



### Build a Better Lunch Box Activity: lesson plan

The Devon Waste Free Packed Lunch challenge is a great opportunity to remind staff and pupils how important it is to reduce their waste. Use this activity to help pupils identify good waste free choices when packing a lunch box.

**Timing:** Approx 40 minutes

**Space:** A classroom

#### Preparation

- Download the 'Build a Better Lunch Box Mat' and 'lunch box contents' pictures from the website [zone.recycledevon.org/waste-free-lunch](http://zone.recycledevon.org/waste-free-lunch)
- Print one copy of each per group of 3/4 pupils
- The picture cards can be laminated if they will be used numerous times
- Blue tack or glue sticks

#### Introduction

- Ask pupils to list their favourite lunch box items as a class.
- What sorts of waste might we find if look in the bin after lunch time (crisp packets, wrappers, food etc)?
- Discuss with pupils where their rubbish goes.

*Pupils will probably suggest that our rubbish is taken to the 'dump' and some may be familiar with the term 'landfill site'. There are many environmental problems associated with landfill: it takes up space which could be used in other ways; our landfill sites are filling up fast, and many have already had to be closed; resources buried in landfill cannot be used again.*

*It is also becoming increasingly expensive to dispose of our waste this way, so in Devon we are beginning to burn our rubbish instead. Pupils may have heard the term 'incinerator'; introduce the more accurate phrase 'Energy from Waste' (EfW) plant. Explain that here the rubbish is burned to generate electricity; however, resources are still lost and cannot be used again.*

- How can people help with this problem? (Use the 3Rs – Reduce, Reuse and Recycle).

#### Main session

- Give each group a lunch box template and a set of lunch box contents cards
- Each group must select 6 items to go in their lunch box using the headings on the template to guide them.
- Groups are encouraged to ask the following questions:
  - Is there a better choice to create less waste?
  - How is this a better choice?
  - What should we try to avoid?
  - Is there anything we could do at home?



- Groups to blue tack or stick their pictures onto the lunch box templates

## Plenary

- Each group shows their lunch box to the rest of the class and discusses the choices they made to build a 'better' lunch box.
- Discuss ways to share these ideas with the people who make pupils' lunches – most likely parents/carers. Could the class write letters? Hold an assembly? Invite parents to class to see a demonstration of waste free lunch boxes?
- Points may be awarded for the best waste free lunch boxes, using the scoring table below. However this is optional.

Item	Worst - 3	Worst - 3	Average - 0	Average - 0	Best + 3	Best + 3
<b>Drink</b>	Capri Sun pouch	Mini juice carton	Soft drink bottle	Soft drink can	Reusable bottle & squash	Reusable bottle and water
<b>Sandwich/ wrap</b>	Shop packaged sandwich	Shop packaged wrap	Home-made sandwich in foil	Home-made wrap in cling film	Home-made sandwich – no packaging	Home-made wrap – no packaging
<b>Fruit</b>	Humzinger	Ready chopped apple in plastic bag	Fruit in foil	Raisins in cardboard box	Raisins in Tupperware tub	Satsuma, no packaging
<b>Savoury snack</b>	Packet of crisps	Dairylea dunkers	Cheese string	Cream cheese triangle and bread sticks	Tub of crisps decanted from larger pack	Chunk of cheese
<b>Sweet snack</b>	Packaged biscuit	Packaged Tracker bar	Packaged flapjack – clear plastic	Home made flapjack in foil	Loose biscuit	Home made flapjack – loose
<b>Dessert</b>	Packaged muffin	Frube (yoghurt in a plastic tube)	Yoghurt pot with foil lid	Cake slice in foil	Home made cake in plastic reusable tub	Yoghurt decanted into small tub from larger pot