

# “Itadakimasu” to the Next Generation

## ~Reducing Food Waste, Growing Gratitude~

### What is Service Learning?

① Research → ② Think → ③ Action → ④ Share



↑ Selling sweets with people of disabilities



⇔ Spreading awareness on LGBTQ+ issues

### Background

#### Food Waste Issues

- 8-10% of greenhouse gas emission
- 783 million people suffering from hunger
- 150 million children with growth issues
- 1/3 of food produced becomes food waste = \$1 trillion/y (Food Waste Index Report 2024 / UN environment programme)
- SDGs Goal 12



#### Food Education

Next generation facing the problems!!!

#### 1. Why food education?

- need to raise responsibility to eat food
  - can raise awareness of importance of food education
  - kindergarteners have less bias and values towards food
- easier to teach from the very root when younger

#### 2. Problem now

No official guidelines clearly defines what to do in educational field

#### 3. Feature of children

- can't focus for a long time
  - short memory (interviewed)
- we suggest a clear approach of food education to kindergartners

### Our Activity: Practical approach to food education

**Objective:** To propose a detailed and practical approach for teaching kindergartners the importance and appreciation for food.

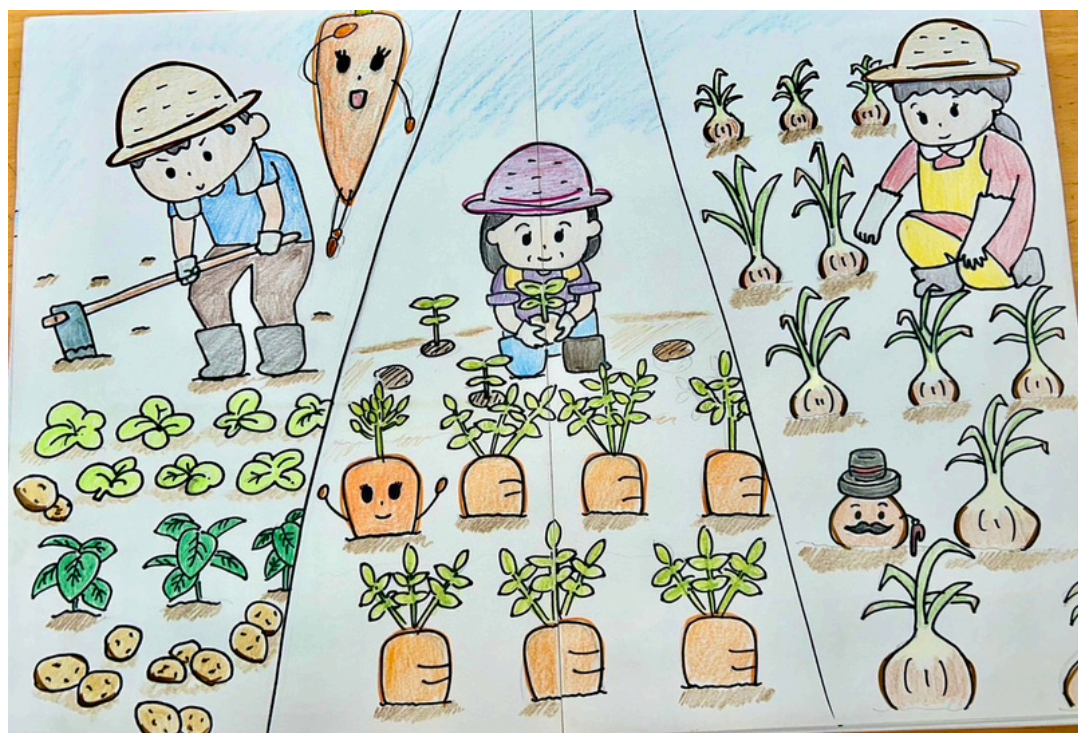
**Target Audience:** Kindergarteners from Shibuya Kindergarten (ages 3-6)

#### Picture Story: How curry is made

- Developed an original picture story show to teach the value of food and appreciation for the people behind
  - **Highly effective for kindergartners:**
    - Suitable across various literacy levels
    - Better learning and memory through voice and image input
- ⇒ Positive reaction from kindergartners

#### Hands-on Activity

- Interactive game based on the picture story show: what ingredients were used to make curry?
- Effect: deepened understanding of the picture story and longer memory



### Conclusion

- Created a new approach of food education for kindergartners
  - :connection of picture story and hands-on activity for **deeper understandings** and **longer memory**
- Promoting food education from a younger childhood: nurture the importance of food and sustainability
  - ⇒ **Raising awareness** for the future generation