



The Lite Lunch*

Activity P.o

GRADE LEVELS: K - 3

OBJECTIVES:

Students will be able to identify how they can reduce excess packaging in lunches.

MATERIALS:

Student bag lunches; scale; activity worksheet

PROCEDURE:

1. Lunches during the past 30 years have become a more complicated affair with a higher incidence of excess packaging. Have students examine the packaging of their lunches before they eat them.
2. After lunch, have the students put all of the packaging materials that they would throw away into one bag. Weigh and record results on chalkboard. 3. Ask the students what could be done to reduce this packaging in their lunches. Suggestion might include:
 - Fresh fruit instead of canned fruit.
 - Plastic containers instead of “plastic bags.”
 - Thermos instead of a packaged beverage.
 - Lunch box instead of lunch bag
4. Ask the students to commit to reducing the amount of waste packaging in their lunches. Tell them that they will weigh their waste packaging every day for two weeks.
5. Discuss what they have done to bring about this reduction at the end of two weeks.
6. Discuss the reaction they got from home for this project.

* Source: Du Pont Solid Waste Management Curriculum K – 6