



The Missing Food Mystery

Workshop Activity 3

This Workshop was funded in part by a WRRED grant from the Department of Ecology

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How to read the notes:

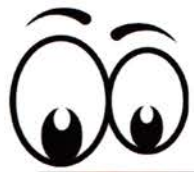
1. Teacher script is indicated by **T: and is bolded.**
2. Teacher actions are shown in (*parenthesis and italics*)
3. Opportunities for ORAL STUDENT RESPONSES or written student responses in the MYSTERY DATA LOG are shown in ALL CAPS.

Missing Food Mystery Workshop
Activity 3: Why is food wasted?



(Teacher asks students to share ideas about why food is wasted from their Mystery Data Log.)

STUDENTS SHARE IDEAS FROM THEIR MYSTERY DATA LOG.



Why is food wasted?



Food Spoils

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T: Yes, food spoils. One of the big reasons that so much food gets wasted is spoilage. Has anyone ever had to throw out food at home because it got sour, or moldy or smelled bad?

ORAL STUDENT RESPONSES.

T: Can you “activate” your investigator noses and imagine what it’s like to smell spoiled or rotten food? What does it smell like?

ORAL STUDENT RESPONSES

T: Yes! Those are all great descriptions of stinky food! Nice work.

T: If we don’t eat the food in time, it can go bad, turn different colors, in the case of dairy, go sour or grow mold like on cheese or on bread. Even though we try to eat all the food we bring home from the store, part of it can spoil or go uneaten, meaning we have to throw it away. Spoilage is a huge reason why people throw food away and helps us begin to solve the Missing Food Mystery. But there’s more to the mystery.

T: Are there other reasons why food might be thrown away?

Why is food wasted?

1. Putting more food on your plate than you can eat.
2. Throwing away food you don't like.
3. Buying or cooking more food than is needed.



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T: Yes, here are 3 more reasons that food is thrown away.

Why is food wasted?

Storing food improperly.



T: This picture can give you clues to other reasons why food is wasted.

ACTIVITY3A: Students at the page 6 in their MYSTERY DATA LOG. Find examples of proper and improper food storage. Put a circle around the improper storage and a star on examples of proper storage.

STUDENTS SHARE AND DISCUSS THEIR IDEAS ABOUT PROPER AND IMPROPER STORAGE.

Which party foods can stay out the longest and still be safe to eat?



T: Which of the party foods shown in this picture can stay out the longest and still be safe to eat? Which foods should be put away first and where?

ORAL STUDENT RESPONSES

Why is food wasted?

Confusing Expiration Dates

- Best before ...
- Best if used by ...
- Use by ...
- Sell by ...



T: Lets think about food in packages that might not go moldy or rotten as fast as bananas? How do we know if the food in packages-things like cereal, cheese, and meat, are still fresh enough to eat?

ORAL STUDENT RESPONSES

T: That's right, manufacturers give us clues but they can be confusing and a big part of our missing food mystery. Let's investigate!

T: Expiration Date: Has anyone heard the phrase expiration? Does anyone know what the term expiration means?

ORAL STUDENT RESPONSES

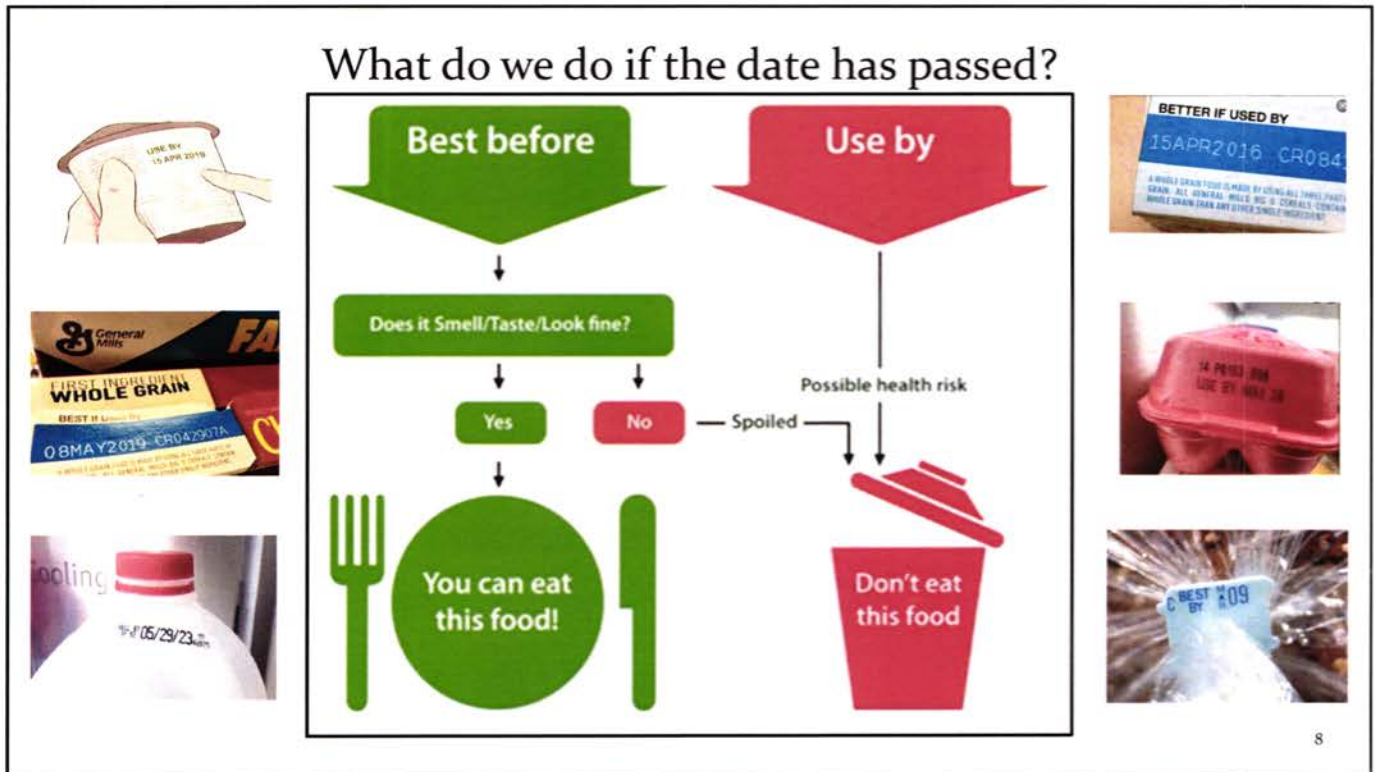
T: Yes, expiration means to end or stop, like the clock at the end of a game, or when something is over. Expiration *dates* are put on packaged food to let people know what the food is not fresh enough to eat after a certain date. Let's look at some examples.

(Teacher has a bin with a variety of food packages that have expiration dates. Students work in pairs to investigate the packages for dates and notice if it says, " Best by, Best before, Use by, Best if used before or something else before the date. Pass the packages until students have seen 4-7 different packages.) NOTE: If actual packages are not available, use the photos of packages provided in the Workshop Resources

T: What type of dates did you find? What type of food was the date on?

ORAL STUDENT RESPONSES

What do we do if the date has passed?



(Teacher asks students to use the decision tree to decide if the food is good to eat or should be thrown away.)

ORAL STUDENT RESPONSES

Keep these foods in your pantry. They have a long shelf life.

0-1 YEARS	3-5 YEARS	FOREVER
Dried Fruits	Canned Tuna	Corn Starch
1-3 YEARS	Pickles (unopened)	Dried Beans, Lentils & Legumes
Bouillon	Spices	Liquor
Dark Chocolate	5-10 YEARS	Maple Syrup (unopened)
Dried Pasta	Canned Fruit	Popcorn
Jerky	Grains	Powdered Jell-O
Oats	Molasses	Raw Honey
Oils	10+ years	Salt
Ramen Noodles	Instant Coffee	Soy Sauce (unopened)
Tea	Powdered Milk	Sugar
Tomato Sauce	Rice	Vanilla Extract
Jams and Jellies (unopened)		Vinegar

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(Teacher quizzes students on different foods in the chart and how long they can be stored.)

ORAL STUDENT RESPONSES

T: We've gathered data on some of the Missing Food Mystery, but here's another mystery. Does anyone know where food goes when it is thrown away?

In Activity 4 we are going to investigate "Away"

ACTIVITY 2B: WHERE IS AWAY? STUDENTS GO MYSTERY DATA LOG PAGE 7 AND JOT DOWN ONE OR TWO IDEAS ABOUT WHERE FOOD GOES WHEN IT IS THROWN AWAY.