



Resource: Resource 5 – The Food Waste Diary
Text: This resource encourages you to think about your own food waste and what you can do to reduce this. It involves literacy, science, social science and maths.
Suitable for: P1- Adults through adaptations
Approximate time: 15 minutes a day for a week
Curriculum links: LIT 2-29a, SCN 2-20b, SOC 3-08a
Meta-skills: Social Intelligence: Communicating
Self-Management: Integrity
Innovation: Curiosity, Creativity, Critical thinking, Sense making

Sustainable Development Goal links:



Food Waste Diary

We are learning about the amount of food we throw away in Scotland that could have been eaten.

We understand that by saving food we are also saving money and reducing our impact on the planet.

On the next page there is a food waste diary for you to complete.

P1 - P3

Draw one food item that was binned each day.

S1 - S2

Weigh the food waste before it is binned.
Calculate total food waste per week.



Helpful tips

Pin your diary to the fridge to remind you to fill it in!

Record waste from every meal

Include all food waste (e.g. peelings, fruit skins, tea bags etc.)

A rough estimate of the quantity will be fine.

Food Waste Diary

Day	What got binned?	How much?	Why was it not saved?	What could you have done?
Friday EXAMPLE	banana, chicken breast bits of broccoli	1 banana, half chicken, 4 bits of broccoli - 20 grams	The banana was brown, I was too full for the chicken, I don't like broccoli	Made banana muffins with the banana

