



Local Food / Eco-Meal Lesson Plan:

Gather your students and have them plan a meal on a budget of \$20.00 for about ten students. Send them to the supermarket with the list of items including the seasonings. When they return have one of the students log in their total costs and begin preparing the meal as a team. Remember to reinforce safety tips and good kitchen practices like cleaning as you go along. Also remind them that nothing can be thrown out and that all waste must be categorized according to the audit sheet. After the meal is complete and before you all share the meal you prepared; go over the audit sheet. Calculate the score for the meal and discuss different options that would have resulted in different scores. Finally, gather the recycled goods and recycle them, see what items can be reused, and gather the fruit and vegetable waste and do a quick search for a local compost site. Then repeat the exercise as necessary and have them share the experience with their friends and family!

Eco Meal Audit Sheet

Items Purchased	Price	Packaging Types	Points
		Vegetable waste	0
		Paper/Cardboard	2
		Returnable glass bottle	2
		Non-returnable glass bottle	3
		Steel cans	3
		Hard plastic	3
		Soft plastic	4
		Aluminum cans	4
		Styrofoam trays	5
		Composite packaging	5
		Subtotal for packaging types:	
Financial Budget	Dollars / Cents	Final Score	
Amount received	15.00	Subtotal for Packaging Types	
Amount spent		Subtotal for Food Types	
Balance		Total	

Food Types Used		Interpretation of Final Score:	v
Vegetables and fruit		0-30 points =	Eco friendly, we could use more people like you!
Bread		31-45 points =	Fairly, eco-friendly, the environment would not cope if everyone lived like you!
Sweets		46-60 points =	Your environmental impacts are high; you need to reduce your impacts☹
Meat, chicken, fish		61 and above =	We would need several more earths if everyone lived like you☹
Cool drinks			
Ice cream and desserts			
Subtotal for Food Types:			