



Limited Edition: Game Time!

Name _____

Date _____

Food waste worksheet (Option 1)

1. Write or draw four ways that we waste food:

Not finishing the food that we put on our plates.	Buying more food than we can eat in a week.
By overcooking or undercooking it which means it cannot be eaten.	By misreading the labels on the packages such as the best before or use by date,

2. Write or draw four ways that we can reduce food waste:

Serve yourself and only put how much food you will eat on your plate.	Learn to read the labels correctly.
Don't buy more than you can eat.	Freeze foods when you make more, to eat throughout the week.

