

## Reducing wastage of cooked food

### Objective

To understand the need to reduce wastage of food

### Background

It is commonly observed that food is wasted or thrown away in many households, hotels, restaurants, parties, etc. This wastage could be reduced if proper practices are followed during preparation and serving of food. It is important that each one of us tries to reduce wastage of food on every occasion.



### Methodology

1. Select a place of study according to your convenience. This could be your home, a party or a celebration, etc. If you decide to do this exercise at home, note your observations for at least three days. How many persons attended? What food materials were prepared? How much was utilised? How much was remained? What did they do? Collect information.
2. Decide a convenient measure to estimate the quantity of wastage. This could be measured by litre, K.G, bowl or number of pieces depending on the type of dish.
3. Enter your observations in the given table. To find out the reason for the wastage, talk to the people who decide the quantity of food to be prepared.

S.No	Situation for study	No of Guests	Food Material	Prepared Quantity	Wastage Quantity
1					
2					

Collect reasons for wastage of food, discuss with to the persons who prepare the food. who serve it. who eat it. and those who waste it.

### Conclusion

Wastage of food materials is of two types. Before cooking the food and after cooking the food. According statistics out of 10 kgs harvested grain 3 kgs are eaten by rats and bandicoots, and worms are damaging 2 kgs grains in godowns. Two kilos of grains are wasted after cooking. It means only three kilos of grains remained for eating. Instead of developing hybridization using of excess fertilizers and pesticides to increase crop production and making the environment polluted, it is better to concentrated on preservative methods of food grains already are have produced.

Let's use a dissert spoon to serve the food so that the food doesnot waste. And serve as much as you need. The seeds are being produced and preserved by the farmers through traditional methods so that we can save our local crops.

Write a short report giving reasons for the wastage of food. Suggest measures to reduce the wastage.

### Follow-up

1. Try to spread the message that food should not be wasted.
2. Try to find out what does a restaurant do with the surplus food or food that is left unconsumed in the plate or serving dishes.
3. Find out what is done with the food that is wasted in the home and food that is surplus.
4. Measure the quantity of food is wasted during midday meal in your school. (Per day, per month, per year). Try to think of preventive measures.
5. Discuss various ways for proper utilization of circulus food.
6. Create awareness in masses about the need of controlling food wastage.
7. Some NGOs work in these lines. Collect information and phone numbers and make a call whenever you need their help.