


## Postcard: Zero Wastage

*An activity of "Edible grains from the sea"*

Read "Edible grains from the sea" (Story 09, *What's Up* May 2021 at digital.whatsup.sg). The story mentions that Chef Angel Leon "believes that we should eat food that is not only nutritious and tasty but also maintains the planet's ecosystems". Explore this idea in small groups.

- 1) In your small groups, select one plant that has a part we eat e.g. a vegetable, fruit or grain. Gather facts about your chosen plant.
- 2) For this activity, focus on three plant parts that we do not eat. Then, fill in the following table:

Part of plant	Sketch	Facts	Creative uses
e.g. peanut shell		<ul style="list-style-type: none"> <li>• small, light, dry</li> <li>• a major industrial waste</li> <li>• about 8 million tons discarded every year</li> </ul>	<ul style="list-style-type: none"> <li>• fill beanbags</li> <li>• put in potpourri</li> <li>• use as packing material for fragile items</li> </ul>

- 3) Design an attractive postcard based the theme of "Zero Wastage" to promote creative ways of using your chosen plant scraps.

Here are some tips:

- Come up with a catchy heading.
- Emphasise main points.
- Use clear, relevant images.
- Use bold, contrasting colours (but not too many).
- Keep fonts clear, neat, and legible.
- Match the size of fonts to its importance.
- Keep text concise and relevant.
- Divide text into well-organised, well-spaced sections.

