



<p>Food waste accounts for 8% to 10% of global CO₂ emissions and affects the climate. In what ways does food waste increase emissions?</p> <p>Hint: Think about food production, transport, packaging, and energy use.</p>	<p>Food production uses resources for production, packaging, distribution, and handling in supermarkets. It is therefore a loss of resources and value when food is wasted after reaching consumers. Do you agree? Why or why not?</p> <p>Hints: Consider the use of water, packaging materials, and transportation.</p>	<p>Food waste is not compatible with a climate-friendly lifestyle. Talk to each other about how to live a climate-friendly life.</p> <p>Hints: Ways to lower your CO₂ footprint; adopting a more plant-based diet; reducing red meat consumption.</p>	<p>Do you often eat locally grown food? Why or why not?</p> <p>Hints: Shorter supply chain; reduced transportation; closer to production.</p>
<p>[Add your own reflection question on this card!]</p>	<p>Discuss the food pyramid. How can you eat in a way that is both nutritious and climate-friendly?</p> <p>Hints: Plant-based diet; balanced diet</p>	<p>Meat is often considered climate-unfriendly. Why do you think that is? Discuss.</p> <p>Hints: Methane emissions from animals; deforestation for grazing; resources used for animal feed; processing and transportation.</p>	<p>Food waste is considered a waste of money. What is your view on the connection between food waste and wasting money?</p> <p>Hints: Resources = money; food production and transportation involve costs.</p>



<p>Reducing food waste is a triple win: it provides more food for people, reduces environmental impacts, and saves money. Which of these reasons is most important to you?</p> <p>Hints: More food availability; protecting the environment; saving money; reducing hunger.</p>	<p>In some countries, entrepreneurs have developed businesses to sell "ugly" foods that would otherwise go to waste. Can you name some examples? How could you create a business around this idea?</p> <p>Hints: "Too Good To Go" (Denmark); "GRIM" (sells imperfect fruits and vegetables).</p>	<p>Social norms influence what we perceive as good or bad food, often shaped by social media. What types of food do you frequently see on social media?</p> <p>Hints: Does social media show more healthy or unhealthy food, in your opinion?</p>	<p>What do you think makes a good option for a delicious and healthy snack?</p> <p>Hint: Some tasty snacks (like chips or chocolate) are high in salt or sugar, making them less healthy.</p>
<p>Social norms around food and eating affect our attitudes toward food waste. How do you think social media influences these norms?</p> <p>Hint: Social media trends like "zero waste" can shape people's views on food waste.</p>	<p>Social media affects our perception of luxury and desirable foods. What kinds of foods have you seen portrayed on social media?</p> <p>Hints: Social media often displays visually appealing, but sometimes unhealthy, foods.</p>	<p>Fruits and vegetables are among the most commonly wasted foods in Europe. What are the health and nutrition problems associated with this?</p> <p>Hints: Loss of essential nutrients like vitamins and minerals.</p>	<p>Every country has its own dietary recommendations for healthy eating. Do you know your country's guidelines?</p> <p>Hints: Official dietary guidelines or the European food pyramid.</p>



<p>Think about your daily life. Which types of food do you throw away most often? Are there any foods you never throw away?</p> <p>Hint: Reflect on your last dinner, lunch, or breakfast.</p>	<p>If we stopped wasting food, we could feed up to 2 billion more people. What do you think this would mean for world hunger?</p> <p>Hint: Where is food most often wasted and where are there the most people who cannot get enough food?</p>	<p>Some families waste more food than others. What could be the reasons? Discuss your own family's habits.</p> <p>Hints: Busy lifestyles; lack of concern about money; buying too much food on discount and not eating it in time.</p>	<p>Do you ever think about children who don't have enough to eat when you throw food away?</p> <p>Hints: World hunger; children's right to food.</p>
<p>When food is wasted in one place, it can affect people elsewhere. How do you think this happens?</p> <p>Hints: Food prices; climate impact; global inequalities.</p>	<p>Are there foods that kids in your class think are "cool" or "not cool" to eat? What do you think about these foods in terms of healthiness?</p> <p>Hints: Sweet and salty foods are often considered "cool."</p>	<p>In your class, are there foods kids think are cool or uncool to eat? Why?</p> <p>Hints: Differences between processed foods and fruits; examples like eggs, carrots, pizza, or candy.</p>	<p>Do you care what your friends eat for lunch? Why or why not?</p> <p>Hint: Sometimes people comment on whether foods are considered cool or uncool.</p>



<p>Please share some tips or ideas you have for avoiding food waste with your classmates.</p> <p>Hint: Think about common reasons for food waste.</p>	<p>Different countries have different ideas about what foods taste good or bad. Can you think of examples from other cultures?</p> <p>Hint: Some cultures eat more spicy foods or more preserved foods like salted fish or pickles.</p>	<p>Different countries have unique food traditions. Can you name any foods that people elsewhere enjoy but might seem unusual to you?</p> <p>Hints: Eating frogs, snakes, or insects in some cultures.</p>	<p>[Add your own reflection question here!]</p>
<p>Do you think that children today pickier about what they eat than 100 years ago? Why or why not?</p> <p>Hint: Ask older family members about their experiences.</p>	<p>Talk about types of foods that didn't exist 100 years ago but are common today.</p> <p>Hint: Very processed food that can stay good to eat for many years.</p>	<p>Have you ever eaten an ugly fruit or vegetable? How did it taste compared to a "perfect" one?</p> <p>Hint: Compare the taste and texture.</p>	<p>How do you feel about eating imperfect fruits and vegetables?</p> <p>Hint: Reflect on your feelings about nutritional value versus appearance.</p>



<p>What do you do if an apple has a small brown spot?</p> <p>Hint: Do you eat it anyway, cut out the spot, or throw it away?</p>	<p>Some people feel embarrassed eating certain foods in front of others, such as smelly or unusual-looking foods. What do you think about this?</p> <p>Hints: Think about your experience with tasty but strong-smelling foods.</p>	<p>Very ripe bananas often get thrown away because they look brown and mushy. What else could you do with it instead?</p> <p>Hint: Make a banana smoothie</p>	<p>'Ugly' vegetables and fruits are often avoided even though they are perfectly fine to eat. How do you feel about eating them?</p> <p>Hint: Examples like bent cucumbers or spotted apples.</p>
<p>What do you think about rejecting "smelly" foods like cheese, mackerel, or tuna?</p> <p>Hint: Talk about your likes and dislikes.</p>	<p>You try a new food, but don't like it. What do you usually do?</p> <p>Hints: Throw it away, try it again, or give it back to your parents.</p>	<p>Do you think it is okay to throw away food you don't like? Would you do it if you had no other food?</p> <p>Hints: Consider world hunger, food costs, and resources.</p>	<p>What kind of new food would you like to try?</p> <p>Hints: A new kind of cold cut or a different type of bread.</p>



<p>Food courage is about the willingness to try new or different food. That can be food you haven't tasted before, food that looks different than usual, food you don't think you like, or food you know you don't like. How do you show food courage?</p> <p>Hint: Be curious about new foods</p>	<p>People often misunderstand 'best-before' and 'use-by' dates. What do you think these dates mean?</p> <p>Hints: Think about why we use "Use-by" on fish products and "Best-before" on milk products.</p>	<p>"Best-before" means food is usually still safe if it looks, smells, and tastes fine. How do you check if food is still good?</p> <p>Hints: Talk about a product that has a "best before" date like milk, and the ways you can test.</p>	<p>How often do you put more food on your plate than you can eat?</p> <p>Hint: Think about buffets.</p>
<p>Research shows that people waste more food while traveling. Why do you think that happens, and how can we reduce it?</p> <p>Hint: Think about your last holiday experience.</p>	<p>When are you most likely to overload your plate?</p> <p>Hints: Buffets, festivals, when you are very hungry.</p>	<p>One of the UN's Sustainable Development Goals (Goal 12) is to ensure sustainable consumption and production. How is food waste connected to this goal?</p> <p>Hints: Reducing CO₂ emissions by minimizing food waste.</p>	<p>What do you know about the UN Sustainable Development Goals (SDGs) and food waste?</p> <p>Hints: 17 goals; SDG 12 = Responsible consumption and production; SDG 12.3 = food waste reduction.</p>



<p>What do you think is the difference between food loss and food waste?</p> <p>Hints: Food loss happens during production; food waste occurs during processing, retail, and consumption.</p>	<p>In your opinion does social media influence our food waste behaviors in positive or negative ways?</p> <p>Hints: Think about how YouTube videos or food trends affect you.</p>	<p>Have you seen anything about food waste on social media? Discuss what you have seen.</p> <p>Hints: Surplus food, food donation, food recycling.</p>	<p>Do you often hear about food waste in the media?</p> <p>Hints: Newspapers, TV, radio, ads, billboards.</p>
<p>Is there food you eat at home but not at school? Why or why not?</p> <p>Hint: Foods you enjoy at home but don't bring to school.</p>	<p>“... then you see others throw it out, so you do it too.”</p> <p>Is it a good idea to copy other people's habits? Why or why not?</p>	<p>Some people think it's okay to waste food because others do it. What do you think about this? What explains this behavior?</p>	<p>Do you think students should comment on what other students eat for lunch at school? Why or why not?</p> <p>Hint: Think about how you felt when someone commented on your food.</p>



<p>Have you ever commented negatively or positively on someone's food? How did they react?</p> <p>Hints: Think about other people's reactions to both your negative and positive comments.</p>	<p>"I keep forgetting to tell my parents that I don't like bacon and would rather have cheese."</p> <p>What could help you remember to tell your parents?</p> <p>Hints: Write it down; parents ask regularly about lunch preferences.</p>	<p>Parents sometimes serve foods that children say they don't like. What could be the reason?</p> <p>Hint: Think about when your parents encouraged you to eat certain foods.</p>	<p>"I just throw it out, and when my mom asks if I liked it, I just say 'yeah yeah'!"</p> <p>Why might a child say 'yes' instead of telling the truth?</p>
<p>"Sometimes you can't eat your food, and then your parents get a little mad." Do you recognize this situation?</p> <p>Hints: Think about difficulties telling parents you didn't finish your lunch.</p>	<p>What can you do to reduce food waste from your school meals?</p> <p>Hints: Help prepare your own lunch; talk to parents about your preferences.</p>	<p>Food waste is food that could have been eaten but is thrown away. What foods do you most often waste at school?</p> <p>Hint: Think about foods you didn't like.</p>	<p>How many kilograms of food do you think your class throws away in a week?</p> <p>Hint: Check your class's waste bin.</p>



<p>Statement:</p> <p><i>"I stress all the time because when we go shopping for dinner my parents keep asking what I want, and I don't know."</i></p> <p>Do you sometimes feel the same in your family? If this happens to you, what would you say to your parents?</p>	<p>What do you think happens to food after you throw it out? It can be at school and/or home.</p> <p>Hints: Recycling, Compost</p>	<p>If you could change something about your food habits, what would it be?</p> <p>Hint: Think about something you can do by yourself to reduce food waste.</p>	<p>What do you think is a good school lunch? Discuss it and think about taste, smell, look, and healthiness.</p> <p>Hint: Should meals have a balanced nutritional content and variety, or should you always eat the same?</p>
<p>Statement:</p> <p><i>"I always tell my parents what I don't like, but I still get it in my lunch pack."</i></p> <p>Does this happen in your family? How do or would your parents react if you said what you don't like?</p>	<p>Statement:</p> <p><i>"If your parents ask 'Why haven't you eaten all your lunch pack?', then you don't always want to explain it."</i></p> <p>Why do you think it can be difficult to tell your parents the reasons for not eating all your lunch?</p>	<p>Statement:</p> <p><i>"Instead of bringing your food home and saying that you were full and couldn't eat it all, then you just throw it out and pretend you've eaten it all."</i></p> <p>Do you recognize this experience yourself? What could you have done differently instead of throwing the food?</p>	<p>Statement:</p> <p><i>"I actually told my parents, that I don't like tuna salad that much, but I think they forgot about it."</i></p> <p>Do you recognize this yourself? <i>What would you do if this happens to you?</i></p>