



Resource:

Resource 24 - Bin it or eat it

Text:

Use the images to decide what the best thing to do with the food would be. Should you bin it or eat it? Could you make older fruits into a smoothie rather than binning them? You will become more aware of the benefits of preventing food from going to waste rather than binning avoidable food waste. It involves topical science and skills to express your opinion using the images.

Suitable for:

S1-S2

Approximate time:

30 minutes

Curriculum links:

LSCN 4-20b, SCN 3-20a

Metaskills:

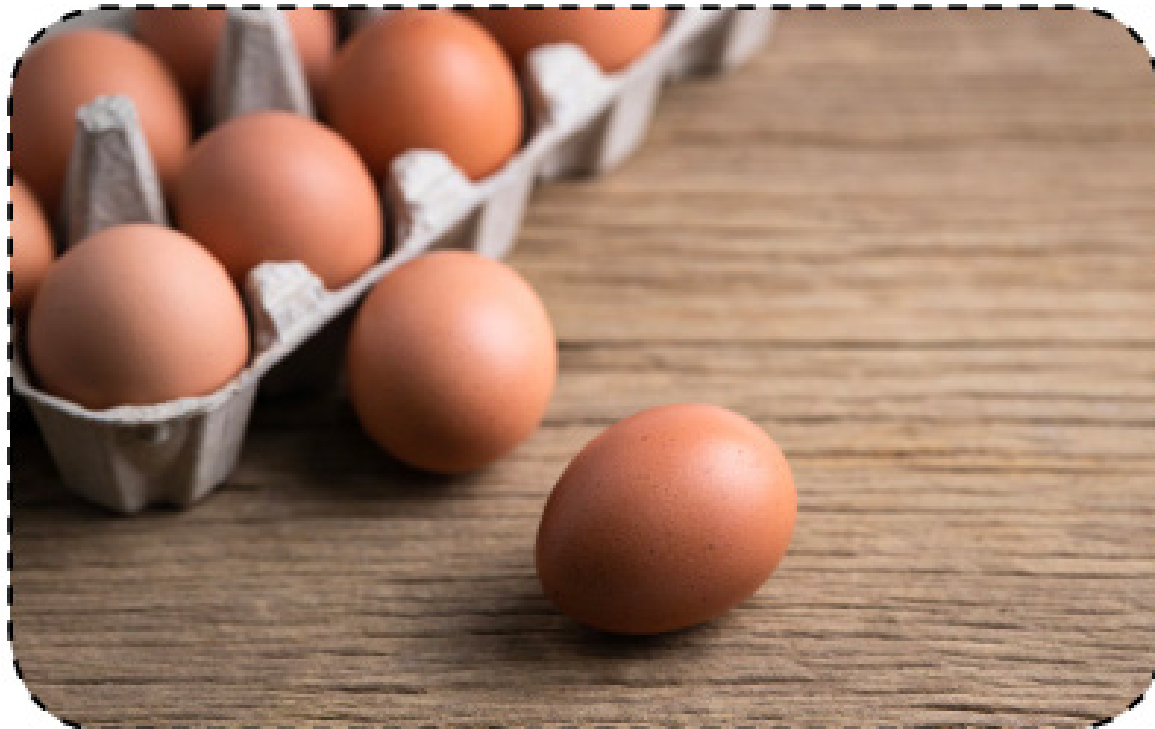
Critical Thinking – Judgement
Sense Making – Opportunity Recognition
Creativity – Idea generation

Sustainable Development Goal Links:













Possible answers (although you may well come up with many more)

Top tip – you can find lots of suggested recipes, along with advice on how to store your food correctly to make it last longer at www.scotland.lovefoodhatewaste.com

Sweetcorn

- Add to salads or make fishcakes or fish pie
- Store in the fridge to use in the near future or in the freezer to keep it for longer.

Carrots

- Grate or chop up and add to salads, soups or stews
- Store in the fridge to use in the near future or in the freezer to keep it for longer.

Bananas

- Use in banana bread or smoothies
- You can freeze bananas and then use to make ice cream.

Mushrooms

- Add to omelettes, stews and casseroles or as a pizza topping
- If you're keeping them in the fridge, cover them with

a tea towel tucked inside the punnet, like a snug blanket to keep them fresher for longer. You can also freeze mushrooms.

Bread

- As long as there's no mould, stale bread can still be eaten – but it may not taste as good as fresh bread.
- Stale bread makes great breadcrumbs – you can freeze them to use for crumble or pasta bake toppings, stuffing or thickening sauces.
- Freeze bread as soon as you buy it. Slice it first and then defrost as needed.

Pasta

- Dry pasta should be stored in an airtight container in a cool dry place and can be eaten up to three years after the best before date.
- Fresh pasta should be stored in the fridge and could be added to soup or salads to make a more substantial meal. If you've cooked too much pasta you can also rinse it in cold water and freeze in meal-sized portions.



Eggs

- As long as eggs are cooked through, they can be eaten a day or two after their 'best before' date. Use them for a nutritious, cheap meal in an omelette.
- Store your eggs in the fridge or if you're not going to use them in time, you can freeze them. Simply crack your eggs into a sealable container and freeze. You can separate the yolks from whites first if you want to use them for different dishes.

Peas

- Add peas to soups, stir fries, stews, casseroles or curries.
- Fresh peas can be blanched and then frozen.

Tomatoes

- In this case, we would advocate binning the tomatoes as they have mould on them (the most reliable sign of whether a tomato has gone bad). The mould will look like dark green spots on the skin of the tomato, as well as a fuzzier white kind. Also if the skin shows signs of wrinkling, it has also gone bad. Bad tomatoes also tend to leak fluid.
- Fresh tomatoes that haven't gone bad can be added to soups, pasta sauce, chilli, salads or a whole range of dishes.

- Fresh tomatoes should be stored in the fridge or freezer. If tomatoes have gone squishy, you could make a sauce with them and freeze it to use another day.

Potatoes

- Don't worry if they've sprouted. Just remove the sprouts and cut off any green bits before using. Potatoes can be added to soups, stews and casseroles. Or cook and make a potato salad. The skins can also be used to make home made crisps.
- You can freeze leftover cooked potatoes. You can then roast them straight from the freezer – just pop them in the oven with a little oil to crisp up.

