

Create a Compost Stew recipe

Subject(s): Health Studies, Science

Year(s): 5–6

Learning intention(s)

Students will demonstrate an understanding of what elements constitute compost. They will create a recipe for compost using letters from their name as the starting letters for ingredients.

Mapping to curriculum

Strands

- Health Studies – Healthy Communities and Environment
- Science – Life and Living

Sub strands

Health Studies

- 5.5 Pollution and Health
- 6.5 Creating a healthy environment

Science

- 5.1 Plant growth
- 6.6 Gardening

Learning outcome(s)

Health Studies

- 6.5.2 Recognise that regulations help promote a safe and healthy environment
- 6.6.2.1 Develop simple rules or regulations to ensure care of the environment

Science

- 5.1.2 Understand that green plants need water, light energy and carbon dioxide for the process of photosynthesis.
- 5.1.3 Understand how nutrients from the soil are absorbed and transported to parts of the plant.
- 6.6.1.1 Explain the benefits of gardening

Lesson Instructions

Adapted from the book ‘Compost Stew: An A to Z Recipe for the Earth’ by Mary McKenna Siddals

The book provides a playful and rhyming A to Z guide on how to create a compost pile, turning everyday household waste into nutrient-rich soil. It emphasizes the importance of recycling organic waste, promoting environmental awareness and sustainable practices in a fun and accessible way for kids.

Materials required

- ‘Student Worksheet’ – 1 per student (Alternatively, students can use their exercise books to write in)
- ‘Data projector and computer’ (optional) – to show the PowerPoint slides
- ‘Printed Slide Sheets’ – 1 copy of each slide for the teacher

Key Vocabulary

Compost: Rotting or decayed material that is used to add nutrients to the soil to make it healthy.

Ingredients: The different foods that are combined to make a particular dish.

Moist: Soil that is partly wet and not too hard or dry.

Stew: A dish that combines different types of meat or vegetables cooked together.

Activity 1: Description

1. **Introduce** the lesson to the students.
 - The teacher introduces students to the lesson by posing the question: 'What do you think this lesson is going to be about?'
 - Explain what students will be doing during the lesson (spell out the learning intentions)
 - Explain the new vocabulary and ask students to provide further explanations from their own experiences.
 - Show the PowerPoint slides to the students (take the time needed to explain the information provided on each slide).
 - If there is no video available, the teacher prints the slides and use these one at a time to facilitate a class discussion.

Activity 2: Description

2. **Identify** suitable materials for composting.
 - Ask the students to discuss some interesting facts that they have learned from the video or the class discussion.
 - Show Slide 5 and explain the diagram (as shown on the Student Worksheet) to the students.
 - Point out the difference between green (moist) and brown(dry) materials.
 - Ask students to identify which of the materials they have access to on a daily basis.
 - Show Slide 6 to the students. Pose the question 'if you were to make compost stew what ingredients would you put in the stew?'
 - Show Slide 7 and lead a discussion about how the actions shown could relate to them making a compost stew.
 - Ask questions such as – how would you moisten the stew, how would they turn the stew and what would they cover the stew with.
 - Ask the students to predict how long it would take for the compost to turn into soil.
 - Slide 8 – explain that these images are similar to what was shown on the video. Encourage students to think about trying this experiment at home or at school.
 - Slide 9– explain the example provided for the name ALISON. This is a model for students to use for their own work.
 - Slide 10 – explain the worksheet to students. Inform them that they will place the letters of their name on the lines on the left side and write ingredients for their compost stew using those letters as the beginning letters of their ingredients.

Task(s)

Year 5 task

1. Use the student worksheet provided to write ingredients for their compost stew. They must use those letters as the beginning letters of their ingredients to include in the compost stew.
 - Display the completed worksheets on the classroom wall for others to see.
 - Walk around the classroom and take note of the different ingredients that have been identified as suitable for a compost stew.
 - In your exercise books, write a list of 10 ingredients that you would use for a compost stew at home or at school.

Year 6 task

1. Use the student worksheet provided to write ingredients for their compost stew. They must use those letters as the beginning letters of their ingredients to include in the compost stew.

- Display the completed worksheets on the classroom wall for other students to see.
- Walk around the classroom and take note of the different ingredients that have been identified as suitable for a compost stew.
- In your exercise books, write a list of 10 ingredients that you would use for a compost stew at home or at school.
- Set up a class compost container or bucket to aid in disposal of their daily organic waste.
- The teacher sets up a daily roster of students to empty the class compost container in the school compost heap or school garden.

Teacher Supporting Resource:

Link to PowerPoint: [Compost Stew Story.pptx](#)

If there is no data projector, the teacher can print the slides on the website (see below), by clicking on 'Print to PDF' tab and using the sheets to facilitate a class lesson.

<https://www.siddals.com/compost-stew.html>

If you have access to a computer with internet access, you can access the activities for the book, including the PowerPoint slides, by clicking the link above.

Student Handout – My Compost Stew

