

Mad Food Science Snack Food Rubbish



Fun Food Experiments with Belinda Smith.

The snack food we eat creates rubbish. This may be reused or have a long term impact on the environment. In this Mad Food Science Experiment, we take a look at the rubbish the food you snack on creates. Can it be reused or is it likely to affect the environment?

Experiment Overview

For 7 days, every time you eat a snack, you will place your rubbish into one of 2 containers. One container will be Real Food (fruits and vegetables). The other will be Processed Food (packet food). After 7 days, you will report on your observations on the contents of each container.

Preparations

- 2 large plastic containers
- 2 labels
- a pen or marker
- Observations Record (attached)

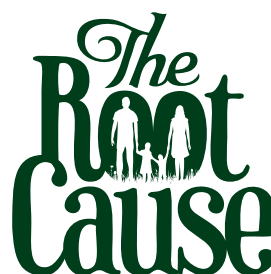


Setting Up Your Experiment

Method

1. Write Processed Food on one label and stick it to one container
2. Write Real Food on the other label and stick it to the other container
3. Day 1 - Predict the result of your experiment on the Observation Record attached, using the questions asked as prompts.
4. Next 7 days - When you eat a snack, put the left over rubbish into the appropriate container
5. Day 8 - Photograph each container, then record your Observations on the next page
6. Submit your Observations and photographs to belinda@therootcause.com.au

The Mad Food Science Experiments are brought to you by Bel Smith, Health & Wellness Coach. For more Mad Food Science Fun, FREE recipes & tips, join our community at therootcause.com.au



Snack Food Rubbish Observations



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Your Name: _____ Age: _____

Experiment Start Date: ____/____/____ Experiment End Date: ____/____/____

Day 1 - Your Predictions

1. Circle which container you think will be the most full - Real Food or Processed Food

2. Why do you predict this? _____

Day 8 - Your Observations

1. Take photographs of both containers

2. Circle which container is the most full - Real Food or Processed Food

3. Take a look at your Real Food container. What could be done with this rubbish?

Compost Fed to animals Bin/Land Fill Turn into another product - if so, what?

4. Take a look at your Processed Food container. What could be done with this rubbish?

Compost Fed to animals Bin/Land Fill Turn into another product - if so, what?

5. What did learn from this experiment about the snack food you eat, and the rubbish it creates?

6. List 1 way you could improve the amount and type of rubbish your snack food creates.

Please use additional paper if you need more space

Be sure to return your Mad Food Science Experiment Report Card to
belinda@therootcause.com.au