



Leith Academy

My Health and Wellbeing

A home learning resource for the whole family



Learning intentions: Using leftover foods



During this time of self-isolation, we are encouraged to shop less and therefore think ahead in terms of what food we will need for the week. This can be a difficult thing to do, so the likelihood is that we may have some leftover foods such as over ripe fruit and vegetables that should be used up before they go off.

Use this link for some delicious ideas on using leftover foods...

[https://www.lovefoodhatewaste.com/recipes/?gclid=CjwKCAjwnIr1BRAWEiwA6GpwNetg\\_ozj73Jiv0l3VIzX0Ak7AD4XrHQh4bwfc3-CHRMd0SYnCUdcwxoCyYwQAvD\\_BwE](https://www.lovefoodhatewaste.com/recipes/?gclid=CjwKCAjwnIr1BRAWEiwA6GpwNetg_ozj73Jiv0l3VIzX0Ak7AD4XrHQh4bwfc3-CHRMd0SYnCUdcwxoCyYwQAvD_BwE)

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