discoloration. Instead of throwing out this, what are some ideas to use overripe bananas? (allow students to answer) Some ideas include: use the bananas within a smoothie or milkshake, stir into oatmeal, add to pancake batter or use to bake banana bread.
2 min/28:00			<ul style="list-style-type: none"> Thank you for participating in the "Be a Food Waste Warrior" nutrition activity today! <p>(Close lesson with: questions, comments, and allow students to share something they learned.)</p>