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# BUZZ BEE

TALES OF THE ECO-KIDS

Comic Two - February - Food

I'm Buzz, and these are my friends Vespa, Honey and Bumble! Join us on our quest to make the world a better place, one step at a time!

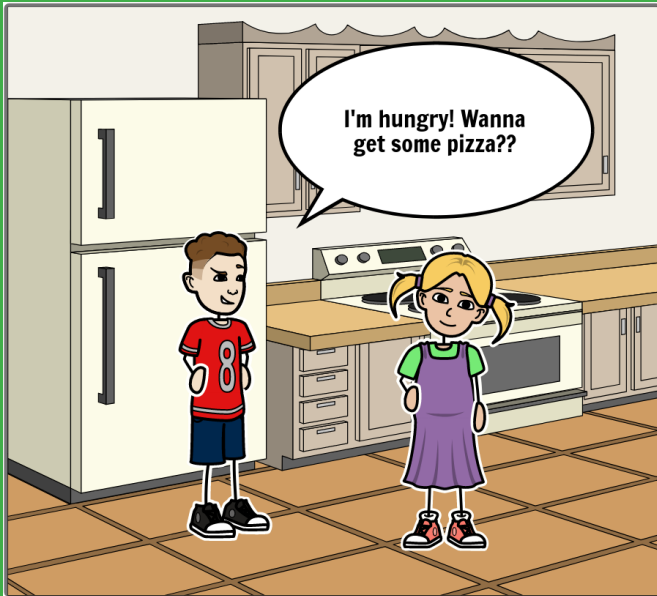
I'm Vespa

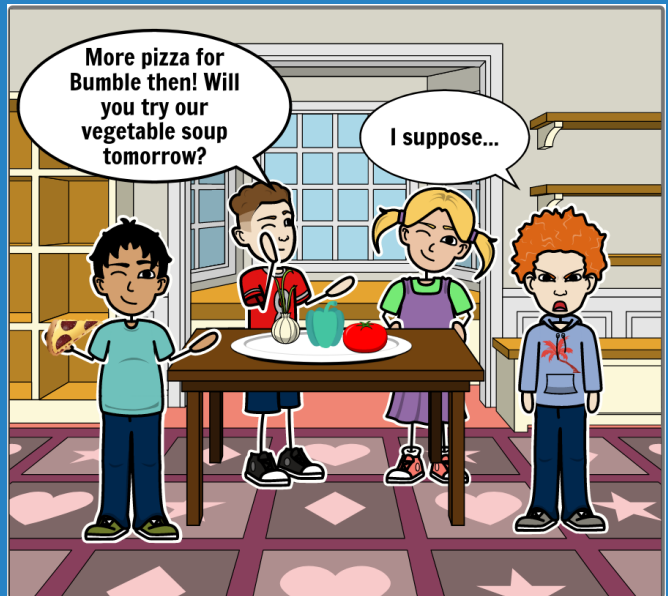
I'm Honey

I'm Bumble



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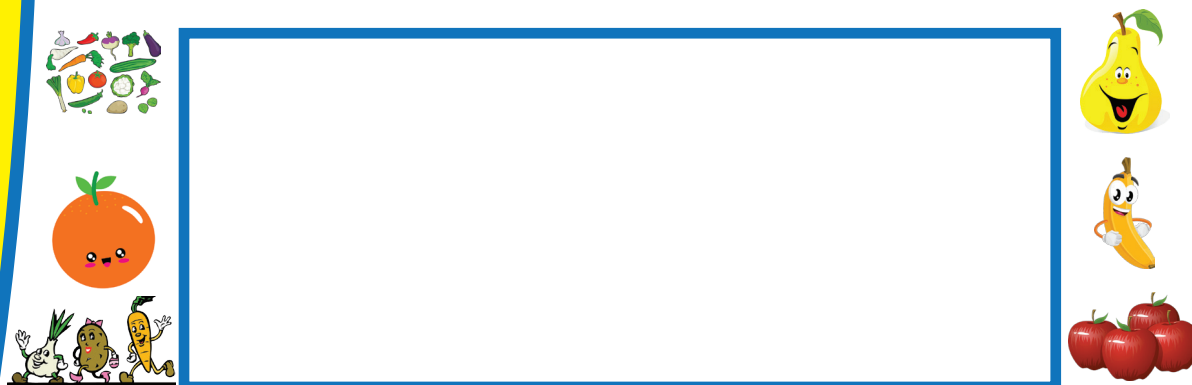
# Tips for Parents

Get the whole family involved in with just a few easy steps:

- **Demonstrate:** inside our fridge we can find products with which to prepare exquisite food. You just have to be creative and willing to prepare delicious food. Leftover ingredients can also be used to make another dish as soups or stews! Show children what is possible by opening your fridge and creating a meal from your 'left-overs'.
- **Develop Understanding:** explain to children the impact that food waste can have on the environment – when food is produced only to be thrown away, this is a huge waste of our planet's resources. Children should know that food shouldn't be wasted, and that food packaging should be properly recycled for the good of the planet.
- **Provide Opportunities:** organic foods are free from the use of chemicals such as pesticides, fungicides, or herbicides when the food is growing and being processed. This food is excellent for our body. If you have a garden, why not try planting your own food! This way you and your children will know exactly what is in the food you are eating!
- **Discuss:** all children throw away food and food packaging at some point; but they should be taught the value of limiting food waste and recycling all food packaging. Why not discuss with children how food waste can be used to feed other families who have less money, and how food banks are being used to re-distribute food to these families, which would otherwise be wasted. Discuss food waste with children and answer any questions they may have.

## Fun Activity for Young Learners

Together with an adult, why not make a plan to plant fruits and vegetables in your garden, or to create an indoor herb garden if you don't have outdoor space. Through this activity, you will have participated growing your own food! Once you have decided what to grow, draw a picture of your planned fruits, vegetable or herb garden below. Remember, once your fruits, vegetables or herbs have grown, you can help to prepare a delicious dish with what you have grown!



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F S E A

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