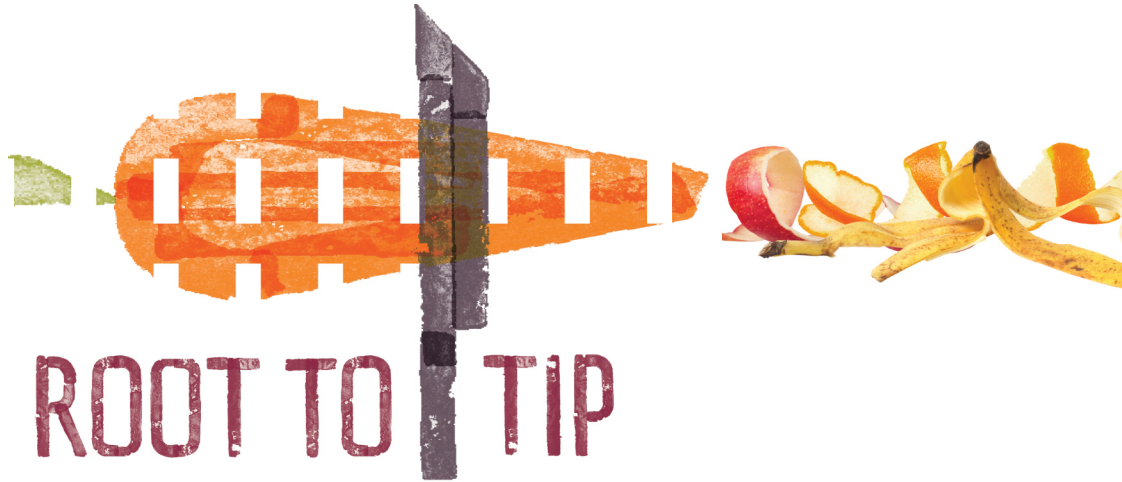


**GARDEN  
TO TABLE**   
GROW,  
HARVEST,  
PREPARE,  
SHARE

**Rabobank** 



**Zero Food Waste  
Para Kai Kore  
taster resources**

## Lesson 16 Reduce Food Waste Action 1 Eating in Season

### Learning Outcome:

To make a visual tool to help eat in season

### Teacher Information

Seasonal eating is such an important way to eat vegetables that are local, fresh and brimming with nutrients, as well as reducing the travelling distances and times for our food. Not just that, eating seasonally makes you really appreciate nature's bounty. Waiting for a fresh, New Zealand grown nectarine or apricot or feijoa makes food exciting and brings us back to understanding that our food has been carefully grown by a skilled grower or farmer - it doesn't just appear on the supermarket shelf.

Eating seasonally means the food tastes best, and so we are likely to eat more and waste less. It also usually means that the food is cheaper and there are bargains to be found when farmers have a surplus - perfect for preserving.

Most frozen and tinned food (such as frozen corn and tinned tomatoes) has also been picked and processed at the height of the season, locking in the nutrients and flavour. This food is great too.

### Each student will need:

2 paper plates  
One split pin  
Ruler  
Pencil  
Colours - we used water colour pencils and a fine brush  
Scissors  
Protractor (optional)

### Student Activities

Before you begin, you will need to decide what you are considering seasonal. You could choose to show:

- Food that is New Zealand-grown and seasonally available in shops (but may have been grown in a glasshouse to extend the season or in a warmer region of Aotearoa).
- Food that can be harvested from your garden.

It might be helpful to know what you want to do with your seasonal wheel when you've finished. If you want to display it on your fridge at home to help your whānau eat seasonally, it might be best to use the first option above. If you are using it in your Garden to Table sessions to plan the term's menu, you could use the second option.

Make a decision to just include vegetables or include fruit as well. What are you making this tool for? If you want students to take it home for whānau, what would be most useful for them?

Use the Great Big Garden to Table Calendar (available on the Garden to table Community website) to find what can be harvested from your garden, or for a real maths challenge use the Tui Planting guide and calculate the harvest date from date of planting.

Foodprint NZ has monthly social media posts showing what is in season in New Zealand shops, Vegetables.co.nz and 5+ a Day (@5adaynz) post similar ones by season. Gardening magazines are a great source of this information but make sure they are New Zealand-specific.

Students will need to know the order of the months of the year and how they correspond to each season. The calendars mentioned above will help consolidate that knowledge.

Each student needs two paper plates and a split pin, a ruler, pencil, colours and scissors. Students need to divide their paper plates into 4 sections. Students learning about angles could do this with a protractor.

1. On one paper plate, students need to illustrate each section with the vegetables available for that season. The name of the season along with the months can be written on the outside edge of the paper plate. Note: some vegetables will be available in multiple seasons and should be illustrated in each available season.

2. On the second plate, students need to draw a circle with a diameter of 1-1.5cm **in the centre** of the plate (this will protect their split pin). They can then cut out one section of the plate and discard. This will be the display window for the current season. On the rest of that plate, students should write a seasonal eating slogan to encourage consumers to choose seasonal produce and illustrate their plate.

3. Make a hole through the centre of both plates and fasten together with the split pin, making sure that 'window' is on the top plate.

Note: dividing your plate accurately is essential to it working well. Your split pin needs to be perfectly centred to turn the plates easily and your seasons need right-angled centres.

## Lesson 16 Reduce Food Waste Action 1 Eating in Season (continued)



1. Illustrate and label each section with vegetables from that season



2. Mark the centre, cut out the window, add a slogan and illustrate the cover plate



3. Push the split pin through both plates and fasten together