

## Lesson 4

## Family activity sheet



# Energy and food waste

To help your family eat the right amount of food to maintain a healthy weight and avoid food waste, **read on!**

## How much should we aim to eat?

- > To learn more about appropriate portion size, visit:  
[nutrition.org.uk/healthyliving/find-your-balance/portionwise.html](http://nutrition.org.uk/healthyliving/find-your-balance/portionwise.html)

## Did you know?

The size of a portion changes how much energy (kJ or kcal) the food or drink provides. Do you know your portions? **Next time you have one of the following, why not measure the portion you would usually have and check how much energy you are consuming?** You might be surprised!

- > Cooking oil
- > Orange juice
- > Breakfast cereal
- > Nuts

## Avoid food waste – repurpose leftovers!

You can help avoid food waste by measuring out ingredients carefully and aiming to make the right amount of food for those eating. If occasionally you do have leftovers, most food can be stored in a container in the fridge and eaten the next day. Some leftover foods might be suitable to make a soup or top a pizza.

Here are some simple soup and pizza recipes you can adapt and make with your child to use up ingredients you have leftover.

- > **Picturesque pizza** (make with English muffins – bread rolls, pitta and flat bread will work well too:  
[foodafactoflife.org.uk/recipes/3-5-years/picturesque-pizza/](http://foodafactoflife.org.uk/recipes/3-5-years/picturesque-pizza/)
- > **Dough based pizza** – add your own choice of leftover toppings:  
[foodafactoflife.org.uk/recipes/5-11-years/pizza-yeast-dough/](http://foodafactoflife.org.uk/recipes/5-11-years/pizza-yeast-dough/)
- > **Vegetable soup** – if you're using leftover vegetables that have already been cooked, reduce the recipe cooking time:  
[foodafactoflife.org.uk/recipes/11-14-l2c/vegetable-soup/](http://foodafactoflife.org.uk/recipes/11-14-l2c/vegetable-soup/)
- > **Tomato, bean and pasta soup:**  
[foodafactoflife.org.uk/recipes/food-life-skills/tomato-bean-and-pasta-soup/](http://foodafactoflife.org.uk/recipes/food-life-skills/tomato-bean-and-pasta-soup/)

