

# YOUR FIRST ACTIVITY

## Track your food footprint

Hey Investigators!

Welcome to your first challenge.

In this activity, we'd like you to track your food footprint in your home.

Take a look at the full details in the activity sheet on the website to learn more about this challenge.

Please read these Food Diary information pages before you start filling in your diary. They will help you understand how to make the most of the diaries.





# Your mission

This activity lasts for two weeks:

## WEEK 1 – Food Diary

Tracking how much food you and your family throws away during a week.

## WEEK 2 – Food Saver Diary

Using some simple actions you've learnt and the information you've recorded in your week one Food Diary, see how much food you and your family can save during the week. Our Easy peasy top tips on the website will help you.

Suitable  
for all  
ages\*

Whenever possible, remember to recycle the food you've thrown away  
– put it in your food caddy if you have one and make some [compost for your garden](#) from peelings, cores, etc.



**\*Supervision will be required for some or all parts of this activity, depending on your age. Please run through this activity with your parent or guardian before starting.**

# How to use your diaries

- It is very important that you write down **ALL** the food that is **thrown away** in your **Food Diary** during **week 1**.
- Write down everything
  - ✓ Big, small and tiny amounts
  - ✓ If it goes in the bin, food waste caddy, down the sink or somewhere else
  - ✓ Thrown away by everyone you live with
- Fill in the diaries **every day**.
- Remember to write down any food you have **saved** in your **Food Saver Diary** during **week 2**.
- Everyone at home can have a go at filling it in - or just you - as long as everything gets recorded it doesn't matter who does it.
- It's important to complete all parts of the diary – this information will help you to learn how you can save your food during week 2 e.g. why and when the food was thrown away.
- Be creative with how you complete the food diary – keep in mind that it's good to keep it simple and easy for you to add at the end of each day and at the end of the week.
- Put the food diaries up in your kitchen where everyone can see them and it is easy for you to complete them every day.

**Don't worry if you feel you are throwing too much away – we won't be judging you! It's important to understand what you throw away, & when and why, so that you can learn now to save the food next time.**



# What to write in the food waste diary

You have four pages for each of your diaries. The first three are for the foods we throw away the most in the UK: bread, milk and potatoes. The last page is for other food you throw away.

There are 5 things to write in your diary for every food item you throw away

When was it thrown away/saved?	What was thrown away/saved?	How much was thrown away/saved?	Why didn't it get eaten?	Who didn't eat /saved their food?
<ul style="list-style-type: none"><li>• Which mealtime or other time?</li><li>• Tick one of the boxes</li></ul>	<ul style="list-style-type: none"><li>• Write a short description in the 'other food' page - the other sheets are for bread, milk and potatoes.</li><li>• If it's a mixed food (e.g. beans on toast, a pasta with sauce) make sure to write down the different main ingredients</li></ul>	<ul style="list-style-type: none"><li>• Write in the amount of each food that was thrown away or saved e.g. one slice, half a slice etc - or draw pictures - or just numbers e.g. 1, <math>\frac{1}{2}</math></li></ul>	<ul style="list-style-type: none"><li>• Give a short description of why the food was thrown away / how the food was saved</li></ul>	<ul style="list-style-type: none"><li>• Who, in your family, didn't eat their food (week 1). You can help them save that food during week 2</li><li>• Who, in your family, saved their food (week 2)</li><li>• Tick one of the boxes</li></ul>

We have filled in an example on the next page to show you what to do



## BREAD

Please record all the bread that is thrown away this week

### Week 1 - Food Diary

Tracking your food footprint

#### Did you know?

The amount of bread thrown away in UK homes in 2012 weighed the same as 3 adult blue whales!



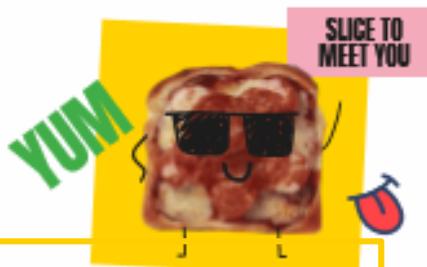
	How much food was thrown away?	Daily totals	When was it thrown away?	Why didn't it get eaten?	Who didn't eat their food?
Monday	1 slice crusts of bread – half a slice 	4	Breakfast Lunch Tea/dinner Snack Other time	Toasted too much and couldn't eat it Didn't like them Bread was mouldy at bottom of pack	Me My sister My family
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
GRAND TOTAL FOR WEEK - number of slices of bread thrown away					

Example of a completed diary page



# Good luck with your mission!

Have fun and be the best investigator you can be! Ensure that no food that's thrown away passes you by without you monitoring it, nor any food you save during the second week.



Remember to have a go at making the Mini pizza during week 2 to use up all your leftover ends of bread!

## Useful calculations

Multiply your weekly food totals by the following numbers and discover how quickly all your food adds up and has an impact on our planet:

1. Yearly total: Multiply the weekly total by 52 weeks to show a yearly total for your home.
2. UK homes total: Multiply the yearly total by 27 million (homes in the UK) to show the impact that UK homes has on our planet over a year.

Then do the same after week 2 to see how well you are helping to protect our planet.

