

# Plan, Shop, Chop!

The delicious meal our group will be preparing is:	We spent <b>\$</b>
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1) Fill in the table below with the four foods you chose to use and the number of natural resource chips (water, land, fuel) you collect for each food. Then, add up the total amount of resource chips used.

Food item	# of units	Water	Land	Fuel	Sub-total
1.					
2.					
3.					
4.					
				<b>Total Resources</b>	

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:

$$\frac{\text{_____}}{\text{total number of resources used}} \times 0.4 = \frac{\text{_____}}{\text{number of resources wasted}}$$

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

$$\frac{\text{\$ _____}}{\text{total amount of money spent}} \times 0.4 = \frac{\text{\$ _____}}{\text{amount of money lost}}$$

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?