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Lesson Plan 2

What does a disposable lunch look like?

What does a waste free lunch like?

Students will watch a “skit” where two students compare their lunch box contents.

One student will take each item out of their lunch bag while the other student shares ideas about alternatives and why we should opt for them.

The main objective is to discuss each item and address their environmental impact when used on a daily basis:

- Buying bottled water; water is great for you, but its always better to bring your own water in a re-usable water bottle then we aren't wasting so much plastic.
- Juice Boxes; we don't need juice for school. Its better to bring water and keep your body hydrated throughout the day. It also takes a lot of energy to recycle juice boxes.
- Veggies in a Ziploc bag; veggies are really good for your body and its great that you brought some for snack, but instead of a Ziploc bag which can only be reused a few times before it tears, bring a re-usable container that can easily be washed out and reused hundreds of times.
- Sandwich in a Ziploc bag; same as above

- Applesauce in a single-use plastic container; that looks tasty but how about a fresh apple cut up and ready to eat which has no packaging and you can put the core in the compost.
- Plastic cutlery; plastic cutlery is non-recyclable. Better to bring your own metal cutlery from home or use the steel cutlery in your classroom.
- Paper napkin; bring a cloth napkin from home, it can be washed and reused hundreds of times.
- Yogurt in single-use plastic containers; instead ask your parents to buy a large container of yogurt and put some into a thermos or a mason jar with some chopped fruit. Its tasty, healthy and you can reuse the jar over and over.
- Paper bag; instead bring your own lunch bag. It can be made of cloth, stainless steel or recyclable plastic. It can be cleaned and reused everyday. And you are helping the planet by not having to cut down as many trees.
- Store bought snacks; these might look pretty good, but they aren't as good for you as home-made snacks which have the secret ingredient "LOVE". There are so many snack ideas that you can make at home. Examples; cookies, muffins, cake, pie, fruit. Store bought wrappers are also not recyclable and will end up in the landfill where they will not decompose. Remember PLASTIC IS FOREVER!

Ask students to draw an example of a waste free lunch and include some of their favourite foods.

Encourage students to share their lunch ideas with parents and caregivers.

Waste free lunch skits

By: _____

Introductions:

P1: Hello everyone. My name is _____.

P2: Hello everyone. My name is _____.

P1: Today we would like to share with you a skit about, "What is a waste free lunch."

P2: Waste free means; "No Garbage. No Waste"

P1: In our class we have been learning about how garbage is destroying our environment.

P2: By changing some simple things about what you bring in your lunch we can help our environment.

P1: I hope you enjoy our skit.

Skit: Always add the Why

Bottled Water vs. Reusable container

P1: I love to drink out of my plastic water bottle.

P2: Oh no! Plastic is bad for the environment.

P1: Why is it bad?

P2: Because plastic does not decompose. Plastic lasts forever.

Juice Boxes vs. Water

P1: What about juice boxes aren't they good because you can recycle them?

P2: Not really. You can recycle but recycling is wasteful too. It takes a lot of energy and power to recycle something.

Plastic Ziploc Bags vs. Containers

P1: I usually bring my sandwiches in ziploc bags. I can reuse them but they are also made of plastic.

P2: Reusing is a good thing, but it's better to use something that will last a long time.

P1: What could I use other than ziploc bags.

P2: You could use a cloth napkin or best a metal container.

Single-use plastic containers. Vs. Containers. Yogurt and Applesauce

P1: Hmmmm. I love yogurt.

P2: That yogurt is in a single-use plastic container.

P1: What can I do?

P2: You could use a jar or a reusable plastic container.

P1: I see. I could recycle this but it would waste energy.

P2: Wow, I think you are getting what **waste free lunch** means.

P1: Awesome.

Plastic Cutlery vs. Metal Cutlery

P1: The same idea must also work for plastic cutlery.

P2: Yes it does, much better to use metal. It keeps the plastic out of the landfill.

P1: And helps our environment.

P2: Cool.

Store bought snacks vs. Home Made "with Love"

P2: Try some of my homemade cookies.

P1: Wow, these are awesome.

P2: I made them with my mom last night.

P1: They taste so good. Much better than these store bought ones.

P2: I love making cookies. It's so much fun.

P1: I can taste the love in them.

Conclusion

P1: Wow, thanks for all the good information. I think I know how I can help the environment one lunch at a time.

P2: Awesome. A waste free lunch is cool and it tastes better too.