

## Activity 1: One potato, two potato, three potato, more!

### Resources:

- Various potato products, online or out of the cupboard! (fresh, chips, dehydrated mashed potato mix, frozen, etc.)

### Aim

Learn about the advantages and disadvantages of packaging; examine different potato products and compare the amount of packaging, the price, and waste produced.

### Background information

Discover for yourselves, the waste produced from packaging, with emphasis being placed on the 'Reduce' aspect of the 3R philosophy. Reducing packaging can save resources and there are many food products that can be bought with less packaging.

### Instructions

Each student choose a different potato product and research the price of that product. Post your product online, look at the different products made of potato, its packaging and cost.

record:

- the name of the product
- the size (processed mass in grams)
- the cost of the entire product
- the price per kilogram
- imagine what waste is produced in making the product, and getting to the store.
- a description of the type of packaging
- a description of the waste produced after the product is used
- how the waste will be disposed of; recycled, landfill etc.
  
- Consider the following:
- Which was the least expensive?
- Which had the least packaging?
- Which produced the least waste?
- What effect does processing and packaging have on the cost of the product and the amount of waste produced?

- Which items have packaging that can be recycled? Which don't?
- Can any of the products not be packaged in recyclable materials, why?
- Why do you think certain items are packaged in a wasteful way? Why would people buy these items?
- How can you minimise waste when you shop?
- Consider the different forms potatoes come in, the packaging and the cost, which is the least harmful to you? To the Planet? To your wallet?.

### To challenge

- Is there a connection between packaging and nutrition?

Look online for recipes for the products you have investigated, could you make a less wasteful alternative?

Grow potatoes in your garden and make baked potatoes, homemade chips or potato soup (a slow cooker is



a great way to prepare soup and the smells will make everyone hungry!). How much waste was produced and how much money did it cost to prepare this meal.

### Going further

- Design a new, less wasteful package for one of the potato products. How will you reduce the amount of waste produced? What materials will you use?

### Activity 2; make a reuse mask

Looking to make your own quick face mask? Follow the you tube link below for a great quick tutorial, you could even hand sew these.

<https://www.youtube.com/watch?v=PhDFaulAgoA&t=211s&fbclid=IwAR3bS9-bEf6jhyWvYeajMlfBDDnRMEUNSk50-NHZ31UuVaZj1xeodDVK7DA>