



LESSON PLAN

PAGKAIN

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“Pagkain” is the Filipino term for “food” in English.

The issue of food waste in the Philippines is a growing concern, as a significant amount of food is discarded and goes to waste each year, despite high levels of food scarcity in other areas. This lesson is focused on the importance of food and is designed for young learners.



GOAL OF THIS LESSON PLAN

To talk about and
understand the importance
of not wasting food and
how it is related to the
environment.

Grade Levels:
1st, 2nd, 3rd, 4th, 5th

PAGKAIN

Duration:
60 MINUTES

OBJECTIVES

- To understand the importance of not wasting food
- To learn about how food waste is related to the climate/environment
- To reflect on our food consumption and food waste

RESOURCES

- Youtube Video: Do Not Waste Food
- Youtube Video: Food Waste Prevention
- PBS Kids Game: Vegetable Planting



QUESTIONS FOR REFLECTION

- What did you feel after watching the videos?
- Who are the people affected by food waste?
- Why is it important not to waste food?

INTRODUCTION

- Ask the students if they are aware of “food waste”
- Play Video 1
- Play Video 2
- Play the game together with the whole class (explaining/conversing as you play)

Duration:
20 MINUTES

ANALYZE

- Activity for students:
Write a letter addressed to an adult or a grownup (your parent, teacher, city mayor, country president, a celebrity you look up to, etc.) and tell them about what you have learned from the videos and the game. Tell them that you need help from them in addressing the problem of food waste and let them know if you also want to help or if you have an idea on how to prevent food waste.

Duration:
15 MINUTES

DISCUSSION / COLLABORATION

- Call 2-3 students to read their letter out loud.
- Discuss and converse with the students about the important things they have written on their letter.

Duration:
15 MINUTES

ASSESSMENT / REFLECTION

Answer the questions for reflection together.

Duration:
10 MINUTES