

Lesson Plan:

Bento Box Creative Activity

THIS STANDALONE ACTIVITY HAS BEEN DESIGNED AS AN ALTERNATIVE TO UNDERTAKING THE COMPLETE *SUSTAINABLE CHANGE MAKERS: LUNCHBOX CITIZENS* INQUIRY AND STEAM UNIT OF WORK.

Whilst this activity still utilises the common lunchbox, it is different in its approach as it focuses specifically on single-use plastics. This topic is explored through the themes of supermarket, lunchbox and environmental problematic and single-use plastics.



AIM:

This activity supports students to develop an understanding of the issues surrounding problematic and single-use plastics. Drawing on their knowledge of the common lunchbox, students are encouraged to take ownership, employ an active voice and make a statement by designing a creative response piece.

The concept of the Bento Box, a waste free lunch, allows students to consider what is in their own lunchbox and to identify what small changes they could make to help care for the environment.

STRUCTURE:

Students can work individually or in groups of three to complete their Bento Box creative response. It is recommended students engage with a 'hook', see *Unpacking the Lunchbox* resource list for options. This will help them put the activity into context, and give them background information on the issues surrounding problematic and single-use plastics.

Students will also have access to a themed infographic which serves two purposes:

- 1) To give students access to quick facts on their chosen theme being supermarket, lunchbox or environmental problematic and single-use plastics.
- 2) A resource they can cut up and include in their Bento Box design. To complete this activity, they will also need access to recycled materials, including small cardboard boxes and problematic and single-use plastics, as well as other everyday craft supplies.

THEMES:

Each individual or group can select one of the three themes to focus on.

- Supermarket shopping soft plastic waste – plastic bags, fruit and vegetable packaging
- Lunchbox soft plastic waste – individual packaging, Glad Wrap
- Ocean soft plastic waste – straws, netting, bubble wrap

These specific themes have been selected as they cover the process from purchase, through to consumption, and finally becoming waste material.

This approach gives students different points at which to consider their daily habits, and what they could change to better care for the environment.

DESIGN:

Included in this lesson plan is a design template which offers four suggested focal points, one for each compartment of the Bento Box.

Student can complete a sketch of their concept before undertaking their creative response to help focus their ideas, and produce a product which will have impact on their audience.

- **Identify:** What is the problem?
- **Clarify: Key fact or statement**
What needs to be said to the audience to affect change?
- **Visualise: A strong emotive visual image**
How can the audience see the problem?
- **Call to Action Statement**
What positive change will students make?

IN KEEPING WITH THE NOTION THAT A BENTO BOX IS A 'NUDE', SUSTAINABLE LUNCH PRODUCT, THE FOLLOWING BOUNDARIES ARE SUGGESTED TO KEEP IN LINE WITH THE SENTIMENT OF THE CREATIVE RESPONSE.

- The Bento Boxes utilise recycled materials, except where students are making a statement about waste i.e. including problematic and single-use plastics, straws or netting.
- The colour scheme for the design is blue, green, purple, grey, white and black to give the finished product an earthy vibe.
- Each compartment of the Bento Box has a different focus, but together they all connect to make a single statement.

CRAFT MATERIALS

REQUIRED:

- Scissors
- Glue
- Sticky tape
- Pencils, pens, crayons, permanent markers
- Coloured paper (greens, blues, purples, grey)
- Images from investigation stage
- Recycled materials – small boxes, plastic containers etc.
- Problematic and single-use plastics – listed in themes

DESIGN TEMPLATE

Bento Box Design Template

Clarify: an interesting statistic or statement

Identify: the single-use plastic being focused on

Visualise: a powerful visual image or collage

Call to Action: What positive change will you make?



Fact Sheet Information

Ocean Plastics

BY 2050

IT IS, PREDICTED
THERE WILL BE
**MORE PLASTIC
IN THE OCEANS,**
BY WEIGHT,
THAN FISH

PLASTICS

ARE MISTAKEN FOR

FOOD

AND

EATEN

BY A RANGE OF
MARINE LIFE

80%

OF THE LITTER
THAT GOES INTO OUR

**SEAS AND
OCEANS**

IS

PLASTIC

**SINGLE-USE
PLASTICS**

INTERFERE WITH
ECO SYSTEMS
OFTEN
**CLOGGING PIPES,
DRAINS AND CREEKS**

CONSIDER WHEN
AN ANIMAL DIES

AS A RESULT OF
EATING PLASTIC,
THEY DECOMPOSE

BUT

THE PLASTIC
WILL JUST BE RELEASED
INTO THE
**ENVIRONMENT
AGAIN**

**SINGLE-USE
PLASTICS**

INTERFERE WITH
ECO SYSTEMS
OFTEN CLOGGING
**PIPES, DRAINS
AND CREEKS**

CONSIDER WHEN AN
ANIMAL DIES

AS A RESULT OF
EATING PLASTIC,
THEY DECOMPOSE

BUT

THE PLASTIC

WILL JUST BE

RELEASED

INTO THE

**ENVIRONMENT
AGAIN**

SEABIRDS, TURTLES,
DOLPHINS, WHALES,
FISH, CRABS
AND CROCODILES

**ARE KILLED
AND INJURED**

THROUGH ENTANGLEMENT

WITH PLASTICS



Fact Sheet Information

Lunchbox Problematic and single-use plastics

WHEN SINGLE-USE
PLASTIC

ENDS UP IN OUR
ENVIRONMENT

**IT HURTS
OUR BIRDS
AND ANIMALS,**

IT CAN EVEN
END UP IN

**THE FOOD
WE EAT**

**PLASTICS
EASILY ESCAPE**

FROM BINS,
GARBAGE TRUCKS
AND LANDFILLS

TRAVELLING WHERE
**THE WIND
TAKES THEM**

**POLLUTING OUR
ENVIRONMENT**

MUCH OF THE
PLASTIC

WE USE IS

**HANDLED
JUST ONCE**

AND THEN

THROWN AWAY

EACH YEAR

EVERY AUSTRALIAN
USES ABOUT

**103 KG
OF PLASTIC**

CONSIDER WHEN
AN ANIMAL DIES
AS A RESULT OF
EATING PLASTIC,

THEY DECOMPOSE

BUT

THE PLASTIC
WILL JUST BE RELEASED
INTO THE
**ENVIRONMENT
AGAIN**

**NEARLY EVERY
PIECE OF PLASTIC
EVER MADE**

**STILL
EXISTS TODAY**



Fact Sheet Information

Supermarket Packaging

EVERY
AUSTRALIAN
HAS A
ROLE TO PLAY
IN
HELPING
TO REDUCE
THE AMOUNT OF
SINGLE-USE
PLASTIC USED

PLASTICS INCLUDE
PLASTIC BAGS,
STRAWS,
BOTTLES
AND
TAKE AWAY
FOOD CONTAINERS

MUCH OF THE
PLASTIC
WE USE IS
HANDLED
JUST ONCE
AND THEN
THROWN AWAY

IT IS NEARLY
IMPOSSIBLE
FOR SEA TURTLES
TO DISTINGUISH
BETWEEN
JELLYFISH
AND
FLOATING PLASTIC
SHOPPING BAGS

PLASTIC
DOES NOT
BREAKDOWN
IN LANDFILL

MAKE A
DIFFERENCE
CHOOSE
REUSABLE
SHOPPING BAGS
WHICH ARE
RECYCLABLE
OR
COMPOSTABLE
AT THE END
OF THEIR LIFE

