



IO1 – Climate Change  
Awareness  
Compendium of  
Comedy and Learning  
Buffet Culture – You  
are what you don't  
eat  
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

The main goal of this Comedy Resource is to encourage young people to pay more attention to what they eat and what amount of food they waste. Hopefully this resource will stop people from throwing away still edible food just because the date on the product passed, as it may mean that the product maintains its quality until that day, not getting spoiled and harmful for our health. The other focus of this resource is explaining why food waste is so damaging for people and the environment in general. In order to show the scale of the problem, this resource will bring numbers, to point out how many - in tonnes - food gets wasted every year in some countries, which had been chosen as examples. Last but not least, the aim is to make participants think if they are a part of a vicious circle of buying more food than they can or want to eat, and letting it spoil in their fridge.

## Getting to know the Resources

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

## What is covered in the Comedy Resource?





There are two comedy pieces for this Climate Topic. First one is a short movie introducing a story of a fish, who ate plastic waste that was drifting in the ocean. When fish ends up as a dish by the end of the movie, it turns out to be “plastic bag stuffed fish”. The movie shows us the consequences of our behaviour (plastic polluting) on our everyday life. We are what we eat- we influence the environment where our food lives and grows. The second one is a meme showing a situation in a restaurant, where the waiter announces that today customers will be served the leftovers from their last visit.

### Applying this Comedy Resource

Both comedy resources are quite easy to be used in an educational setting to teach climate education to adult learners. They can be used as a great icebreaker at the beginning of the classes and will help to bond the group, making them more eager to work together on this topic and topics to come, or as a nice way to finish classes. It is hard to think of any potential conflict that could happen during delivery of the topic to adult learners.

## Lesson Plan

<b>Title of Session:</b>	<b>Does the future depend on a thrown away sandwich?</b>  <b>&lt;Buffet culture- You are what you don't eat&gt;</b>
<b>Duration</b>	<b>Resources Required:</b>
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"> <li>● PC/notebook</li> <li>● Whiteboard and markers</li> <li>● Projector</li> <li>● Worksheets 1,2 &amp; 3</li> </ul>





## Learning Outcomes

On successful completion of this lesson, learners will have/be able to:

### Knowledge

- Factual knowledge of food storage period
- Factual knowledge of the social and environmental problems caused by food waste.
- Factual knowledge of how to reduce food waste at home, in one's own cooking habits.

### Skills

- Describe the issue of food waste in Finland, with statistic
- Explain why food waste is so damaging for people and the environment.
- Practice reducing food waste at home.

### Attitudes

- Willingness to reduce the amount of food I waste.
- Awareness of the environmental impact of our food waste.
- Willingness to educate others about how to reduce food waste, through their shopping and cooking habits.
- Knowing the disadvantages of consumer lifestyle

## Workshop Opening

Duration	Description of Activity	Links to Support Materials
10 minutes	Food storage  Tutor starts with introducing participants to the topic and then gives out participants copies of Worksheet 1 and choose first person to ask another person in group if certain kind of food (rice, milk, chocolate etc) stored for certain amount of time (a month, half a year etc) is still edible, this person should firstly answer <b>before checking the cheat list</b> - that he/she can correct	Worksheet 1





	<p>themselves after giving an answer it will be this participant turn to look for the next person to ask, until all participants will give their answers. The last person should ask the person that had started.</p> <p>ex.</p> <ul style="list-style-type: none"> <li>- I found a soda can in the kitchen cabinet. I think I bought it like 4 months ago, do you think it's still good?</li> <li>- I don't think so... Wait, if it's unopened you can safely drink it</li> </ul>	
<b>Group Activity 1</b>		
Duration	Description of Activity	Links to Support Materials
<b>20 minutes</b>	Tutor hands out participants copies of Worksheet 2 and asks them to fill up lacking data. After they are finished, the tutor displays the right answers via projector and participants can check and correct their answers.	Worksheet 2
<b>Group Activity 2</b>		
Duration	Description of Activity	Links to Support Materials
<b>20 minutes</b>	<p>Discussion Brainstorming</p> <p>The trainer underlines how staying in vicious circle of food consumptionism (BUYING TOO MUCH FOOD → LETTING IT SPOIL → BUYING MORE FOOD BECAUSE WE HAVE NOTHING TO EAT is the root of many of our problems like obesity, excessive spending, health problems and then focuses on social and</p>	Worksheet 3





	environmental problems and encourages participants to take part in the brainstorm.	
<b>Workshop Close</b>		
<b>Duration</b>	<b>Description of Activity</b>	<b>Links to Evaluation Survey</b>
<b>10 minutes</b>	The tutor asks participants to fulfil Evaluation Survey and thanks them for their attention.	<a href="https://ihku.info/r9">https://ihku.info/r9</a>





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Co-funded by the  
Erasmus+ Programme  
of the European Union

"The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."  
Project Number: 2020-1-UK01-KA204-079159