



# KAKO SMO Z UČENCI ZMANJŠALI KOLIČINO ODPADNEGA SADJA

## REDUCING FRUIT WASTE THROUGH CLASSROOM- BASED FRUIT DRYING

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Kostanjevica na Krki, 30. 5. 2026



# KAKO SMO PRIŠLI NA IDEJO O SUŠENJU SADJA ?

- Učenci 4. razreda NIS (10 učencev)
- PROBLEM: sadje, ki ga učenci ne pojedjo med malico
- Pogosto je sadje zgnilo
- Pogovori in izobraževanja na temo odpadne hrane
- Želeli smo zmanjšati količino odpadnega sadja in s tem prispevati k manjši količini odpadne hrane
- Ideja se nam je porodila ob poskusu kako se snovi spreminjajo na zraku pri naravoslovju

# HOW DID WE COME UP WITH THIS IDEA?

- 4th Grade students of the lower educational standard (10 students)
- PROBLEM: fruit that students do not eat during snack time
- Fruit often went bad and was thrown away
- Discussions and educational activities about food waste
- We wanted to reduce the amount of wasted fruit and thereby contribute to reducing overall food waste
- The idea emerged during a science experiment about how things change when exposed to air

# NAJPREJ SMO POSKUSILI S SUŠENJEM JABOLK

## OUR FIRST EXPERIMENT: DRYING APPLES

- Seveda smo se prej poučili o tem kako je potrebno sadje pripraviti za sušenje
- **First we learned how fruit should be prepared for the drying process**
- Ugotovili smo, da so se jabolka lepo posušila
- **We observed that the apples dried really well**



UČENCI SO BILI ZELO NAVDUŠENI NAD SUHIM  
SADJEM

THE STUDENTS RESPONDED VERY POSITIVELY  
TO THE DRIED FRUIT



POTEM SMO POSKUSILI TUDI S SUŠENJEM  
BANAN IN HRUŠK...

THEN WE ALSO TRIED DRYING BANANAS AND  
PEARS...

- Banan nismo uspešno posušili.. Do konca smo jih posušili v sušilniku
- **We were not very successful with drying bananas, so we finished the process using a food dehydrator**
- Nad hruškami pa smo bili navdušeni
- **However, we were very impressed with the pears**





- Od takrat dalje redno sušimo sadje, ki učencem ostane po malici
- V kolikor suhega sadja včasih ni na voljo, so učenci razočarani
- Suho sadje pojedjo v rekordnem času
- Since then, we have regularly dried the fruit left over after students snack time
- When dried fruit is not available, students are disappointed
- The students eat dried fruit very quickly

# UGOTOVITVE

- Učenci imajo zelo radi suho sadje
- Smernice prehranjevanja dovoljujejo tudi uživanje suhega sadja
- Sušenje sadja, ki ostane po šolski malici učinkovito zmanjšuje količino zavrženega sadja v našem razredu

# FINDINGS

- **Students really enjoy dried fruit**
- **Nutritional guidelines also allow the consumption of dried fruit**
- **Drying leftover fruit after school snacks proved to be an effective way to reduce food waste in our classroom**

# VIRI IN LITERATURA:

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• Hvala za vašo pozornost



• Thank you for your  
attention 😊