

BIOFOOD, HEALTHY FOOD

Watch the video : “WHY ORGANIC FOOD IS HEALTHIER FOR YOU”

<https://www.youtube.com/watch?v=7Lkjb2RBPvw>

1. Waste Sorting Game

Objective: Teach students how to sort waste correctly.

Task:

Students receive cards with different types of waste such as:

plastic bottle, banana peel, glass jar, paper notebook, aluminium can, food leftovers.

Students place them into correct categories:

Plastic, Paper, Glass, Organic waste, Metal.

Follow-up question:

Why is recycling important for the environment?

2. Water Saving Investigation

Objective: Help students understand water consumption.

Task:

Students investigate at home:

- How long is your average shower?
- Do you turn off the tap while brushing your teeth?
- How many times do you use water during the day?

Mini research:

Calculate how much water could be saved in one week by taking shorter showers.

3. Green School Audit

Objective: Evaluate how environmentally friendly the school is.

Students work in groups and analyse:

Energy – Are lights turned off when classrooms are empty?

Waste – Are recycling bins available?

Water – Are there leaking taps?

Transport – How do students travel to school?

Result:

Groups present three ideas to make the school greener.

4. Eco-Friendly Shopping Task

Objective: Teach responsible consumer choices.

Students compare products and choose the most eco-friendly option based on:

- packaging
- local production
- organic farming

Students explain their choice.

5. “One Green Idea” Poster

Objective: Encourage creativity and environmental awareness.

Students create a poster or digital infographic about one environmental action.

6. Sustainable Transport Survey

Objective: Analyse transport habits.

Students ask classmates:

How do you usually come to school? (bus, car, bicycle, walking)

Students present results in a chart or infographic.

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