**Food waste**

Activity

Small but simple actions by consumers and food retailers could dramatically cut the amount of food lost or wasted across the world each year. In food manufacturing and in retail shops, large quantities of food are wasted because of inefficient practices, quality standards that over-emphasise appearance and confusion over date labels. Consumers throw away edible food due to over-buying, inappropriate storage and preparing meals that are too large.

In 2017, UK post-farm food waste was estimated at 10 tonnes.

1. In your group plan and produce a set of guidelines for consumers to explain how they can reduce food waste. The information should be clear and easy to follow.

2. Make a dish that demonstrates how to reduce food waste. You might include for example, using up left-over rice or pasta or batch cooking using seasonal ingredients.

3. Consider other areas in which you can help conserve resources.