

# CUTTING DOWN ON FOOD WASTE



Find out what food you have in your fridge / kitchen



Look at the sell by dates of different foods in your kitchen



Move the food in your kitchen forwards / backwards in the cupboard / fridge depending on their use-by-date



Look at the foods which need consuming first and gather



Design a meal or food plan to use these first



Plan forwards for your next shop to create a meal plan using foods which are getting close to their use-by date

*Which foods need eating first?*

*Has some of your food already gone to waste?*

*Where could you go for help to plan a meal?*

*What changes could be made to your food shopping?*



foods which need eating:



recipe ideas:



things to buy:



sources of finding recipes:



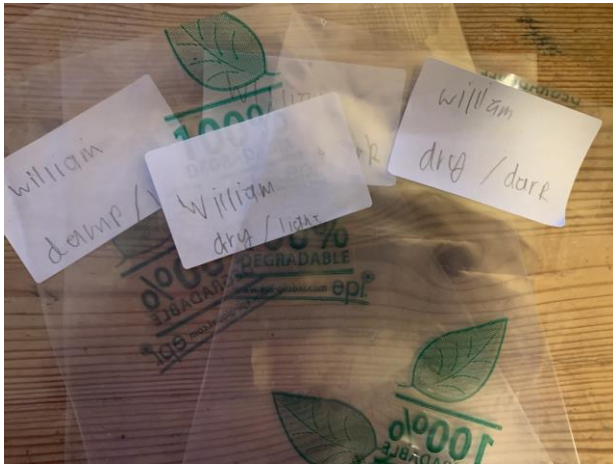
things to not buy in next food shop:



## Investigation into how to identify the best way to store food- #mouldybread!

You will be setting up an investigation to see under which conditions bread goes mouldy more quickly.

You will use four slices of bread under different conditions to see which one is affected most by mould / fungi.



Where will you place your four bags?

There will be four variants in the test-list these below. We have done the first one for you-

- dry / dark
- dry / light
- damp / dark
- damp / light

You will need:

Four slices of bread

Two pieces of damp kitchen roll

Four 'sandwich' bags

Four labels to mark up the bags

**Eco Tip-** We have used 100%  
degradable sandwich bags!

List the constants in order to make the test fair?

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- 
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**Safety tip-** mould can be toxic, therefore ensure that you keep the bag firmly sealed and only observe the breads from outside! Do not open the bags at any time and throw them into the bin sealed.



Why not research the moulds found on bread and their qualities?

<i>Prediction: (draw your slices of bread below with the predicted mould patches)</i>	
<i>dry / dark</i>	<i>dry / light</i>
<i>% mould</i>	<i>% mould</i>
<i>damp / dark</i>	<i>damp / light</i>
<i>% mould</i>	<i>% mould</i>

<i>Result after 5- 7 days: (draw your slices of bread below with the predicted mould patches)</i>	
<i>dry / dark</i>	<i>dry / light</i>
<i>% mould</i>	<i>% mould</i>
<i>damp / dark</i>	<i>damp / light</i>
<i>% mould</i>	<i>% mould</i>

Conclusion:

*Why not try a different variant to explore other types of food or conditions?*

How can you use these findings to preserve food for longer?