

# FOOD WASTE FROM FARM TO FORK

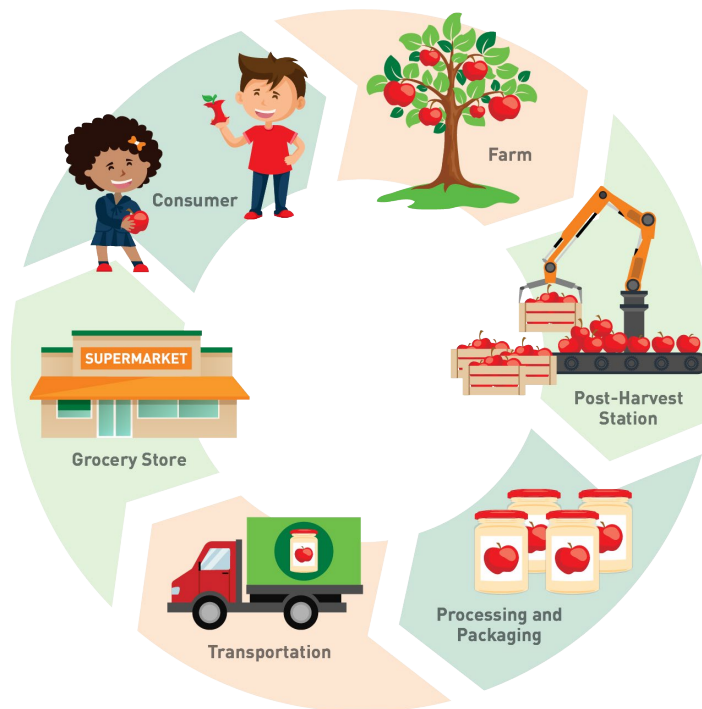
Follow along with the rest of your class as you read about the journey that an apple takes from the farm to your fork.

1

In today's activity, we follow the journey of apples as they make their way through the Food Production System. The food production system is the steps that our food takes to move from the farm where it was grown, to our plates.

2

The chart below shows the steps of the food production system for apples. These steps are:





3

There once was a crop of 100 happy apples living in an orchard. One day, those apples were picked and put on a truck to go to the post-harvest station. Sadly, only 80 of the 100 apples made it onto the truck. Twenty of the apples were left in the orchard to rot.

Remove 20 "apples" from your cup.

4

Apples are left in the orchard for many reasons, including:

- 1) the grocery store does not need all the apples;
- 2) there are not enough people to harvest the apples;
- 3) the apples do not look perfect.

5

It takes 36 gallons of water to grow a single apple. How much water was just lost when those 20 apples were not harvested?

6

Next, the 80 remaining apples arrive at the post-harvest station. Three more apples are wasted because they are the wrong size, shape, or color, or have too many bruises.

Remove three more "apples" from your cup.

7

Do you remember that many times apples are left in fields because they are not perfect looking? If those apples had been picked-up and brought to the post-harvest station, they would have been chopped up or peeled or cooked. In that case, bruises could have been cut off and unusual shapes would not matter because they still taste delicious!

Let's say that you cut off  $\frac{1}{4}$  of each apple because it was bruised. Using the 20 apples that were left in the field, how many servings of applesauce could have been made?

8

Now, at the processing and packaging station, some bruises were removed, and stems and cores are cut off so that some apples could be used in fruit trays. Only one apple was lost at this station.

Remove one "apple" from your cup.

9

Next, the apples go to the grocery store. They look perfect and ready to be purchased. After a while, some of the apples that had been there for a long time begin to look dull. Their colors change, and a few apples show bruises on their skin. The grocery store had ordered too many apples.



10

The apples go on sale, but some of them are never purchased because people want their apples to look perfect. Sometimes overripe apples can actually be sweeter than perfect-looking apples and can be used to make baked goods and applesauce. Twelve apples were wasted at the grocery store.

Remove twelve “apples” from your cup.

11

Some of the apples were purchased from the grocery store but not eaten by consumers. Twenty-eight apples of our apples are wasted by people like you and me. Remove 28 apples from your cup.

12

Consumers waste food because they buy too much, they wait too long to eat it, or because think they cannot eat food that looks “ugly.”

13

If 28 apples were wasted by consumers, how much money did people like you and me spend on food that they didn’t eat? Each apple costs \$0.45.

14

Now that the apples have gone through the food production system from producer to consumer, count the total number of apples on the table to find the total number of apples that are produced but never get eaten.

15

How many apples were wasted out of the original 100 apples?