



IO1 – Climate Change
Awareness
Compendium of
Comedy and
Learning
Lesson Plan



FARCE!

Using Satire and Comedy to Promote
Climate Change Awareness



Introduction to the Lesson Plan

The aim of this lesson plan is to support you, as a community and adult educator, to deliver a session using the FARCE Climate Change Awareness – Compendium of Comedy and Learning resources, with adult learners in your group. Through this lesson plan, we will provide you with some sample activities that you can use to deliver one of the Comedy Resources from this Compendium in a group-work setting. When preparing to deliver these activities in your group, it is important that you are prepared to use the Comedy for Climate Change resources. For this, we recommend that you complete the relevant modules from our FARCE In-service Training Programme, before delivering these activities in your practice.

Introduction to the Climate Change topic

Food Waste

In the EU, around 88 million tonnes of food waste are generated annually with associated costs estimated at 143 billion euros ([FUSIONS, 2016](#))¹.

Wasting food is not only an ethical and economic issue but it also depletes the environment of limited natural resources. By reducing food losses and waste to help achieve [Sustainable Development Goals](#) (notably [SDG Target 12.3](#)), we can also:

- support the fight against climate change (food waste alone generates about 8% of Global Greenhouse Gas Emissions ([FAO, 2015](#)))
- save nutritious food for redistribution to those in need, helping to eradicate hunger and malnutrition (some 33 million people in the EU cannot afford a quality meal every second day ([Eurostat, 2018](#)))
- save money for farmers, companies and households.

All actors in the food chain have a role to play in preventing and reducing food waste, from those who produce and process foods (farmers, food manufacturers and processors) to those who make foods available for consumption (hospitality sector, retailers) and ultimately consumers themselves.

¹ [Food Waste \(europa.eu\)](#)





Cyprus is among the top food waste producers in the EU². To a certain extent, this is attributed to the touristic nature of the country. Cyprus used to accept (prior to the pandemic), close to 4 million tourists per year, a very high number compared to the 850,000 of the local population. Moreover, the Cypriot production of household waste per capita is among the highest in Europe. According to the Statistical Service of the Republic of Cyprus in 2018 the waste generation reached 640 kg per capita, placing Cyprus third only to Denmark and Malta. Overall European Union averages to 482 kg per capita, a third of which (i.e. 88 million tons) is Food Waste.

Promoting sustainable food consumption and facilitating the shift to healthy, sustainable diets³

Current food consumption patterns are unsustainable from both health and environmental points of view. While in the EU, average intakes of energy, red meat³³, sugars, salt and fats continue to exceed recommendations, consumption of whole-grain cereals, fruit and vegetables, legumes and nuts is insufficient. Reversing the rise in overweight and obesity rates across the EU by 2030 is critical. Moving to a more plant-based diet with less red and processed meat and with more fruits and vegetables will reduce not only risks of life threatening diseases, but also the environmental impact of the food system³⁵. It is estimated that in the EU in 2017 over 950,000 deaths (one out of five) and over 16 million lost healthy life years were attributable to unhealthy diets, mainly cardiovascular diseases and cancers³⁶. The EU's 'beating cancer' plan includes the promotion of healthy diets as part of the actions for cancer prevention.

Getting to know the Resources

In this section, we will provide you with a brief introduction to the Comedy Resource that you will use in when delivering this lesson plan in a group of adult learners.

What is covered in the Comedy Resource?

² [Baseline-brief-report.pdf \(foodprintcy.eu\)](#)

³ [f2f_action-plan_2020_strategy-info_en.pdf \(europa.eu\)](#)





This comedy resource is a comic strip satirizing the Cypriot culture of ordering much more food at the restaurants. As a result, a lot of food ends up at garbage. A family is sitting at the restaurant. The father orders food for six people while they are 5 (2 adults and 3 children). The waiter warns out that this is a large portion of food, but the father denies to reduce the food order. As it was predicted, a large amount of food remains uneaten, and the waiter propose to the family to take the leftovers with them. The father is still denying the offer. The food leads to waste but in which cost?

This format was chosen at it was easy to be developed at the online tool of canva.com comic strips. The imaginary characters can be identified with every local without blaming a real person. It can be read once and it's easy to be shared in social media and raise more awareness.

Applying this Comedy Resource

Lesson Plan

| | | |
|--|---|-----------------------------------|
| Title of Session: | Food Waste in Cyprus | |
| Duration | Resources Required: | |
| This lesson plan will take 60 minutes to deliver | To deliver this lesson plan, you will require the following resources: <ul style="list-style-type: none"> • Food waste comic strip | |
| Learning Outcomes | | |
| On successful completion of this lesson, learners will be able to: <ul style="list-style-type: none"> • Raise awareness on food waste reduction • Find ways to reduce food waste in their daily life | | |
| Workshop Opening | | |
| Duration | Description of Activity | Links to Support Materials |
| 10 minutes | The facilitator asks what the participants think about food waste in Cyprus. After the discussion, the facilitator explains that Cyprus is | |





| | among the top food waste producers in the EU. | |
|-------------------------|--|--|
| Group Activity 1 | | |
| Duration | Description of Activity | Links to Support Materials |
| 20 minutes | <p>The participants see the comic strip resource and they discuss.</p> <p>The facilitator asks which the ways are to reduce food in their daily life.</p> <p>The participants break into smaller groups and create lists of possible solutions. (10 min)</p> <p>Each group present their list and they are creating a new one. (10 min).</p> <p>The facilitator can support the final process using the supported material advice.</p> | <p>How to reduce food waste in your daily life: fw lib poster reduce-food-waste-daily en.pdf (europa.eu)</p> <p>At home</p> <ul style="list-style-type: none"> • Plan your meals • Use your leftovers • Know your dates ('use by' informs about food safety and 'best before' informs about food quality) • Grab a smaller plate and refill as needed • Freeze! (ready-made portions) • Store food properly (check the labels for storage instructions, make sure your fridge is between 1° and 5°C) • Know what is in your pantry and fridge • Rotate food stored at home– 'first in, first out'! <p>At the shops or market</p> <ul style="list-style-type: none"> • Write a shopping list • Don't shop when hungry • Buy only the quantity you need (the right packaging size or loose foods) • Choose imperfect fruit and vegs (often on discount) |





| | | |
|--|--|---|
| | | <p>At work/school/university</p> <ul style="list-style-type: none"> • Ask to be served the right portion for you (at the canteen) • Keep an eye on the office fridge/fruit basket • Spread the word – share your tips to prevent food waste with colleagues <p>In cafés, restaurants and hotels</p> <ul style="list-style-type: none"> • Grab a smaller plate and refill as needed • Take away your leftovers • Manage your expectations concerning availability of food, depending on the time of the day. |
|--|--|---|

Group Activity 2

| Duration | Description of Activity | Links to Support Materials |
|-------------------|---|---|
| 20 minutes | The group breaks into two smaller groups and they try to create a comic dialogue addressing the food waste in Cyprus. If they have time they can create a comic strip sketch. | Free Online Comic Strip Maker: Design a Custom Comic Strip in Canva |

Workshop Close

| Duration | Description of Activity | Links to Evaluation Survey |
|-------------------|---|----------------------------|
| 10 minutes | Each group presents their outcome. Reflection/Feedback | |





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