

I'VE HAD ENOUGH!

Low-waste nutrition and packaging

ACTIVITY: Bring some breakfast from home for a "trash breakfast" together with your classmates. During the breakfast, pile up all your trash on one side of the table. Afterwards separate the trash into two categories: packaging materials and organic waste.

TASK 1: Which packaging is necessary (e.g., for hygienic reasons), which packaging is wasteful, and which packaging is completely unnecessary?

List the amount in the statistical overview below and compare the results!

Trash Statistics

Can be recycled/reused

	Number	Yes	No
Necessary packaging	<input type="text"/>	<input type="radio"/>	<input type="radio"/>
Wasteful packaging	<input type="text"/>	<input type="radio"/>	<input type="radio"/>
Unnecessary packaging	<input type="text"/>	<input type="radio"/>	<input type="radio"/>

TASK 2: Discuss with your classmates about what role you think this packaging serves and if/how one could avoid using this kind of packaging.

My opinion:

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Did you know?

Yogurt cups don't need to be washed out before they are recycled. Before the recycling process begins, they will already be thoroughly cleaned. Therefore, instead of washing them, you can save the water, energy, and dishwashing liquid!