

HANDOUT 6, pages 1-2

Zero-Waste Kitchen Assignments for Students

1. Create a New Recipe Using Leftover Ingredients

- Look through your kitchen and collect leftover ingredients that might otherwise be thrown away.
 - Make a list of **at least 15 different ingredients** you find.
 - Use these ingredients to invent a **new recipe**. It can be a meal, snack, or dessert. Be creative and think about how to use everything without waste.
 - Write down your recipe including the list of ingredients and step-by-step instructions.
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2. Track and Analyze Your Food Waste and Buying Habits

- For **one week**, keep a diary of the food you buy and how much of it you actually use.
 - Record **how much food you throw away** and **how much packaging waste** you produce.
 - After the week, analyze your data:
 - ◆ *What types of food were wasted the most?*
 - ◆ *Could you have bought less or stored food better?*
 - ◆ *What changes can you make to reduce waste in the future?*
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3. Research and Present Zero Waste Storage Techniques

- Learn about different ways to **store food to make it last longer** (e.g., freezing, vacuum sealing, using airtight containers).
 - Find at least **three practical storage methods** and explain how they help reduce waste.
 - Present your findings in a short presentation or poster.
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4. Explore Composting and Its Benefits

- Research what **composting** is and how kitchen scraps can be composted.
- Identify which kitchen wastes can be composted and which cannot.
- Create a simple guide or infographic that explains how to start composting at home or in school.
- Optionally, start a small compost bin project and keep a log of what you compost and how it changes over time.