

<p><u>Reflection Card</u></p> <p>Food waste is seen as waste of money. What is your view on this?</p> <p><i>Hints: Food waste => waste of resources because there are costs associated with food production; processing and transportation.</i></p>	<p><u>Reflection Card</u></p> <p>Reducing food waste can be a triple win: (i) More food for more people, (ii) Reduces the environmental impact (iii) Save money</p> <p>Which one is the most important one for you and why?</p> <p><i>Hints: Reduce food waste => more food to eat => save money & save environment</i></p>	<p><u>Reflection Card</u></p> <p>Can you name some of the companies that sell ugly foods that would otherwise go wasted?</p> <p><i>Hints: “To Good To Go” started in Denmark</i></p>	<p><u>Reflection Card</u></p> <p>Social media influences our views on what is healthy or unhealthy food. How?</p> <p><i>Hints: Healthy vs Unhealthy food; Processed vs non-processed</i></p>
<p><u>Reflection Card</u></p> <p>How does throwing away food contribute to the waste of resources used in its production, such as water, energy, labor, and transportation?</p> <p><i>Hints: Use of water and energy for the processing, materials for packaging, use of transportation to deliver foods.</i></p>	<p><u>Reflection Card</u></p> <p>Share your thoughts about what it is to be living a climate-friendly life.</p> <p><i>Hints: Lowering the CO2 footprint by choosing a more Plant-based diet and reducing red meat consumption.</i></p>	<p><u>Reflection Card</u></p> <p>Share your thoughts on how food waste can affect global CO2 emissions?</p> <p><i>Hints: Transportation of foods has a climate impact and therefore it can affect global warming.</i></p>	<p><u>Reflection Card</u></p> <p>“Meat is often portrayed as being rather climate unfriendly.” Why do you think so?</p> <p><i>Hints: Animal requires feed, land to graze and water, plus produce methane. Likewise, forests are destroyed to produce feed and graze space.</i></p>



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<p><u>Reflection Card</u></p> <p>Every country has official dietary recommendations about how to eat a balanced and healthy diet.</p> <p>Share the one from your country.</p> <p><i>Hints: You can search for Official dietary guidelines of your country or the European food pyramid.</i></p>	<p><u>Reflection Card</u></p> <p>Think about the food products that you most often throw away. Reflect on how it affects your health.</p> <p><i>Hints: Think about your previous dinner, lunch or breakfast</i></p>	<p><u>Reflection Card</u></p> <p>Reflect on the healthiness of the food you and your classmates consider “cool”.</p> <p><i>Hints: Research shows that chocolates, muslibar, chips, pizza are considered cool food.</i></p>	<p><u>Reflection Card</u></p> <p><i>“If we stopped wasting food, we could feed as much as 2 billion more people.”</i></p> <p>In your opinion what would that mean for World hunger?</p> <p><i>Hints: Food equality, food security, food as a human right</i></p>
<p><u>Reflection Card</u></p> <p>Share the option for both delicious and healthy snacks?</p> <p><i>Hints: excessive added salt and sugar => might taste good but also make them unhealthy.</i></p>	<p><u>Reflection Card</u></p> <p>Social media influences our attitude toward what is good or bad to eat.</p> <p>Share an example that you either like or dislike!</p> <p><i>Hints: very attractive photo of snacks might not be good to eat.</i></p>	<p><u>Reflection Card</u></p> <p>Social media influences our perception about what is luxury and appealing to eat.</p> <p>Share an example from online media that can form your perception!</p> <p><i>Hints: Think about the food that are displayed as Fancy foods, ordinary foods, and emotions used to portray the foods.</i></p>	<p><u>Reflection Card</u></p> <p>Throwing away fruits and vegetables might create an essential nutrient deficiency. Why do you think so?</p> <p><i>Hints: Fruits and Vegetables contain important minerals and vitamins</i></p>



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<p><u>Reflection Card</u></p> <p>How do you end up with a certain opinion about what is cool or not cool to eat? Share your thoughts.</p> <p>Hints: Influence from your friends, teachers, social media, parents and so on.</p>	<p><u>Reflection Card</u></p> <p>Do you mind what your friends are eating for lunch? Why / why not?</p> <p>Hints: Think about comments made by your peers about your lunch.</p>	<p><u>Reflection Card</u></p> <p>Please share some of your tips or ideas to avoid food waste.</p> <p>Hints: Think of some of the important reasons for waste that you already know about: Looks, taste, norms etc.</p>	<p><u>Reflection Card</u></p> <p><i>“Different countries have different ideas about what foods taste good or bad.”</i></p> <p>Share your experience of any unfamiliar or even strange food traditions from other countries?</p> <p>Hints: Insect as delicious snack in some countries, fermented fish on other countries, offal in some countries</p>
<p><u>Reflection Card</u></p> <p>Some families and individual waste more than others.</p> <p>What could be the reason?</p> <p>Hints: Lack of cooking skills, Lack of knowledge about food preservation.</p>	<p><u>Reflection Card</u></p> <p>Food waste in one place can cause problems in other places too. How?</p> <p>Hints: Food price fluctuation, Climate impact, global inequalities in access to food.</p>	<p><u>Reflection Card</u></p> <p>Do we really need supermarkets that are overflowing with all sorts of food all year round regardless of where we are in the world. Why? Or why not?</p> <p>Hints: Not everything in the supermarket is sold.</p>	<p><u>Reflection Card</u></p> <p>Are there any foods that your peers think is really cool or not cool to eat? What do you think of these “cool” foods?</p> <p>Hints: Sweet and savory food = “cool” foods</p>



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<p><u>Reflection Card</u></p> <p><i>Is there some food you eat at home but do not like to eat at school? Why / why not?</i></p> <p>Hints: Food eaten at home but not at school, think about the looks and appearance of food has an influence.</p>	<p><u>Reflection Card</u></p> <p>Would there be somebody else than you that has an influence on what you eat?</p> <p>Hints: Your parents, teachers, peers, and others.</p>	<p><u>Reflection Card</u></p> <p><i>Taylor said, "...then you see others throw it out, so you can also do it yourself."</i></p> <p>What are your thoughts on following other people´s habits?</p> <p>Hints: Think about doing something you may not like. Think about situations where you do what others do.</p>	<p><u>Reflection Card</u></p> <p>What are your thoughts on interfering in what your classmates eat?</p> <p>Hints: Think about how you reacted when somebody talked about your food.</p>
<p><u>Reflection Card</u></p> <p>What do you think is the difference between food loss and food waste?</p> <p>Hints: Food loss = happens at producer level on the farm; Food waste = happens at processing, manufacturing, retail and consumption levels.</p>	<p><u>Reflection Card</u></p> <p>In your opinion, how does social media influence our food waste behaviors?</p> <p>Hints: Opinion influenced by YouTube videos about savory snacks in positive or negative ways.</p>	<p><u>Reflection Card</u></p> <p>Have you ever heard about food waste on social media?</p> <p>Please share your insights!</p> <p>Hints: Talk about surplus food, food donation or food recycling?</p>	<p><u>Reflection Card</u></p> <p>Do you often come across information about food waste in the media? Share your experience.</p> <p>Hints: media = content that can make money</p>



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<p><u>Reflection Card</u></p> <p>Talk about types of food that did not exist 100 years ago, and which can be found today in almost any shop.</p> <p>Hints: Food tourism and food travel across the world, e.g. Sushi, Ramen, Cup noodles, ceviche</p>	<p><u>Reflection Card</u></p> <p>Beautiful food! Have you ever tried an ugly fruit or vegetable? If so, how did it taste compared to a perfect one?</p> <p>Hints: food appearance is not always related taste & texture</p>	<p><u>Reflection Card</u></p> <p>How do you feel about eating fruits and vegetables that look imperfect?</p> <p>Hints: taste and feeling of eating imperfect fruits such as bent cucumber, blemish apple and so on.</p>	<p><u>Reflection Card</u></p> <p>What do you do if an apple has a small brown spot?</p> <p>Hints: Small brown spot = Not harmful</p>
<p><u>Reflection Card</u></p> <p>Fruits and vegetables are often the products mostly thrown away. Why do you think so?</p> <p>Hints: Shorter shelves life, easily damaged during handling.</p>	<p><u>Reflection Card</u></p> <p>“Different countries have their own food traditions.”</p> <p>Share your experience/knowledge on any foods that people in other countries love or find strange?</p> <p>Hints: In some countries it is normal to eat frogs or snakes or insects</p>	<p><u>Reflection Card</u></p> <p>Different countries have their own way of eating and special food traditions.</p> <p>Share the differences in food or eating habits from your country to another?</p> <p>Hints: Differences show us how special every culture is!</p>	<p><u>Reflection Card</u></p> <p>Do you think that children are pickier and more selective in what they eat today than 100 years ago?</p> <p>Why / why not? Discuss whether industrialisation and modernization.</p> <p>Hints: Foods in ancient and medieval times, foods created by industrialization and modernization.</p>



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<p><u>Reflection Card</u></p> <p>What do you think about rejecting 'smelly food', for example cheese, mackerel or tuna?</p> <p><i>Hints: “Smell” of the food => delicacy or bad taste.</i></p>	<p><u>Reflection Card</u></p> <p>You try a new type of food, but don't like it.</p> <p>What do you do with it?</p> <p><i>Hints: Try new things is courage!</i></p>	<p><u>Reflection Card</u></p> <p><i>Tom says, “When you want to try something new, and then you don't like it, you throw it out because you don't like it”</i></p> <p>Is it acceptable to throw away food you don't like? Why or why not?</p> <p><i>Hints: Think about cost of the food, health impact.</i></p>	<p><u>Reflection Card</u></p> <p>What kind of new food would you like to try for lunch?</p> <p><i>Hints: Your preference!</i></p>
<p><u>Reflection Card</u></p> <p><i>“People sometime feel shy or embarrassed to eat certain foods in front of others, such as food products with a strong smell or food that doesn't look perfect.”</i></p> <p>What do you think about that kind of habit</p> <p><i>Hints: Think about your own situation of eating very tasty food but have strong smell</i></p>	<p><u>Reflection Card</u></p> <p>Ripe bananas often get thrown away because they look brown and mushy.</p> <p>What else can you do with a ripe banana instead of throwing it out?</p> <p><i>Hints: Banana smoothie, cakes, bread, soup.</i></p>	<p><u>Reflection Card</u></p> <p>‘Ugly’ vegetables and fruit are often avoided even though there is nothing wrong with them.</p> <p>How do you feel about eating ‘ugly’ vegetables and fruits?</p> <p><i>Hints: For example, talk about bent cucumbers or apples with spots.</i></p>	<p><u>Reflection Card</u></p> <p>Should we throw food just because it is not as pretty as we are accustomed to thinking? Why?</p> <p><i>Hints: Ugly food is nutritious.</i></p>



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<p><u>Reflection Card</u></p> <p><i>Think about the situations where you tend to overfill your plate, and share. Why do you think it works that way?</i></p> <p>Hints: Think of situations such as buffet, festival dinner, when really hungry</p>	<p><u>Reflection Card</u></p> <p>Research shows that people travelling on holiday waste more food.</p> <p>Share your opinion on how we can reduce food waste during our holiday.</p> <p>Hints: Think about your last holiday</p>	<p><u>Reflection Card</u></p> <p>UN's Sustainable Development goal 12 aims to 'Ensure sustainable consumption and production patterns.</p> <p>How does food waste relate to this goal?</p> <p>Hints: reducing food waste = more food to eat, CO₂emission reduction</p>	<p><u>Reflection Card</u></p> <p>What can you tell about UN SDGs, relating to food waste?</p> <p>Hints: 17 goals; SDG-12 = Responsible consumption & Production; SDG-12.3</p>
<p><u>Reflection Card</u></p> <p>"Food courage is about the willingness to try new or different food." How willing are you to try new or unusual foods?</p> <p>Hints: New food such as you haven't tasted before, usual, don't like</p>	<p><u>Reflection Card</u></p> <p>People are not always fully aware of the meaning of different date labels: 'best-before,' and 'use-by' dates in food products.</p> <p>What could be the reason for the confusion?</p> <p>Hints: "Use-by" on fish products and "Best-before" on milk products.</p>	<p><u>Reflection Card</u></p> <p>"Best-before" means the food is still safe to eat. How do you make sure the food is still safe to eat?</p> <p>Hints: See, Smell and Taste</p>	<p><u>Reflection Card</u></p> <p>"Portions size influences food intake". How often do you put more food on your plate than you are able to eat?</p> <p>Hints: Think about eating from buffet.</p>



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<p><u>Reflection Card</u></p> <p>Taylor said, <i>“It often happens that you can't eat your food, and then you throw it out and then your parents get a little mad at you.”</i></p> <p>Do you recognize this yourself? Or from peers?</p> <p>Hints: Parents might be angry.</p>	<p><u>Reflection Card</u></p> <p>What can you do to minimize food waste related to school meals?</p> <p>Discuss cases where school provides food or where it comes from home</p> <p>Hints: Think about the cases where school provides the meals and when brought from home.</p>	<p><u>Reflection Card</u></p> <p>What is food waste?</p> <p>Hints: Food waste is food that could have been eaten by people but is thrown away for some reason.</p>	<p><u>Reflection Card</u></p> <p>What types of food do you most often throw away at school? And why?</p> <p>Hints: Think about the food you didn't like. Think about what you would like to</p>
<p><u>Reflection Card</u></p> <p>Have you ever commented negatively or positively on someone's food? And how did they react?</p> <p>Hints: both your negative and positive comments.</p>	<p><u>Reflection Card</u></p> <p>Taylor said, <i>“I keep forgetting to tell my parents that I don't like bacon and would rather have liver pâté for lunch.”</i></p> <p>How could you help him or her remember to tell the parents?</p> <p>Hints: Write it down; Talk with parents about like and dislike.</p>	<p><u>Reflection Card</u></p> <p>Why do parents sometimes give food to children that the children may not like?</p> <p>Hints: Think about the last time your parents suggested eating certain food that you didn't like.</p>	<p><u>Reflection Card</u></p> <p>Taylor said, “I just throw it out and when my mom asks if I liked it, I just say ‘yeah yeah’.”</p> <p>Why do you think the child just says 'Yes, yes' instead of telling the truth?</p> <p>Hints: Fear of disappointment</p>



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<p><u>Reflection Card</u></p> <p>What do you think is a good school lunch?</p> <p>Share your favorite meals in terms of taste, smell, look and healthiness.</p> <p>Hints: Good school lunch = taste good and healthy</p>	<p><u>Reflection Card</u></p> <p>Taylor said, “I always tell my parents what I don't like, but I still get it in my lunch pack.”</p> <p>If same happens in your family, how would you react?</p> <p>Hints: angry or accept</p>	<p><u>Reflection Card</u></p> <p>Taylor said, “If your parents ask, ‘why haven't you eaten all your lunch pack?’, then you don't always want to explain it.”</p> <p>Why do you think it can be difficult to tell your parents about the reasons for not eating all of the lunch pack?</p>	<p><u>Reflection Card</u></p> <p>Taylor said, “It often happens that you can't eat your food, and then you throw it out and then your parents get a little mad at you.”</p> <p>How would you handle this?</p> <p>Hints: Have a conversation with your parents.</p>
<p><u>Reflection Card</u></p> <p>How much (in kilograms) of food do you think your class throws away each day during school hours?</p> <p>Hints: Look at your food garbage bin</p>	<p><u>Reflection Card</u></p> <p>What types of food do you most often throw out? Why?</p> <p>Hints: Bread, Vegetables, Fruit, Meat, Candy, Cake, ...or something else</p>	<p><u>Reflection Card</u></p> <p>Have you ever wondered what happens to food after you throw it away either at school or at home? Share your thoughts.</p> <p>Hints: Recycling, Compost, incineration</p>	<p><u>Reflection Card</u></p> <p>If you could change something from your food habits, what would that be?</p> <p>Hints: Change to reduce food waste</p>



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Reflection Card

Taylor said, "I stress all the time because when we go shopping for dinner my parents keep asking what I want, and I don't know."

How would you handle this situation?

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Taylor said, "It's often that you forget to tell your parent that you didn't like the lunch because you don't see them earlier in the day."

What could help you to remember to tell your parents about it?

Reflection Card

Taylor said, "Instead of bringing your food home and saying that you were full and couldn't eat it all, then you just throw it out and pretend you've eaten it all."

How would you handle this?

Hints: Pretend you have eaten all in your lunch pack?

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