



Sustainability



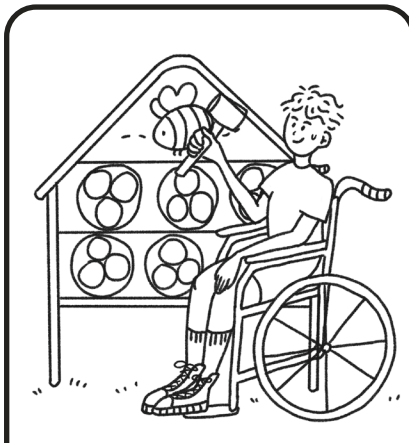
Nature



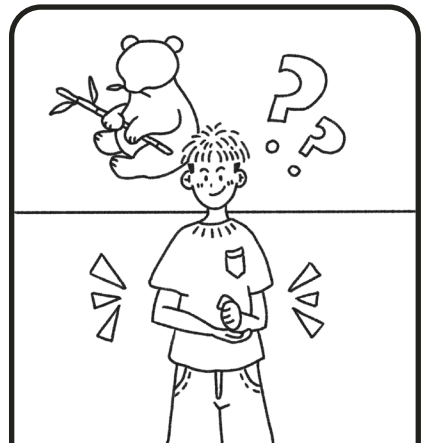
Food



Fitness & Wellness



Creativity



Entertainment

Earth Hour 2024

Education Pack

— Food —

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About this pack

Hi there, and thanks for celebrating Earth Hour with us and the little people in your lives! This Pack comprises content and resources designed for educators and parents to engage children of different ages in giving an hour for Earth while doing something they love – whatever they're interested in! Comprising six themed sections – creativity, fitness and wellness, sustainability, nature, entertainment, and food – there's something for everyone, and together our actions amount to the **Biggest Hour for Earth**.

While some content and resources have been referenced and suggested throughout the pack, we encourage any parent or educator to localise activities to best suit the child's context.

Sharing is caring: We'd love to celebrate alongside you this Earth Hour – tag us in your social posts with the official #EarthHour 2024 hashtags – **#BiggestHourForEarth** and **#MyHourForEarth** and fill out the short form at the end of the pack with your feedback to win some sustainable Earth Hour swag!

Get crafty exploring where your food comes from

Time

1 hour

Age group

5-7

What did you eat today, and where did it come from? The way food is produced and consumed in many parts of the world is actually the biggest driver of nature loss, and a major cause of greenhouse gas emissions. Our food systems are fragile, and made even more vulnerable by unsustainable production, consumption, and inefficient distribution.

Spend an hour appreciating and celebrating the food we eat! Start by going behind the scenes with this creative activity to find out where our food comes from, and discover the journeys involved in getting food from its source to our plates.

After giving an hour, participants will...

- Develop healthy **curiosity** about food systems and the sustainability of food practices as consumers

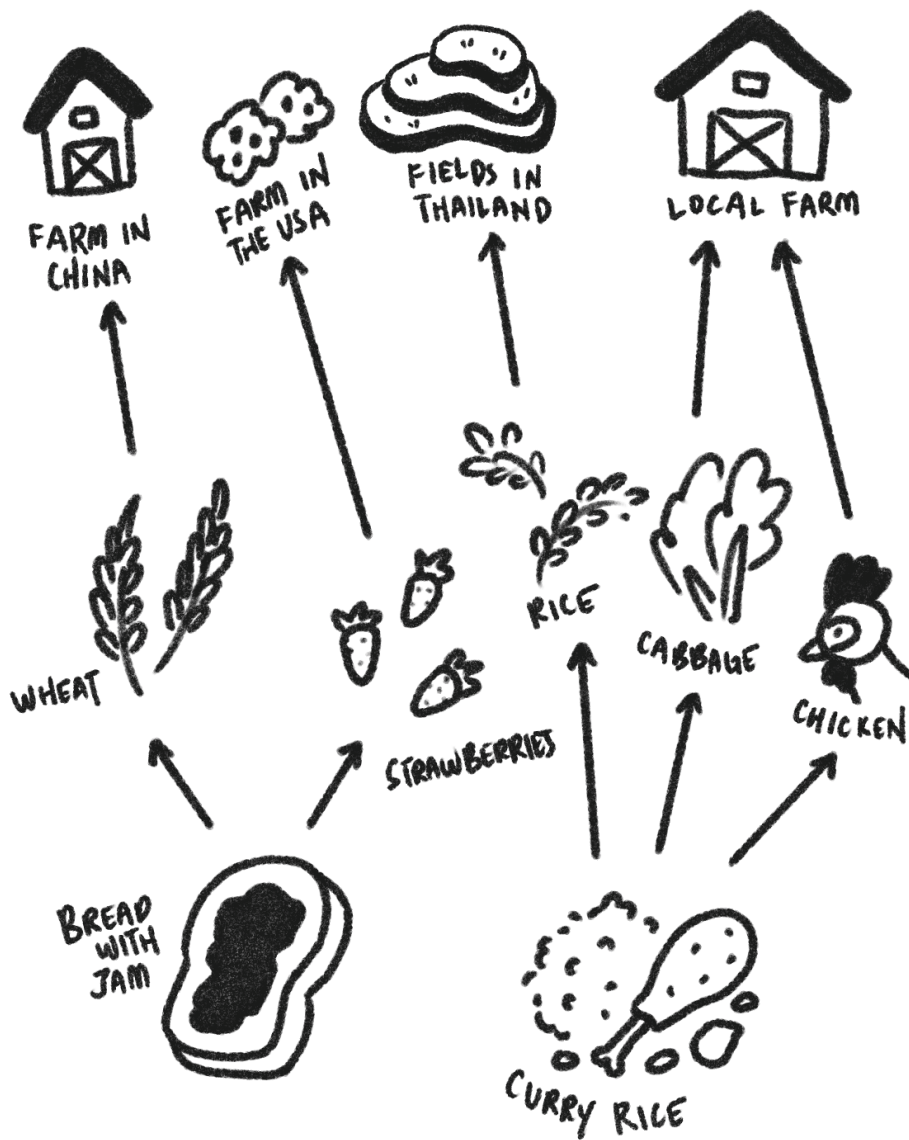
What you need

- Printables provided on the **Resources** page on Pages 6-7
- Pen

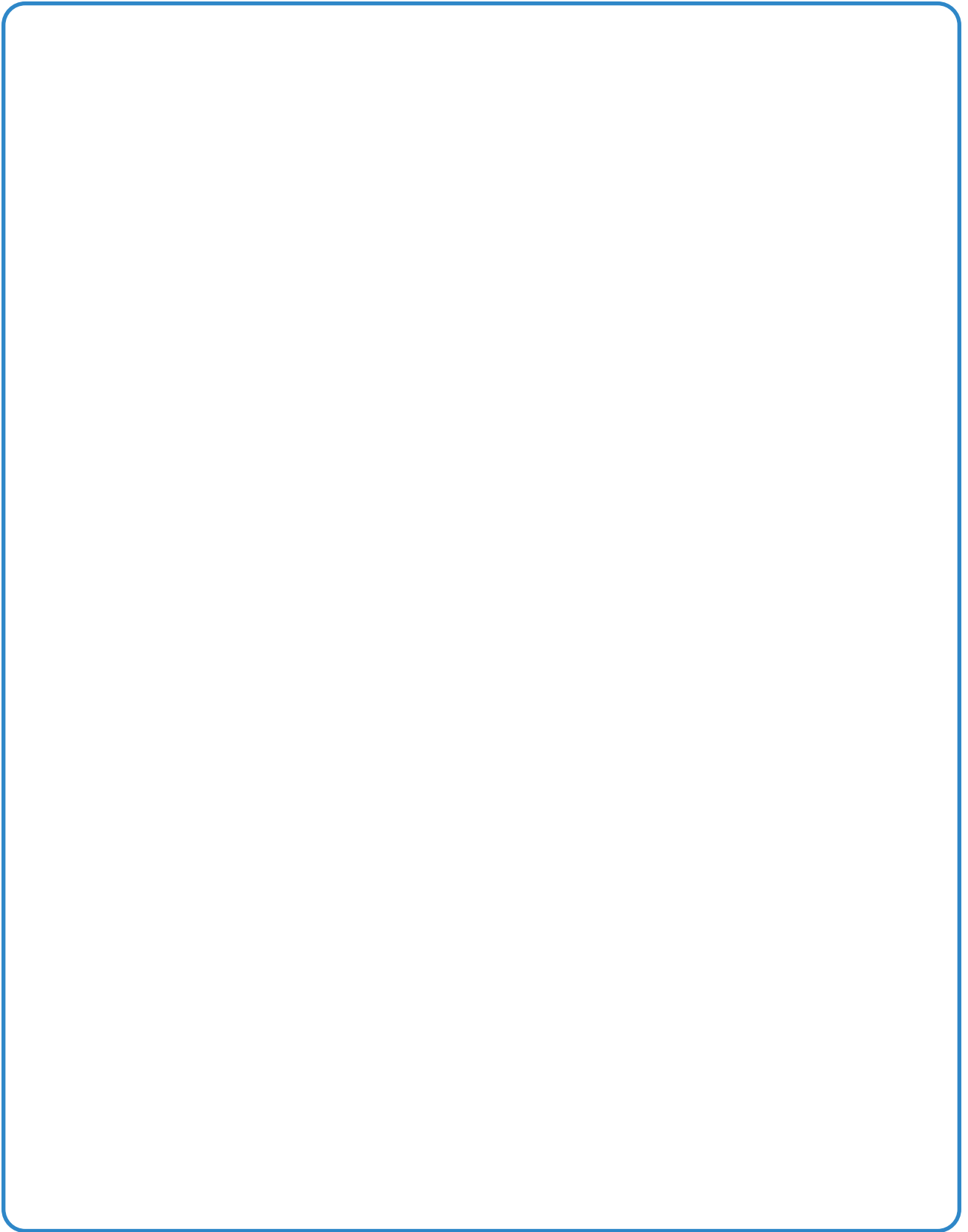
What to do

1. At the bottom of the paper, draw the various food items that made up your meal(s) today.
2. For each food item drawn, draw where you think they might have been sourced from. Perhaps your food is made up of local ingredients, purchased from a supermarket, or sourced from a local farm near you! If you're unsure, try asking your parents or staff at the place where you ate, or do some research online.
3. Continue drawing up your food tree until you've reached the origins of your meal!

Example food tree



Draw your very own food tree here!



Discussion questions

1. How easy – or difficult – was it for you to trace the sources of your meal?
2. Where did most of your food come from? How do you feel about this finding?
3. How do you think the journey your food takes from its source to your plate impacts the planet?
4. What do you think you can do to make your food journey more sustainable? What role do you think businesses or governments can play to help?

Be a food rescue hero!

Time

1 hour

Age group

7-12

Have you ever been in a situation where you couldn't finish your food? What did you do?

Sadly, many people head straight to the rubbish bin. 33% of all food produced gets thrown away – yet food production continues to be the biggest driver of nature loss.

This Earth Hour, why not give an hour learning about the role you can play in rescuing food from being wasted, helping restore the planet in the process? Tap the button below for a game you can play with your friends or family. Through this game, you'll be introduced to different ways you can reduce food waste, and challenged to save as much food as possible from going in the trash!

After this activity, participants will...

- Learn about different ways you can **reduce food waste**

What you need

- Printables provided on the **Resources** page on Page 11

What to do

1. Gather 5-6 of your friends or family members to play together! Each team will need a No Food Waste Game pack. Print out the number of packs you need (preferably on recycled paper), and spend 5-10 minutes cutting out the cards carefully.
2. Place garbage cards, recycling / composting cards, and the sachet with snack cards in the middle.
3. Each player takes a set of the 2 tompola cards (I treat my friends / I keep it for later) showing options for the snack that was left uneaten.
4. Players take turns picking (blindly) one snack card from the sachet. This is the snack they have left uneaten. They have to decide what to do with it and place the snack in the correspondent tompola card or discard it in the bins in the middle.
5. The player who first fills all the squares of their tompola cards says bingo! They're the winner.
Game over!

Adapted from *The No Food Waste Game* by WWF Greece

Food

Activity

Resources

Discussion

Additional Resources

- Printables for The No Food Waste Game by WWF Greece
- <http://tinyurl.com/eh2024nofoodwaste>

Discussion questions

1. Which parts of this game are similar to your life, and which aren't? How?
2. How easy or difficult will it be to make similar decisions in this game and in your life, and why?
3. What is one thing you will do to reduce food waste in your daily life?

Help the planet (and your wallet) by growing your veggies

Time

1 hour

Age group

All ages

Growing your own veggies is a great activity for children of all ages! Besides building teamwork and responsibility, few things beat the hands-on fun and thrill of going through the process of seeing a seed turn into a tasty vegetable.

Growing food can lead to lifelong changes in attitudes to eating the fresh stuff we all need to be healthy, and connects children with the natural world – the world that we all depend on.

If you are considering growing food at school for the first time, then this guide is for you! Getting started is easy – just don't be afraid to get your hands dirty.

After this activity, participants will...

- Gain a **hands-on understanding** of the basic skills and knowledge involved in growing a vegetable

What you need

- Plastic guttering (preferably 'salvaged' or donated rather than new)
- Soil
- Seeds / seedlings
- Drill
- Breezblocks / large stones (alternatively, use plastic bottles – you'll need scissors and string for this one!)

What to do

1. Use plastic guttering as a container to grow a variety of fruits and vegetables. They don't take up much space and can be moved easily if required. Alternatively, reuse disposable plastic containers or water bottles (you can cut them in half with a scissors).
2. Source seeds from plants which don't require too much depth, and which thrive in your region. Some examples of crops which don't require much depth include strawberries, spring onions, radishes, bean sprouts and more! Use the internet to find out more, and try sourcing seeds from your neighbours, the supermarket, or even from the fruits or vegetables your family consumes.
3. If you are using plastic guttering, take a piece of guttering and drill some holes along the bottom to allow for drainage. If you're using disposable plastic containers, carefully use scissors to create drainage holes. Fill your new 'pot' with compost and water it well before scattering their seeds on top and covering with another thin layer of compost.
4. Leave your 'pot' in a bright sunny area and place a breezeblock or large stone on either side to

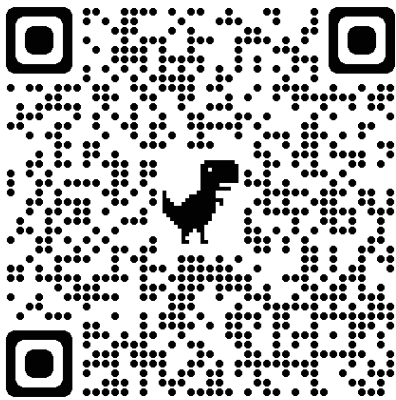
stop it from being tipped over. Depending on what you planted, your seedlings may need to be thinned out once the seeds have germinated. Water your plants regularly, especially if the weather is warm! A good way to test if a plant needs to be watered is by gently touching its soil; dry soil needs to be watered and healthy soil should be damp to the touch.

5. Enjoy eating the fruits of your labour!

Adapted from [Grow your own](#) by WWK-UK

Additional resources

- Take your journey of growing your own veggies further - take your home farming to the next level by boosting your soil and reducing food waste through composting, share your harvest with your neighbours, and do some research to decide what vegetables to grow next!
- Supercharge your soil with kitchen food scraps by WWF INT
- <http://tinyurl.com/eh2024kitchenscraps>



Sharing is caring!

We'd love to celebrate your children's creativity as they learn to care for the planet! Share your works via ehnetwork@earthhour.org and feedback your thoughts about the pack to us via the QR code!

Stand a chance to win exclusive EH2024 stickers!