

THE MINDFUL SCHOOL

Student Lessons - Level 2



CONCEPT:

WHERE DOES OUR FOOD COME FROM? WHERE DOES OUR FOOD WASTE GO? WHAT CAN WE DO TO MAKE A DIFFERENCE?

EXERCISE NAME:

THE GRAPE ADVENTURE

EXPLANATION:

EACH CHILD WILL BE INVITED TO MINDFULLY EAT A PIECE OF FRUIT, SUCH AS A GRAPE. THEY WILL EXPLORE THE COLOUR, TEXTURE, AND FLAVOUR OF THEIR FOOD. THE CHILDREN WILL BE ENCOURAGED TO THINK ABOUT WHERE THEIR FOOD COMES FROM AND WHERE THEIR FOOD WASTE GOES, ONCE WE ARE 'FINISHED' WITH IT.

METHODOLOGY

- EACH CHILD WILL GET A GRAPE. THEY WILL HOLD THE GRAPE AND EXPLORE ITS SHAPE, COLOUR AND TEXTURE. AFTER SEVERAL MINUTES, THE CHILD WILL BE ENCOURAGED TO SLOWLY AND MINDFULLY EXPLORE THE TEXTURES, COLOURS, AND FLAVOUR OF THE GRAPE. THIS EXERCISE CAN TAKE UP TO THREE MINUTES. IT IS ABOUT TRULY FOCUSING ON WHAT WE DOING EVERY TIME WE EAT FOOD.
- THE CHILDREN WILL PROVIDE FEEDBACK ON WHAT THEIR EXPERIENCE WAS LIKE.
- THE FACILITATOR WILL ASK THE CHILDREN TO TAKE A MOMENT TO THINK ABOUT WHERE THIS GRAPE CAME FROM? WHAT DID IT TAKE FOR IT TO GET INTO OUR CLASSROOM, OUR HAND, OUR BODY, TODAY?
- THE CHILDREN WILL BE GIVEN A MINUTE TO REFLECT ON WHERE THEIR FOOD HAS COME FROM.
- NEXT, THE CHILDREN WILL BE ASKED TO THINK ABOUT WHERE THEIR FOOD WASTE GOES ONCE THEY ARE FINISHED WITH IT.
- THE CHILDREN WILL WATCH THE FOLLOWING VIDEO ON FOOD WASTE: [HTTPS://WWW.YOUTUBE.COM/WATCH?V=BI-PKWOT2YM](https://www.youtube.com/watch?v=BI-PKWOT2YM)
- IN GROUPS, THE CHILDREN WILL DISCUSS THE VIDEO AND WHAT THOUGHTS CAME TO MIND ABOUT FOOD AND OUR FOOD WASTAGE.
- THE CHILDREN WILL BE INVITED TO LOOK AT WHAT FOOD THEY BRING TO SCHOOL EVERY DAY AND HOW MUCH OF IT ENDS UP IN THE RUBBISH BIN OR GOING BACK HOME WITH THEM.

REFERENCES:

THE UNITED NATIONS GLOBAL GOALS
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=BI-PKWOT2YM](https://www.youtube.com/watch?v=BI-PKWOT2YM)

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METHODOLOGY CONTINUED

- THEY WILL DETERMINE THE PERCENTAGE OF FOOD WASTE AND PRESENT THIS DATA ON A GRAPH.
- THE CHILDREN WILL SHARE THEIR GRAPHS WITH THE CLASS AND OBSERVE THE DATA COLLECTED.
- BASED ON THEIR DATA COLLECTION, THE GROUP WILL MAKE A CLASSROOM PLAN TO HELP THEM TO AVOID FOOD WASTE.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

COULD THE CHILDREN CREATE A WHOLE-SCHOOL ACTION PLAN TO REDUCE FOOD WASTE ON A LARGER SCALE?

REFERENCES:

THE UNITED NATIONS GLOBAL GOALS
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LESSON RESOURCES

THE UNITED NATIONS GLOBAL GOALS 12 & 2

