

The food diary of..... aged.....

If you've been inspired by our **William Wastenot poster**, why not record your own eating habits for one day? Write or draw what you ate and drank below – don't forget to fill in the clocks too!



WAKE UP

Did you have a pre-breakfast snack or drink?



BREAKFAST

They say breakfast is the most important meal of the day. Did your day get off to a good start?

Don't forget to include food wrapping and packaging too!



EVENING SNACK

If you had a snack before bed, remember to include it here.



BREAK TIME

It's the first break of the day – what did you eat today?



DINNER

What did you have for dinner tonight and was there any waste? Ask your family to help if you're not sure.



LUNCHTIME

Whether you had a hot school meal or packed lunch, jot down exactly what you ate and whether there was any waste.



HOME TIME

Did you have a snack after school too?



SNACK

It's second break! What snack did you munch on today? Don't forget to include anything you drank too!

Were you surprised by how much unwanted food and packaging goes in the bin every day? Turn over to test your knowledge about waste and take action...

Are you a Waste Champion?

Ask students to fill in the three sections below with their answers. If you received a Waste Week pack, use the stickers inside to reward students when they complete each of the three stages. Then why not hand out the Waste Champion badges when students finish the worksheet?

REDUCE

Cutting back on the amount of food we waste or packaging we use is the first important step in tackling unnecessary waste.

Question 1. Name one thing you could have done differently to **reduce** the amount of food waste you produced today.

Question 2. Can you remember one **food waste fact** you learnt during Waste Week?



REUSE

With a bit of creative thinking, many of the things we throw away could be turned into something new. Using reusable containers is another way to cut back on unnecessary waste.

Question 1. Name one thing you wrote down in your food diary that you could have **reused** or something you could have put in a **reusable container** instead.

Question 2. Can you remember one **plastic waste fact** you learnt during Waste Week?



RECYCLE

Before you throw something in the bin, always check whether it can be composted or recycled instead.

Question 1. Name one thing you wrote down in your food diary that could have been **recycled**.

Act on waste!

Now you've thought about the amount of food waste and packaging you produce in a day, make a pledge to do something about it. You could also post it online at www.jointhepod.org/wastepledge



Have you completed all the questions?
Well done – **you're a Waste Champion!**