

# Lesson Plan:

## Bento Box Creative Activity

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

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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?

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**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.**

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- 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

