

# Composting

... at our fingertips

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# Introduction

- Young people 14 - 18 years
- discussions about how to obtain healthy food, in natural conditions, without the addition of chemical fertilizers.

*How does it fit with the project and its aim?*

- Understanding the importance of composting in young people develops healthy eating habits by practicing energy-saving behavior, obtaining natural, nutrient-rich food with low chemical fertilizer intake and using methods that are friendly to the soil and the environment.



# Theoretical introduction

## Define the main concepts.

The Compost is a natural agricultural Fertilizer, resulting from the slow fermentation of various vegetable and animal remains, mixed with some mineral substances.

## What are the key points of my lesson / main topics?

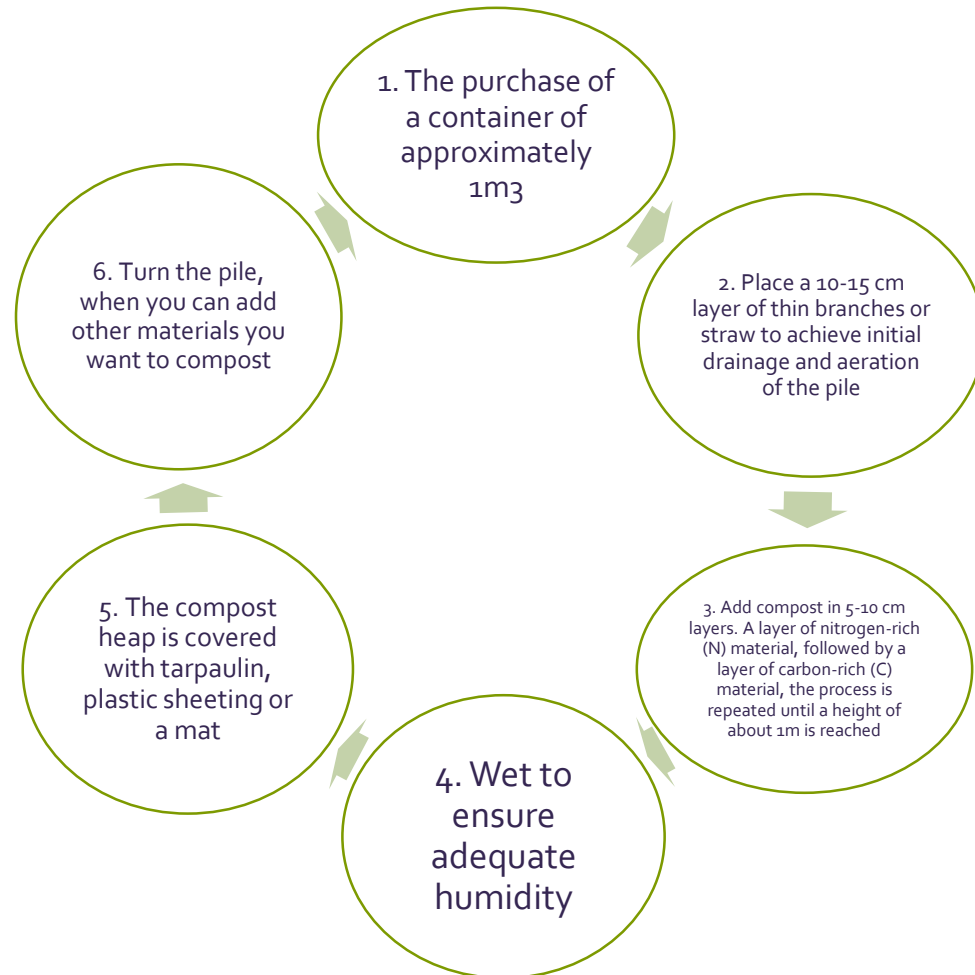
- observing, on a farm, the stages of obtaining natural fertilizers by composting organic matter from daily food.
- collaboration between gardeners and students, by collecting correctly biodegradable natural products in special containers for composting in the garden
- pupils will understand the importance of teamwork and the importance of following moral and ecological rules of conduct for their own well-being. In the next lesson, the students will present the compost obtained in their own containers specifying in writing the necessary steps to follow, as well as examples of good practices in obtaining healthy food or different examples of food sources as nutrient-rich alternatives (for example, eating insects).

# Learning objectives

- identify specific foods for a healthy diet;
- specify ways of obtaining these organic foods;
- to find ways to produce natural fruit and vegetables without chemical fertilizers, composting food waste;
- to remember the steps involved in composting as a natural fertilizer;
- to make compost;
- adopt environmentally friendly behaviors

# - STEPS - for composting

- 1. The purchase of a container of approximately 1m<sup>3</sup>
- 2. Place a 10-15 cm layer of thin branches or straw to achieve initial drainage and aeration of the pile
- 3. Add compost in 5-10 cm layers. A layer of nitrogen-rich (N) material, followed by a layer of carbon-rich (C) material, the process is repeated until a height of about 1m is reached
- 4. Wet to ensure adequate humidity
- 5. The compost heap is covered with tarpaulin, plastic sheeting or a mat
- 6. Turn the pile, when you can add other materials you want to compost



# QUIZ

## 1. Identify biodegradable materials that make up a compost

- Cardboard and paper
- Fan and straw
- Oil
- Eggshell
- Bones

- 2. Specify the six steps of composting with a stationary container

# ANSWERS

**1.**

- Cardboard and paper
- Fan and straw
- Eggshell

**2.**

- a. The purchase of a container of approximately 1m<sup>3</sup>
- b. Place a 10-15 cm layer of thin branches or straw to achieve initial drainage and aeration of the pile
- c. Add compost in 5-10 cm layers. A layer of nitrogen-rich (N) material
- d. Wet to ensure adequate humidity
- e. The compost heap is covered with tarpaulin, plastic sheeting or a mat
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# COMPOST WORD SEARCH PUZZLE




## BACKYARD COMPOST WORD SEARCH PUZZLE

ACTIVATE	U S S A R G P W M S N I B W
ASHES	W A T E R L S O O T A W S L
BARK	N Q N B A B I T E R N X E I
BATCH	I V T N A S R L C U M S E O
BINS	T D T W T T C A T E A S D S
BRANCHES	R S R U I Y C R N W S S S E
FLOWERS	O R R E C G I H D C R N T V
GRASS	G E Q E D E S U X E H A I A
INSECTS	E U R H N U S H Y M V E H E
LAYERS	N S K T B T C A Y I M A S L
LEAVES	R E S A Y L L E T I A B G M
LIME	U T R Q U O S C L S E H S A
MOISTURE	T K I M M Z A S R E W O L F
MULCH	
NITROGEN	
NUTRIENTS	
PLANTS	
RECYCLE	
REDUCE	
REUSE	
SAWDUST	
SEEDS	
SOIL	
TURN	
TWIGS	
WATER	
WORMS	

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.  
Find and circle each word.




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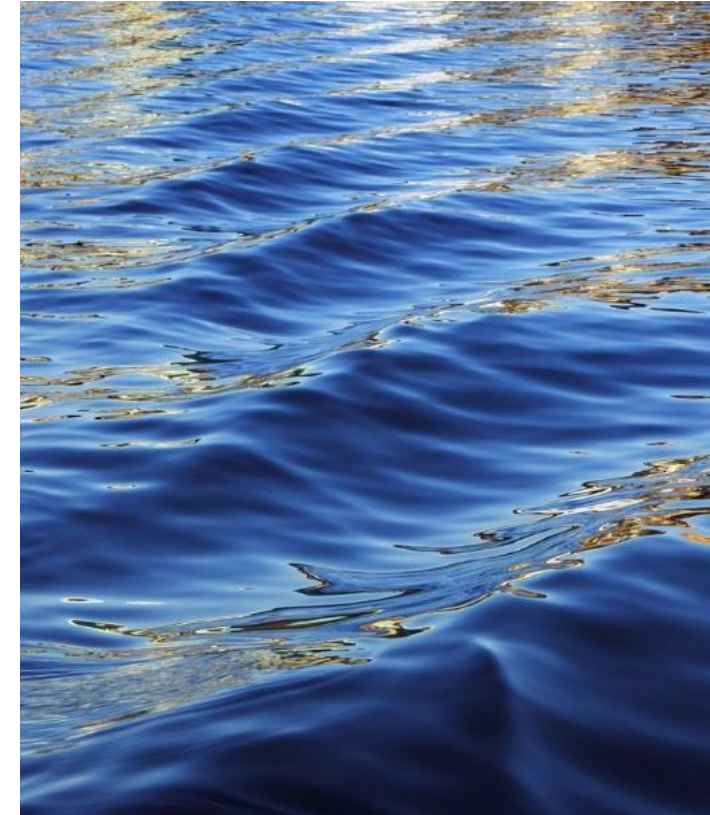


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