**Supplemental Lesson Plans**

Hello Teachers!

Thank you for allowing I Love A Clean San Diego to teach your students about food waste, resource conservation, and creative cooking. We hope your students feel empowered to make small habit changes daily and spread the word to their friends and family!

The County of San Diego has sponsored this program because reducing food waste going to the landfills is a top priority on all levels. We know that food waste is a huge, multi-faceted topic that we cannot fully cover in one presentation. If you would like to dive into the layers of this topic further, we have created 10 lesson plans for you to utilize with your class, ranging in length from 10 minutes to 45 minutes. Each lesson plan contains the information needed to facilitate the lesson (supply list, background info, talking points), as well as any additional materials required (PowerPoint slides, links to videos, worksheets).

To help you and your students get the most out of this program, we’ve compiled a suggested order for delivering these lesson plans:

Before diving into specific topics and activities, it is helpful for students to understand the lense through which they personally view and value food. We suggest beginning with:

* Psychology of Food Waste (20 min. with optional extension)
* Food Culture at Home (15 min.)

Now that students have built some perspective on their personal outlook, they may be ready to dive into some issues. The following lesson plans are more environmentally based and science-heavy, but give the students a global view of food waste:

* Agriculture in the 21st Century (15-20 min. with optional extension)
* Carbon Culprits: The Relationship Between Food and Climate (20 min. with optional extension)

Now that you’ve gone global, the following lessons provide a local focus on the food scene in San Diego County:

* San Diego’s Local Food (15 min.)
* Food Donations in San Diego (15 min. with optional extension)
* Sustainable Businesses and Restaurants (10 min. with optional extensions)

Finally, these lessons allow students to identify specific, realistic ways they can minimize their food waste everyday:

* Myth-Busting Expiration Dates (15 min.)
* Smart Food Storage (20 min.)

The following lesson plan can be incorporated into the curriculum when you see fit, depending on what your classes look like this year. We have suggested a few variations for your convenience and adaptability:

* Food Waste Audit (45 min.)
  + This lesson plan provides 3 variations- in-class waste sorting, school lunchtime observation, or independent at-home waste sorting

We hope our Cooking Up Change presentation, along with these supplemental lesson plans, allow you to easily incorporate food waste awareness into your culinary class and create a mindset in your students that will stick with them for years to come.

If you have any questions, feel free to contact us at [education@cleansd.org](mailto:education@cleansd.org). Bon appetit!