

Shopping choices

You need:

- *Printed ingredients*
- *Display “Pasta bake recipe” slide*

We can reduce the amount of rubbish we create, especially non-recyclable rubbish, by making careful choices about what we buy. Usually, it’s possible to buy the same food in different kinds of packaging - so which is the best choice?



1

Show the children the pasta bake recipe slide. They will work in their table groups to pretend they are making the pasta bake and need to go shopping for the ingredients.

2

Give each group of children one set of the activity cards. They will have multiple options for each ingredient and must choose which one is best – thinking about reducing waste, and ensuring packaging is recyclable.

3

Suggest the children start by making a pile of all of the options for each ingredient, next to the label for that ingredient. Then, looking at one ingredient at a time, choose which one to keep, and move the others to the side until they’re left with one next to each label.

4

***Discuss their choices as a class:
What choices did they make and why? Would they always be able to get home-grown tomatoes? If not, what is the second best choice? The packaging is the same, so why is home-grown better?***

This activity works best with an adult available to help each group, and to talk through their choices with them.

Shopping choices

Notes for teachers

The “best” choices are likely to be:

- ***Home-grown tomatoes***
- ***Loose onions***
- ***Homemade pasta***
- ***Olive oil in aluminium can***



Discussion points:

- ***If you use something homemade, what ingredients is it made from? What packaging would those ingredients come in? (Homemade pasta for example is made from eggs and flour, both of which come in card and paper packaging).***
- ***Can you grow your own tomatoes all year round? If you couldn't grow them, what's the second best choice?***
- ***Which packaging isn't recyclable?***
- ***Which recyclable materials take the longest to break down if they're not recycled?***
- ***Because plastic is so harmful for whales, dolphins and other animals that live in the sea, is it better to buy something in glass rather than plastic? What might the problems be with glass?***

It is often difficult to balance different concerns to make the best shopping choices, but it is especially important to avoid non-recyclable plastic packaging wherever possible, for example by buying loose fruits and vegetables.

As people become more aware of the problem of plastic pollution in the oceans, more companies are selling staple products like rice and pasta in plastic-free packaging – but it can be harder to find, and more expensive.

Shopping choices

Printable ingredients



Tomatoes



Glass jar of tomato sauce



Loose tomatoes



Home-grown tomatoes



Tomatoes in a plastic punnet

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Onions



Onions in a net



Onions in plastic packaging



Loose onions

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Pasta



Pasta in plastic packaging



Homemade pasta

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Olive oil



Olive oil in plastic bottle



Olive oil in glass bottle



Olive oil in aluminium can