



Lesson 10: Activity Worksheet

Food Waste

foodliteracycenter.org/lesson10

Activity Overview

Students will match the plants we eat to parts of the same plant that we usually throw away.

Grade Level

K-6th grade

Materials

- Pen or pencil
- Scissors

Instructions

Adults

- After student have cut out the flash cards, Cut out the flashcards for students. Cut them in half where indicated with a dotted line.
- Lay cards face-down scattered on the table. Have students flip the cards over one by one and identify what plant or plant part they are. Then have students match cards.
- Once cards are matched let the student know both parts can be eaten.
- For more than 1 student, have kids take turns flipping and matching cards.

All Grades

- Start by flipping over the cards one by one and name the plant or the plant part. Then try to find the matching plant part to each card. Continue until all cards are flipped over and matched.
- After identifying two matching cards, observe the cards; both parts can be eaten!

Talking Points & Discussion

- Zucchini flower can be added to salad or stir-fried. Carrot tops can be made added into pesto. Broccoli stem can be cooked for tacos. Lemon zest/skin can be added to sauces or water. You can leave potato skin on when you cook it!
- Can you find more ways to eat these part of the plants?

Matching Flashcard Key

Zucchini > Zucchini flower

Carrot > Carrot tops

Broccoli > Broccoli stem

Lemon > Lemon zest/skin

Potato > Potato skin



K - 6th Grade Activity

Food Waste: Flash Cards

