

Kitchen Scavenger Hunt

(5th and 6th class)

What kinds of food do you have in your fridge and freezer? Is anything packaged in plastic or paper? What about jars or tins? The more packaging around our food, the more processing it has been through, the more wasteful it is.

Use the first column to tick which food you have at home. Tip: read the text on the packaging to try to find information needed to fill in the rest of the table below.

Tick Below if you have this food	Food	Type of packaging	Where does it come from?	Where was it packaged?	Where did my mum/dad buy it?
	Carrots				
	Potatoes				
	Fruit				
	Beef				
	Chicken				
	Milk				
	Salmon				
	Cheese				
	Tomatoes				
	Onions				

1. How many of the foods in your kitchen are made in Ireland?
2. How many are packaged in Ireland?
3. Were you surprised by what you found? If yes, why?

