

Activity
1

Recycling

Recycling is important as it saves resources, energy and water and is better for the environment. In Norfolk, you can recycle lots of things in your recycling bin at home.

1 Word search

All of these items should go in your recycling bin. Can you find them in the grid below?

- Shampoo bottle
- Envelopes
- Aerosol

- Magazine
- Yoghurt pot
- Glass jar

- Juice carton
- Foil
- Plastic tub

- Egg box
- Drink can
- Spray bottle



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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | F | S | P | R | A | Y | B | O | T | T | L | E | A | Z |
| H | C | E | T | K | G | T | O | I | M | K | L | V | F | O |
| P | G | A | C | J | U | I | C | E | C | A | R | T | O | N |
| Q | Y | L | S | S | Y | L | E | V | S | T | C | M | I | V |
| D | I | R | A | T | O | N | M | S | T | Y | E | A | L | A |
| R | R | O | E | S | X | E | C | L | Z | O | Z | P | Y | E |
| I | N | S | T | D | S | A | R | B | N | G | L | L | I | N |
| N | V | E | D | M | E | J | Q | A | F | H | X | A | E | V |
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| C | M | Y | F | E | Z | E | N | R | C | R | Q | T | Y | L |
| A | L | A | E | L | G | V | X | O | S | T | O | I | F | O |
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| W | O | S | H | A | M | P | O | O | B | O | T | T | L | E |
| A | E | X | K | N | Z | K | E | L | K | T | S | U | A | S |
| B | M | E | Z | V | C | I | X | T | A | W | F | B | S | C |
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| U | O | G | F | T | E | V | G | E | G | G | B | O | X | A |

2 Help your family to recycle as much as they can!

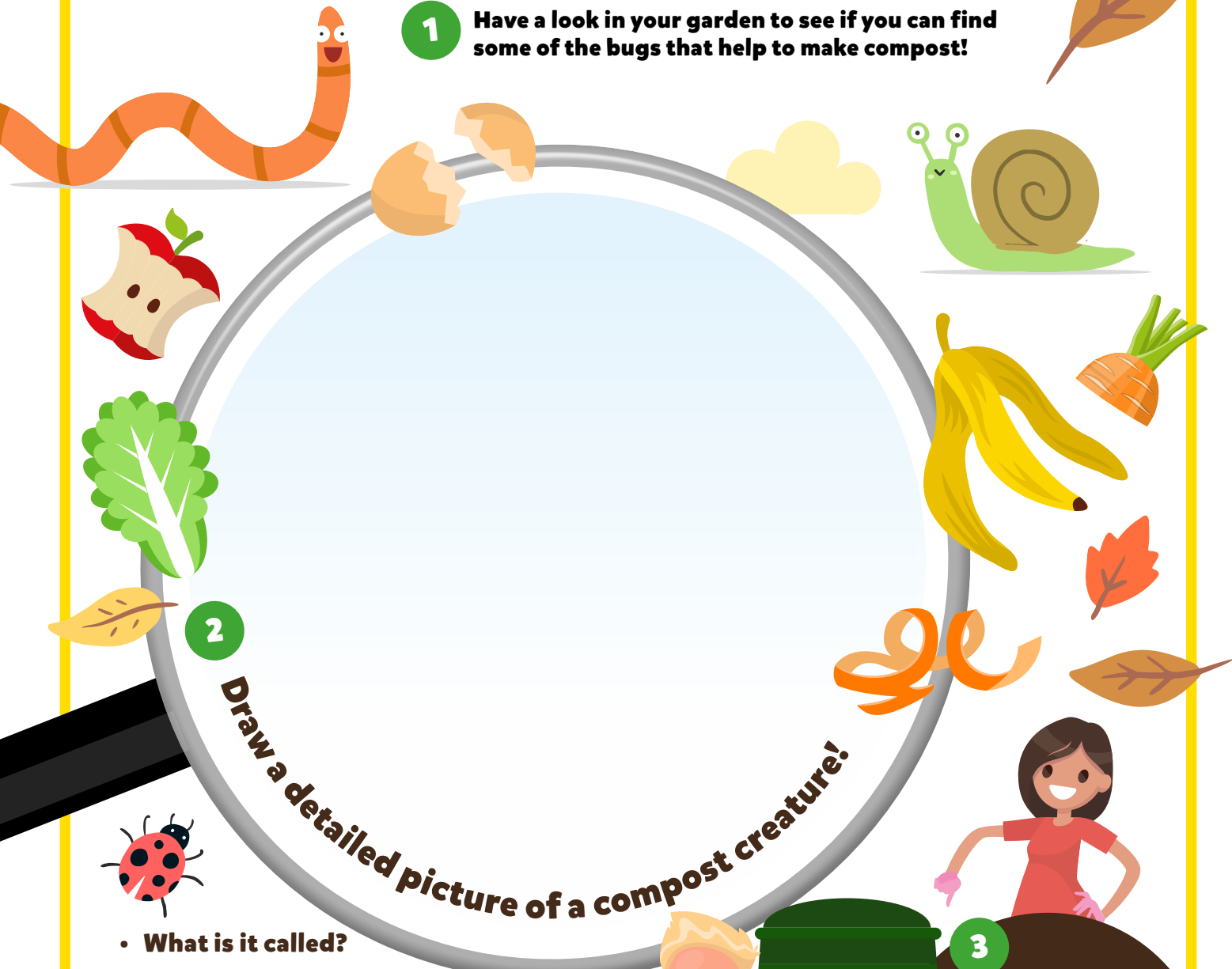
Make a poster to remind everyone in your house what to recycle. Put it up near your recycling bin.

Activity
2

Composting

Composting is nature's way of recycling! Worms and other compost creatures help to turn all your fruit and vegetable peelings into lovely compost for your garden.

1 Have a look in your garden to see if you can find some of the bugs that help to make compost!



2 Draw a detailed picture of a compost creature!

- What is it called?
- What colour is it?
- How many legs does it have?
- Does it have a shell?
- Is it hairy?
- Why not draw some of the things your compost creature might like to eat!

3 If you have a compost bin, help your family to collect things to go in it.



Activity
3

Food Waste

In the UK we throw away 7 million tonnes of food and drink from our homes every year! Wasting all this food is bad for the environment and it costs us a lot of money.

Often what happens is that people either prepare too much food or just don't use it in time. If we plan our meals better, check dates and take care with portion sizes we can cut down on how much is wasted.



Planning meals

1

With your family, help to plan some teatime meals for the week and complete the planner below.



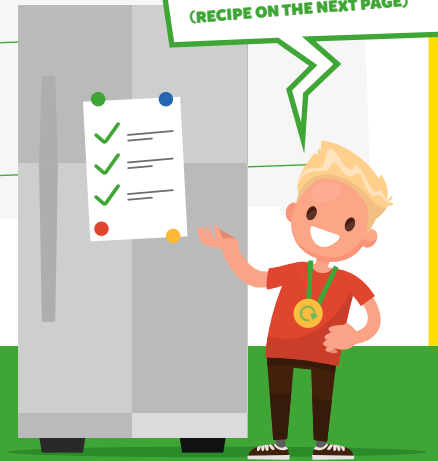
| Days | Meals |
|-----------|-------|
| Monday | |
| Tuesday | |
| Wednesday | |
| Thursday | |
| Friday | |
| Saturday | |
| Sunday | |

2

Can you use this plan to help you to write a shopping list?

HAVE A GO AT MAKING OUR FRUITY TRAY BAKE
(RECIPE ON THE NEXT PAGE)

3



3

Leftover Fruity Tray Bake



There are lots of exciting recipes you can try to help you to use up leftovers rather than throwing them away.

This delicious cake is a great way of using up extra fruit and leftover cream!

Ingredients:

3 eggs (yolks and whites separated)

100g icing sugar

Juice and rind of 1 lemon

250g self-raising flour

1tsp baking powder

250ml cream

100g caster sugar

Fresh raspberries, blueberries, cherries or plums for the topping



Method:

1. Heat the oven to 180°C/fan 160°C/Gas 4
2. Line a baking tray with baking parchment
3. Beat the egg whites and caster sugar together with a whisk until stiff
4. In a separate bowl, beat the egg yolks, icing sugar and lemon juice and rind until light and creamy
5. Sift the flour and baking powder and fold into the egg yolk mixture, then add and fold in the cream, followed by the egg white mixture
6. Pour the mixture into the prepared tin and top with fresh fruit
7. Bake for 20-25 minutes or until a skewer comes out clean

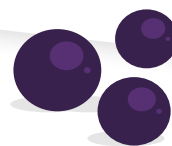


TOP TIP!

THE CAKE FREEZES WELL SO YOU CAN TAKE OUT SLICES AS YOU NEED THEM!



YUM!



For more recipe ideas using leftovers, please visit www.foodsavvy.org.uk/savvy-recipes

Activity
4

Single-use Plastic



Single-use plastics are only used once before they are thrown away or recycled. Making them uses a lot of energy and precious resources and they can cause huge environmental problems after they're thrown away.

1

Reduce Single-use

We can all help to reduce single-use plastics by making some small changes:

- Carry a reusable water bottle
- Take your own reusable shopping bags
- Invest in a reusable cup for takeaway coffees
- Pack your lunch in reusable tubs or food wraps
- Take your own metal cutlery
- Refuse plastic straws
- Buy loose fruit and veg and pop it in a reusable bag

COULD YOU AND YOUR FAMILY GIVE SOME OF THESE A TRY?



2

Single-use sea creatures

Have a go at making fish using plastic bottles and other single-use plastic items:

- Remove the lid from a clean, clear plastic bottle
- Fill the bottle with flimsy plastic bags, sweet wrappers and plastic straws etc to add colour
- Cut fins and tails out of slightly thicker plastic, from items like crisp multipack bags or larger sweet bags, and stick them on
- Bottle lids make great fish eyes!

IN THE OCEAN, FISH OFTEN EAT PLASTIC AS THEY MISTAKE IT FOR FOOD

