



# SUSTAINABILITY

## Learning outcomes



Sustainability



Critical & Creative Thinking



Ethical Understanding



Personal & Social Capabilities



Aboriginal & Torres Strait Islander Histories & Cultures

## TAKING ACTION

### UPPER PRIMARY

List six different food related actions that contribute to a more sustainable future.

- Who is responsible for these actions?
- How can Market customers take action themselves?

## FARMING & AGRICULTURE

### UPPER PRIMARY

Research the farming and agricultural techniques used by Indigenous People before colonisation. Consider the following:

- Planting seeds to form crops
- Caring for soil
- Harvesting and storage
- Dams - to restrict water
- Trench and wells built to harvest water
- Using fire to clear and regenerate land

Research the effects of colonisation on Indigenous crops

- Research and categorise foods that were eaten before colonisation. Are they available at the Market?
- Why is it important to incorporate native ingredients into everyday cooking? Think about nutritional value etc.
- Use the categories: above ground foods, below ground foods, insects, land animals, marine animals



# SUSTAINABILITY

## STEM RESEARCH

### UPPER PRIMARY

Research the three stages of an item's life:

- Production
- Sale
- Disposal

Select two items sold at the Adelaide Central Market - one that has a long life and one that has a short life.

- Make a list of the pros and cons for each item
- Consider which is more economical?
- Which is more sustainable?

Plot the information on a timeline and present it to the class. Explore the production, packaging, and disposal stages of a food item's life, as well as develop and present a proposal for more sustainable design options for production, packaging, or sale.

## WASTE NOT

### EARLY PRIMARY

During your visit consider how waste is managed.

What types of waste streams are there at the Adelaide Central Market?

**Teachers:** Once back at school ask the students to sort the contents of their lunchboxes into organic waste, recycling and landfill.

**Discuss:** Are there any other ways to dispose of excess food? Can it be avoided altogether?

## SCIENCE EXPERIMENT!

### EARLY PRIMARY

Cut a capsicum in half, use a beeswax wrap to cover half the capsicum and leave the other half out. Monitor the deterioration of both and come to conclusions about which will last longer and why it is better than plastic wrap.

**Discuss:** What are some other ways of extending the life of a food item?