



# Limited Edition: Game Time!

Name Elaine

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## Food waste worksheet (Option 1)

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

Cooking too much food	Using food for projects and games
Buying too much food	Not eating leftovers before they go bad

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

Buy food that we want to eat	Cook enough food to feel full
Remember to eat leftovers before they go bad	Buy fruits and vegetables for a few days or a week

