

# 1 Activity 1: Watch the waste

Scientists make observations. They record and analyze data about their observations to learn more about what they are studying.

**Your Mission:** Collect and analyze data to describe how often you observe food waste in a day.

## Directions:

1) Use tally marks to record how many times you see food being wasted.

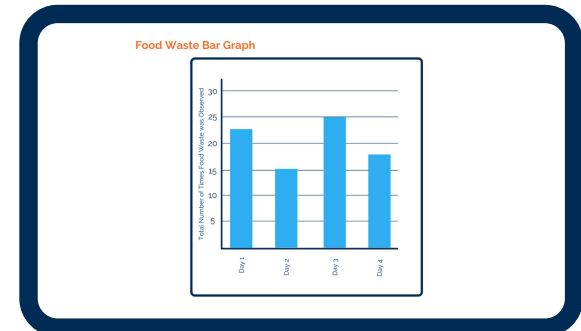
2) Count the total and put the number in the "Total Box."

3) Create a bar graph. Shade in the number of wasted food you observed each day.

4) Reflect and answer the questions.



**TOTAL**



# Observation Trackers

Use tally marks to track the number of times you observe food waste.

Day 1

TOTAL

Day 2

TOTAL

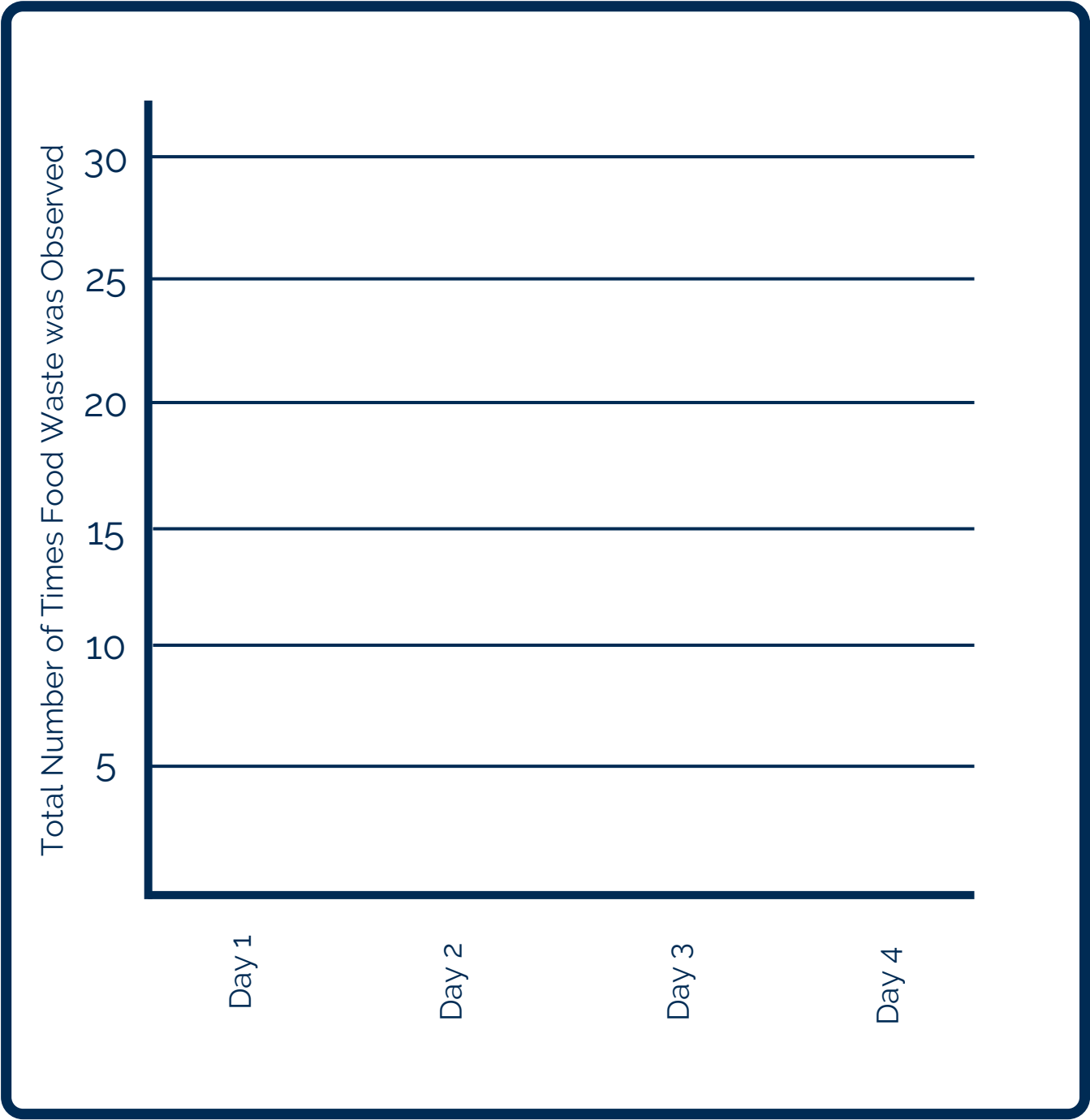
Day 3

TOTAL

Day 4

TOTAL

# Food Waste Bar Graph



**Were you surprised by how many times you observed food waste? Why or why not?**

**Where did you see the most food wasted? Why do you think this is?**



## 2 Activity 2: Watch it Grow

Conduct an investigation to determine the needs of plants.

**Materials Needed:** 2 packets cress seeds, 4 small plastic trays, 2 cardboard boxes, scissors, 4 pieces of paper towel, water, crayons

### Directions:

1. Follow the directions for the Cress Growing Investigation.
2. Record your observations on the Cress Investigation Observation Sheet.
3. Answer questions.





# Cress Growing Investigation

Examine the cardboard boxes to see if there are any holes. Cover any holes with paper.



Cut a large square in the side of one of the boxes.



Line the bottom of each tray with a folded piece of paper towel.



Sprinkle a similar number of cress seeds in each tray.



Pour enough water to soak the paper towel into three of the trays.



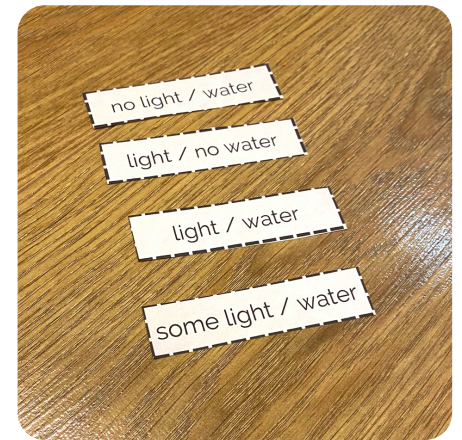
Put one of the watered trays inside the box without the square hole.



Put another watered tray inside the box with the square hole.



Cut the investigation labels and place them near the matching trays.





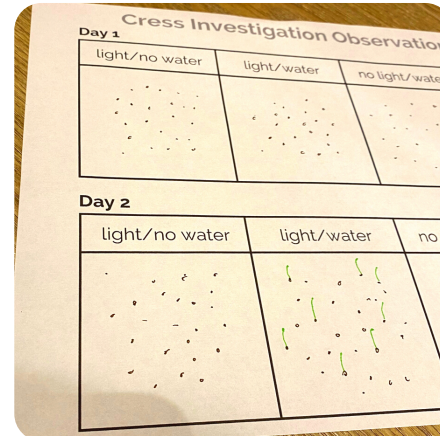
Put all four trays in a location that receives daylight.



Remove the trays from the boxes.  
Observe the cress seeds in all four trays for six days.



Record your observations.  
Use crayons to make detailed recordings.



Add more water to the three watered trays after each observation.



Put the two trays back in the boxes after each observation.



## Investigation Labels

light / no water

light / water

no light / water

some light / water

# Cress Investigation Observation Sheets

## Day 1

light/no water	light/water	no light/water	some light/water

## Day 2

light/no water	light/water	no light/water	some light/water

### Day 3

light/no water	light/water	no light/water	some light/water

### Day 4

light/no water	light/water	no light/water	some light/water

## Day 5

light/no water	light/water	no light/water	some light/water

## Day 6

light/no water	light/water	no light/water	some light/water

**Which cress grew best? Why do you think this one grew best?**

**Which cress did not grow at all? Why do you think this one did not grow?**

### 3 Activity 3: Food & Hunger Emoji

Create an emoji to represent food secure and insecure.

**Materials Needed:** crayons, color pencils or markers.  
handout to draw emojis.

We use emoji's to represent many things. Look at the emoji's below and review what they represent.



**Shush!**  
**Be Quiet**

**Feeling**  
**Shy**

**Going to**  
**sleep**

Sometimes you can use one, two or three emojis to represent an idea. Use the handout in the next page to create a new emoji to represent words related to food waste and hunger.



Food InSecure

Food Secure

Hunger

Food waste

## 4

# Activity 4: Food Crisis Lapbook

Create a book to teach others about food waste and food insecurity.

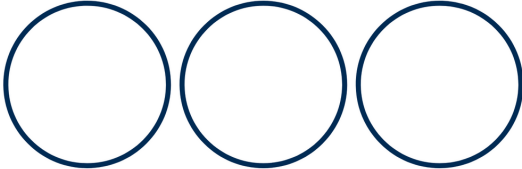






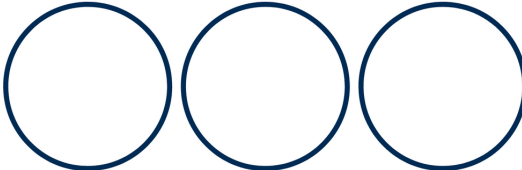


**Materials Needed:** file folder, scissors, glue, crayons, pencils, markers



## Outside

Food waste	Food InSecurity
Did you know?	Did you know?

## InSide

What can you do to address hunger?	<b>Causes of Food InSecurity</b>  	What can you do to reduce food waste?
		
		
	<b>Effects of Food InSecurity</b>  	

## Directions:

1. Draw an illustration showing food waste in the box below the "Food Waste" title. Write a fact about food waste in the "Did you know?" box below your illustration.

Food Waste

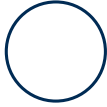





Did you know? 40% of all food is thrown out.

2. Draw an illustration showing food insecurity in the box below the "Food Insecurity" title. Write a fact about food insecurity in the "Did you know?" box below your illustration.







Food InSecurity

Did you know? 1 out of every 6 kids may not get enough food

3. Draw three illustrations showing the causes of food insecurity in the circles below the "Causes of Food Insecurity" title. Write a caption for each of the illustrations in the boxes below the circles.

Causes of Food InSecurity		
		
		

4. Draw three illustrations showing the effects of food insecurity in the circles below the "Effects of Food Insecurity" title. Write a caption for each of the illustrations in the boxes below the circles.




Effects of Food InSecurity		
		
		

5. Write or draw three things people can do to reduce food waste below the "What can you do to reduce food waste?" title.

What can you do to reduce food waste?




6. Write or draw three things people can do to address hunger below the "What can you do to address hunger?" title.

What can you do to address hunger?




Food waste



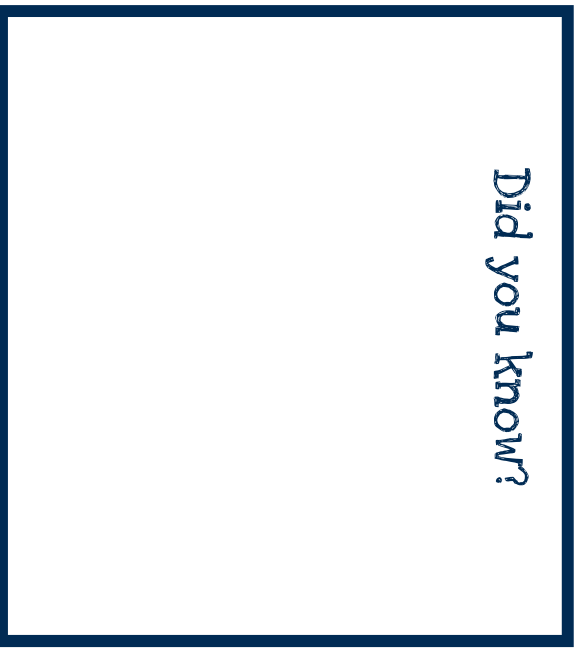
Did you know?



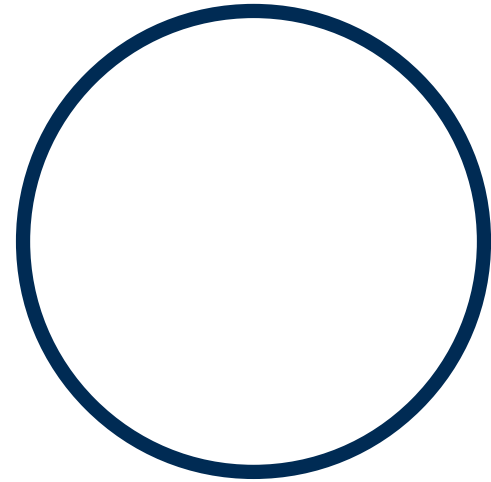
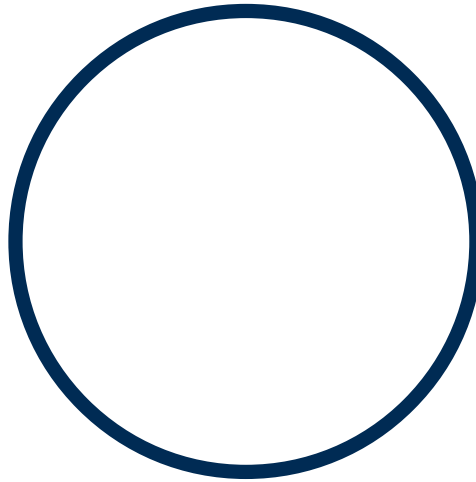
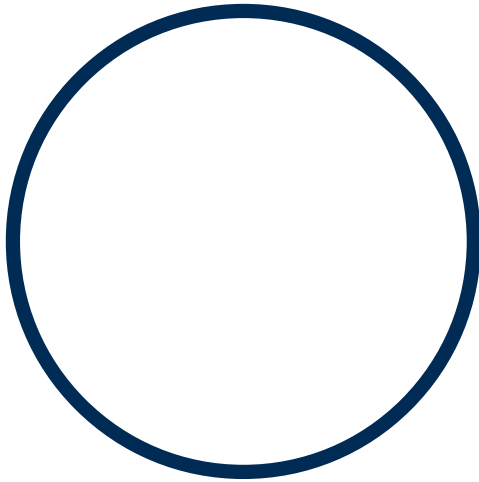
Food InSecurity



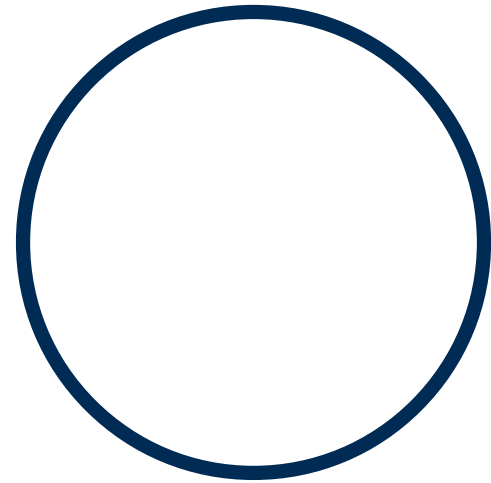
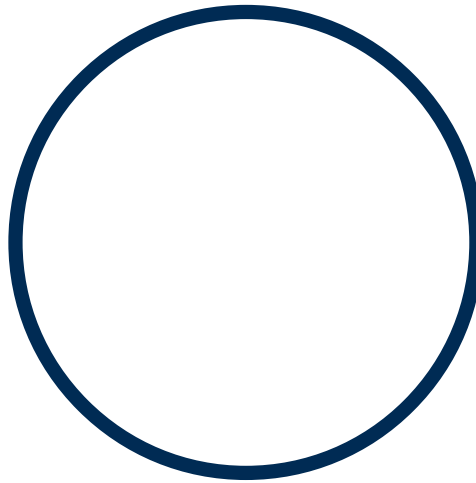
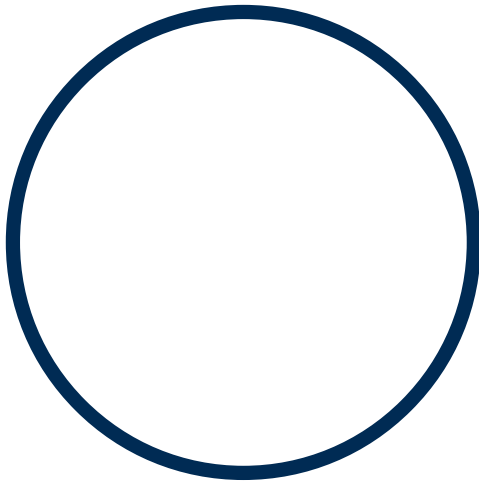
Did you know?



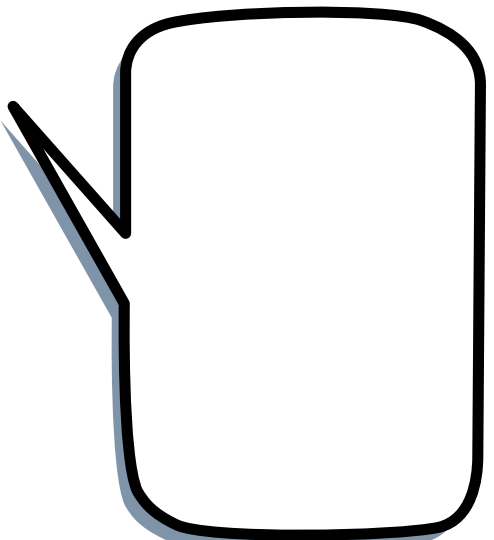
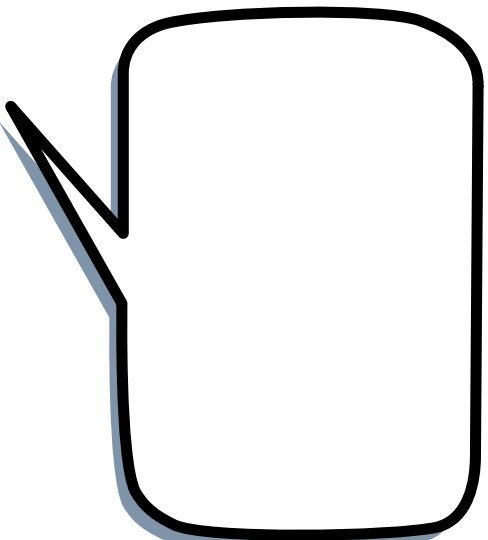
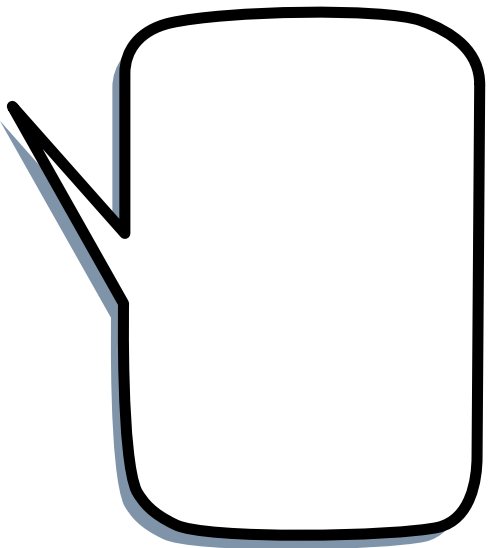
# Causes of Food InSecurity



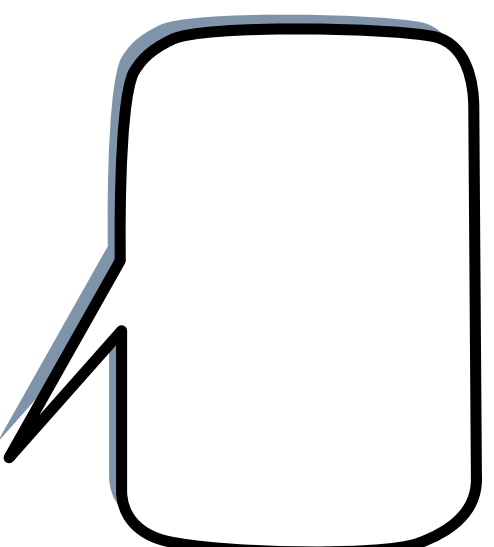
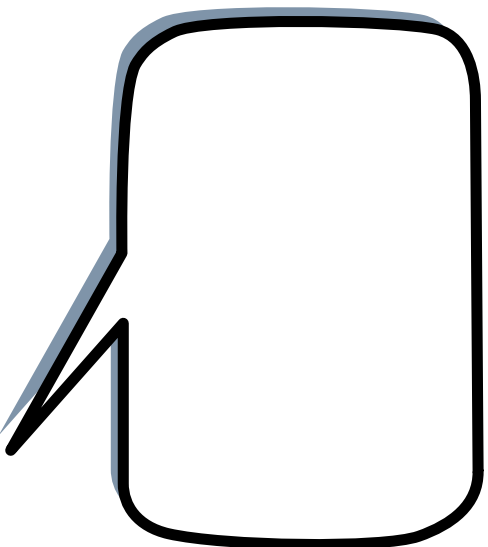
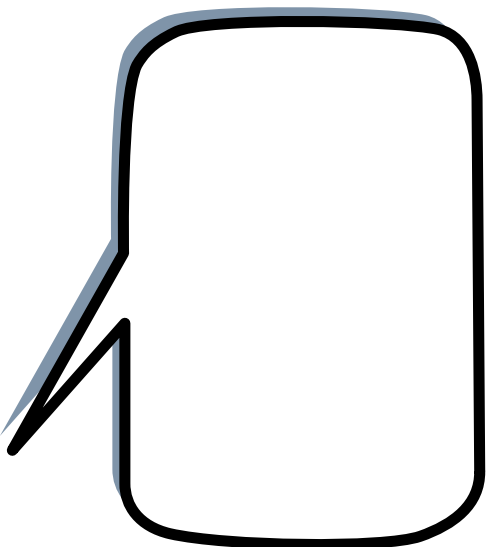
# Effects of Food InSecurity



What can you do to  
reduce food waste?



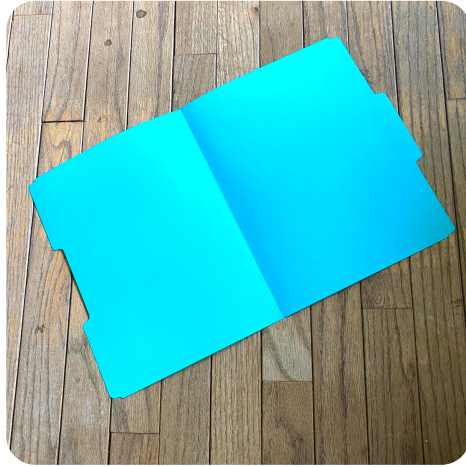
What can you do to  
address hunger?



# Lapbook Creation!

Open the flaps of the folder and lay it flat on the table.

1



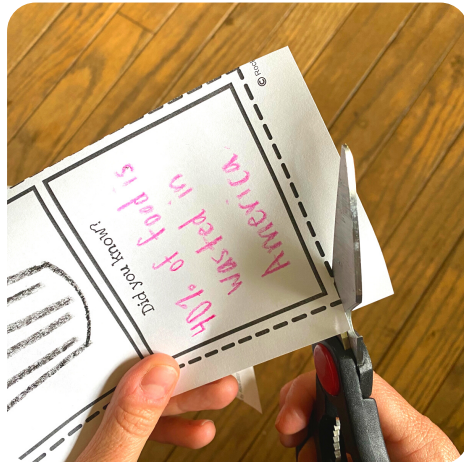
Fold the flaps in half toward the center of the folder.

2



Cut along the dotted lines to cut out the captions and illustrations.

3



Use the diagrams below to glue the captions and illustrations on the lapbook.

4

