

Name: _____

Critical Thinking: Reduce Food Waste WORKSHEET



You probably have been told at least once in your life to “clean your plate” during a meal. The fact of the matter is that the United States is one of the largest food wasters in the world with nearly 70 billion pounds of food thrown away annually. Reducing the amount of food wasted can not only save you money, it is also good for the environment. What can be done to combat the issue of food waste? Explore the topic of food waste by responding to the following critical thinking questions.

1. Littering and throwing recyclable waste in the trash are generally socially unacceptable actions. Why do you think wasting food is considered acceptable? How have cultural norms changed from your parents’ or grandparents’ generations when it comes to food?

2. Do you think the amount of food wasted varies depending on where you live in the world? Is the United States more or less wasteful than other countries in the world? Why or why not?

3. The messages to “clean your plate” and the recommendation most nutritionists make to “stop eating when you’re full” contradict each other. How can we be both mindful of food waste and overeating? Brainstorm a list of solutions or tips.

4. How can you and your family reduce food waste in your own home? Compile a list of 4-5 ideas.