

April to June: Ecology and biodiversity

Low-tech - Step-by-step Guide



Step-by-step Guide

Climate Change Topic	Ecology		
High-tech or Low-tech?	Low-tech		
Duration of activity (in minutes)	10 minutes before each race	Learning Outcome	<p>Learners will be able to:</p> <ul style="list-style-type: none"> ● Plan and organise their races. ● Avoid pitfalls leading to food waste. ● Reduce food waste.
Materials required for activity	<ul style="list-style-type: none"> ● What to take notes for his shopping list 		
Instructions step by step	<p>In this elementary activity, we thought of giving you ideas to avoid any food waste, because it has an impact on the climate, especially through the loss of resources from biodiverse ecosystems.</p> <p>Some ideas may seem very simple, but this is also the challenge of this project: it should not be complicated to support our climate! Do you have any other ideas to support biodiversity in your region? Do you have any other tips to reduce food waste in your kitchen? Share these ideas around you!</p> <p>Suggested steps to reduce food waste at home: Step 1: Plan your needs before going shopping by checking what you have left at home in your fridge for example. Step 2: Buy smartly and in thoughtful quantities. Buy seasonal, organic and local if possible. Step 3: Consider storing your food so you always keep an eye on it (new foods at the bottom of the fridge and old ones in front). Step 4: Think about the portions as soon as you start cooking to avoid leftovers that still end up too often in the trash. Keep in mind to serve small portions. Step 5: Nibble something before you go shopping! With an empty stomach, we tend to buy more. Step 6 (optional): You can make compost for people who would like</p>		

to go even further. This is now possible even in apartments, thanks to the small compost bins found in department stores.