



Name Date

Let's Investigate Packaging

Paper and cardboard can often be recycled up to seven times before it degrades. Once it's no longer suitable for recycling, some paper and card can be composted because it will biodegrade, or rot.

Cans for fizzy drinks and foods such as baked beans are made from aluminium. This metal can be recycled over and over again.

Glass can be recycled again and again and never degrades.

Most plastic can only be recycled once or twice before it degrades and ends up in landfill.

Look at these foods that have plastic packaging.



Tub of
pasta sauce



Bag of pasta



Box of tomatoes



Sandwiches



Bag of potatoes



Punnet of
blackberries



Cans wrapped
in plastic



Name Date

Choose one of the food items and try answering the questions.

My food item is

Do you think this food needs to be packaged in plastic?

Why or why not?

.....

.....

Why do you think the packaging is helpful to the customer?

.....

.....

.....

Why do you think the packaging is helpful to the shop or the producer of the food?

.....

.....

How would you re-package the food without using plastic?

.....

.....

.....



Name Date

Draw a picture of your new plastic-free packaging.

Why do you think your design is better than the plastic packaging?

.....
.....
.....
.....



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My Single-Use Plastics Record

Many plastic objects are made to be used once and then thrown away. They are called single-use plastics.

Have you used any of these single-use plastic objects today?



Shampoo bottle



Ketchup sachet



Water bottle



Cling film



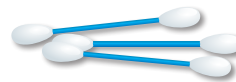
Liquid soap bottle



Plastic bag



Crisp packet



Cotton buds







Record all the single-use plastic you use for one week.

Each time you use an object, make a tally mark.

How many single-use plastics did you use in a week?


Could you use fewer objects?

Try for another week and see if you can reduce the items you use.

Items	Single-use Plastic Tally Sheet	Total
 Bottles		11
 Yogurt cartons and other pots		7
 Straws		0
 Plastic bags		2
 Crisp bags or other packets		4
 Other plastic items		5



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Items	Single-use Plastic Tally Sheet	Total
 <p data-bbox="220 723 316 757">Bottles</p>		
 <p data-bbox="165 943 370 1012">Yogurt cartons and other pots</p>		
 <p data-bbox="220 1227 316 1261">Straws</p>		
 <p data-bbox="188 1489 347 1523">Plastic bags</p>		
 <p data-bbox="175 1702 367 1771">Crisp bags or other packets</p>		
 <p data-bbox="140 1973 395 2007">Other plastic items</p>		