

Food packaging

Task 1: Interviewing an elderly relative



Most of us buy our food at supermarkets now. Just sixty years ago, there were few supermarkets and little plastic packaging.

Your task is to interview an elderly relative to find out what it was like shopping then. You can write down what they say, or use a sound recording app on your phone – your teacher may help you to find an app for your phone.

Asking questions

Try to ask questions that give your relative opportunity to describe what it was like sixty years ago with examples. Good questions to ask might be:

- What kind of shops did you go to when you were young and what were they like?
- When did people go shopping and what did they go shopping for?
- What did food come in before plastic packaging was common?

Work out some other good questions to ask in your group.

Try and think of questions that will give your relatives a lot to talk about.



Task 2: Planning a Healthy Picnic



Your task is to plan how to pack a healthy picnic that:

- Avoids extra plastic food packaging
- Avoids disposable plastic forks/glasses
- Has healthy food and drinks

Key questions to think about:

- What are healthy picnic foods?
- What can we put it in to avoid more waste?
- How else can we avoid making waste?



Task 3: Examples of using the 'Six Rs' to reduce waste

We can reduce waste using the 'Six Rs':



Rethink – This is all about doing things differently to reduce waste. For example, taking reusable bags with us when we go shopping.

Refuse – This is all about not using or buying something that will cause a lot of waste. For example, we might refuse to buy fast food because of the packaging it comes in.

Reduce – This is all about using less of something. For example, we could use less cling-film when we put food in the fridge if we use containers with lids.

Reuse – This is when we use something more than once. For example, glass milk bottles from the milkman are designed to be used and used again.

Recycle -This is when we turn waste back into useful things. For example, waste glass, plastic, tins and paper we put in recycling bins can be turned into new packing and containers.

Repair – This is when we mend things instead of throwing them away. For example, we would mend a car that breaks down rather than scrapping it and buying a new one.

Your task is to design a poster or presentation to encourage people to create less waste from packaging based on the 'Six Rs'



Task 4: Top ways to reuse a jam-jar

Your task is to think creatively to develop ideas for reusing empty jam jars. This is an example of 'upcycling' (defined as the creative reuse of waste materials).

Try out your idea using craft materials and photograph your product.

Produce an illustrated 'how-to' sheet in a similar style to the one below.

Jam-jar beansprouts



1. Add a tablespoon of mung beans to a clean jam-jar.
2. Half-fill the jar with water and cover with gauze.
3. Soak the beans overnight.
4. Empty the water away.
5. Keep in a dark place at room temperature.
6. Rinse the beans in the jar with water every day for three days. Empty out the water each time.
7. On the fourth day, rinse the beansprouts and use in stir-fry meals.



Task 5: Marinella and Marino



Marinella and Marino are marine turtles. They spend most of their life at sea. They like to eat sea-grass and jellyfish. Plastic bags in the sea like the one in the photo can look like a jellyfish. Some turtles try to eat plastic bags by mistake. The bags can harm the turtles...

Your task is to write a story or a poem about Marinella and Marino, the marine turtles. Your story could be told by you or could be as if Marinella and Marino are telling their story.

Remember! A good story or poem has a beginning, a middle and an end.

