Plan, Shop, Chop!

The delicious meal our group will be preparing is:

<table>
<thead>
<tr>
<th>Food item</th>
<th># of units</th>
<th>Water</th>
<th>Land</th>
<th>Fuel</th>
<th>Sub-total</th>
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</thead>
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<td>4.</td>
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Total Resources

Which food(s) from your menu used the most of each natural resource? Which food(s) overall used the most of each natural resource?

How do you think natural resources are used in producing food?

2) In the United States, _____% of food is wasted.
   Use the formula below to calculate how many of your resources are wasted:

   \[
   \text{resource used} \times 0.4 = \text{number of resources wasted}
   \]

3) Use the formula below to calculate how much money was lost:

   \[
   \text{money spent} \times 0.4 = \text{money lost}
   \]
4) What did you find surprising or interesting about the activity? What might you have done differently when meal planning?

5) What are some strategies culinary professionals can use to reduce food waste?

6) Why not waste food?