

## OMGEWINGSOPVOEDKUNDE-EN-BEWUSMAKINGSPROGRAMBEPLANNER

**PROGRAMTIPE** (maak 'n sirkel/kruisie): algemene bewusmakingsprogram – afvalstowwe (hoe om kompos te maak) (volwassenes)

### BESONDERHEDE

|                               |        |                           |   |
|-------------------------------|--------|---------------------------|---|
| Naam van die skool/groep      |        |                           |   |
| Getal deelnemers verwag       |        | Werklike getal deelnemers |   |
| Plek (reservaat/ligging)      |        |                           | Programduur<br>1 uur                              |
| Is dit deel van die werkplan? | N.v.t. |                           | Graad/ouderdomsgroep<br>Volwassenes               |
|                               |        |                           | Indien nee, motiveer waarom die program nodig is. |

### INHOUD

|      |  |  |
|------|--|--|
|      | Tema (maak 'n sirkel/kruisie)  | Afvalstowwe (hoe om kompos te maak)  |
| Weet | Onderwerpe wat behandel word (bv. watersiklus / belangrikheid van water)   | Wat is afvalstowwe?<br>Waarom is dit belangrik om kompos te maak?<br>Hoe om 'n afvaloudit te doen. |
|      | Skakel met kurrikulum (slegs vir kurrikulumbelynde programme) – noem vak/trant/onderwerpe (indien nie in die onderwerpe hier bo gelys nie) | N.v.t.   |
| Do   | Vorige kennis benodig (indien van toepassing)  | N.v.t.   |
|      | Vaardighede beoefen (maak 'n sirkel/kruisie)   | N.v.t.   |
| Waar | Sleutelboodskap (bv. ons moet water bespaar)   | Om kompos te maak kan voordelig wees.  |

### ALGEMENE LOGISTIEKE

|   | Verantwoordelike persoon | Gedoen (merk) | Status |
|---|--------------------------|---------------|--------|
| Nooi uit *  |                          |               |        |
| Plek  |                          |               |        |
| Vervoer   |                          |               |        |
| Bespreking bevestig   |                          |               |        |
| WCED-toestemming *  |                          |               |        |
| Aanbiedingtoerusting en kamera                                |                          |               |        |
| Risikoassessering gedoen, bevestiging en kontrolelyns gestuur |                          |               |        |
| Spyseniering *  |                          |               |        |
| Vrywaring *   |                          |               |        |
| Begroting en kostesentrum                                     |                          |               |        |

Ander:


Plan versoek deur: \_\_\_\_\_ (naam)

\_\_\_\_\_ (datum)

Plan goedgekeur deur: \_\_\_\_\_ (naam)

\_\_\_\_\_ (datum)

## LESPLAN

| Tyd                          | Plek | Aktiwiteit en verduideliking  | Hulpbronne en persoon wat daarvoor verantwoordelik is om die hulpbron voor te berei of te bring                  | Fasiliterende personeel (indien meer as 1, dui die hooffasiliteerder en tydhouer aan) |
|------------------------------|------|---|--|---|
| <b>INLEIDING EN YSBREKER</b> |      |   |  |   |
| 3 minute                     |      | <p><b>1. Inleiding:</b></p> <p>Wie is CapeNature?<br/>           Stel personeel voor.<br/>           Oorsig van die dag<br/>           Reëls vir deelname<br/>           CapeNature en doel van die dag, onderwerp<br/>           Stel relevante reservaat voor</p>   | Agenda van die onderwerpe wat bespreek sal word  |   |
| 7 minute                     |      | <p><b>2. Skakel in/ysbreker: speel video</b></p> <p><br/>           How to compost at home.mp4</p> <p>Weet: Vra die deelnemers wat hulle dink wanneer hulle hierdie video gesien het.</p> <p>Het hulle al ooit gedink aan wat gebeur met kosafval?</p> <p>Maak hulle kompos by die huis?</p> | Speel video op aanbieding  |   |
| <b>LIGGAAM/AKTIWITEITE</b>   |      |   |  |   |
| 15 minute                    |      | <p><b>3. Aanbieding oor afvalstowwe en kompos</b></p>   | <p>Aanbieding</p> <p>Bylaag 1: die voordele van kompos</p> <p>Bylaag 2: die rede waarom ons kompos moet maak</p> |   |

|           |  |  |   |  |
|-----------|--|--|---|--|
|           |  |  | <p>Bylaag 3: hoe om 'n komposhoop te begin (p. 148–149 in die <i>Smart Living</i>-handboek)</p> <p>Bylaag 4: items waarvan kompos gemaak kan word en items waarvan dit nie gemaak kan word nie (p. 148 in die <i>Smart Living</i>-handboek)</p> <p>Bylaag 5: hoe om jou komposhoop te onderhou p. 149 in die <i>Smart Living</i>-handboek</p> <p>Bylaag 6: huishoudelikeafvaloudit</p>  |  |
| 25 minute |  | <p><b>4. Aktiwiteit: komposaktiwiteit</b></p> <p>Deel die groot groep in 2 groepe (of hou die groep soos dit is as daar nie baie mense is nie). Die aanbieder gee verskeie voedselafvalitems (vrugte en groente: piesang, appel, broccoli, tamaties, druiwe) aan die groepe. Die volgende stappe moet gevolg word, soos beskryf in Bylaag 3: hoe om 'n komposhoop te begin:</p> <p>Stap 1: Maak 'n laag van takkies.</p> <p>Stap 2: Plaas lae droë blare (bruin), vars gesnyde gras (groen) of kombuisafval soos vrugteskille of groente in 'n gelyke hoeveelheid as laag 2 op die hoop.</p> <p>Stap 3: Sprinkel gryswater, grond en versnipperde papier bo-op hierdie lae.</p> <p>Stap 4: Bou lae oor tyd soos kombuisafval (vrugte- en groenteafval) vermeerder. Gesnyde gras kan ook gebruik word.</p> <p>Stap 5: Gebruik ekstra grond of gedroogde blare om kombuisafval te bedek. (Dit sal keer dat dit sleg ruik en vlieë weghou.)</p> <p>Stap 6: Hou met grond bedek om peste soos knaagdiere uit te hou.</p> <p>Stap 7: Gooi gereeld water op jou kompos (3 keer per week).</p> <p>Stap 8: Ná omtrent 6 weke is die kompos donker en krummelrig en gereed om te gebruik.</p> <p>(Aangepas uit <i>Smart Living</i>-handboek, p. 148–149)</p> <p>Verwys terug na die video oor wat kan en wat kan nie vir kompos gebruik word nie.</p> <p>EN/OF</p> <p><b>5. Aktiwiteit: huishoudelikeafvaloudit</b></p> <p>Laat elke persoon 'n afvaloudit voltooi. Vra hulle ná die tyd om die resultate en aksies vir verandering kortliks te bespreek. Die doel van hierdie aktiwiteit is om die manier waarop mense oor huishoudelike afvalstowwe dink te</p> | <p>Blaaibordpapier<br/>Koki's</p> <p>Huishoudelikeafvalitems (bottels, teesakkies, doeke, papier, glas, kosverpakking en melkboksies, asook 'n seleksie vrugte en groente: piesangs, appels, broccoli, tamaties en druiwe)</p> <p>Takkies in 'n plastiekhouer<br/>Droë blare in 'n plastiekhouer<br/>Versnipperde papier in 'n plastiekhouer<br/>Grond in 'n plastiekhouer (om te wys hoe mens kompos maak)</p> <p>Eierboksie</p> |  |

|                                   |  |   |  |  |
|-----------------------------------|--|---|--|--|
|                                   |  | verander en wat dit aan die omgewing doen en om die impak wat afvalstowwe op die natuur het te verminder.   |  |  |
| <b>KONSOLIDASIE EN EVALUERING</b> |  |   |  |  |
| 10 minute                         |  | <p><b>5 Konsolidasie:</b></p> <ul style="list-style-type: none"> <li>- Elke persoon deel een ding wat hulle geleer het of belowe dat hulle op 'n verantwoordelike manier van hul huishoudelike afvalstowwe ontslae sal raak.</li> </ul> | Blaaibord<br>Koki's<br>Blaaibordpapier |  |

**Bylaag 1: die voordele van kompos**



**Bylaag 2: redes om kompos te maak**

**Top Five Reasons to Compost**

- **Composting** reduces waste, makes us less dependent on landfills, and decreases greenhouse gas emissions. ...
- **Compost** strengthens soil and promotes healthy plant growth. ...
- **Composting** reduces the need for pesticides and synthetic fertilizers. ...
- **Composting** recycles essential nutrients back into the soil.

**Bylaag 3: hoe om 'n komposhoop te begin**

## HOW TO START COMPOSTING

There are many ways to make compost. Choose a method that suits the amount of waste you have and your available time and space. The easiest way to make compost is simply to create a pile of organic waste, about 1 m wide, in a sheltered and shady corner of the garden. To keep the heap tidy, you might prefer to make it in a container. A sealed container is advisable if you have baboons in your area, and to discourage rats.

### Follow these steps:

- ✓ First throw down a layer of coarse material consisting of twigs and straw for aeration.
- ✓ Place alternate layers of “brown” (dried leaves) and “green” (fresh grass cuttings or kitchen waste) material in equal proportions. If available, put some manure (or seaweed) as an activator layer in between.
- ✓ Sprinkle non-potable water (greywater or rainwater), soil, and shredded paper intermittently between the layers until your heap is 1,5 m high.
- ✓ You can build layers up over time as you accumulate kitchen waste, mow the lawn, prune shrubs, or rake dry leaves.
- ✓ The soil is needed to introduce beneficial organisms, such as earthworms and woodlice, into the pile to help the decomposition process.
- ✓ It is useful to have an extra pile of material (dry leaves or shredded newspaper or soil) to place on top of the heap to cover kitchen waste. This will keep flies away and ensure that there is little or no smell.
- ✓ Keep the heap covered with a layer of straw, soil, or old carpet to keep rats, insects and other pests out.
- ✓ Water the heap regularly (keep it moist, but not wet, with non-potable water) and turn it over with a garden fork after a few months to speed up the process.
- ✓ In certain situations, it may be better to bury the organic waste in soil trenches or holes that match the amount of waste generated. You can grow vegetables, flowers, or trees straight from a trench bed. As a sand layer covers the waste, you avoid flies and smells.
- ✓ The compost is ready to use when it is dark, crumbly, and smells like soil. This can take between six weeks and six months, depending on the time of year and the organic material used. A good idea is to have two or more compost heaps, so you can have one breaking down, while the other one is being added to.

**Never use the following for composting:**

- ✓ Any inorganic material, such as metal, glass, plastics, chemicals, paint, and rubble (building materials).
- ✓ Oil, fat, or grease, as these clog the soil.
- ✓ Dairy (cheese, milk), meat, chicken or fish, as these can attract rats and flies.

**Bylaag 5: Hoe om jou komposhoop te onderhou**

**HOW TO LOOK AFTER YOUR COMPOST HEAP**

Once it is up and running, look after your compost heap by following these steps:

- ✓ Initially, the compost heap will heat up, but will cool down again after a few weeks. This means you need to turn it so that it can heat up again. The heat kills weed seeds and fly larvae.

- ✓ Control flies by covering any new material you add with dry soil, sawdust, grass, or leaves.
- ✓ Turning the compost heap makes the organic material break down faster.
- ✓ Keep the heap moist, but not wet, otherwise it will smell bad. If it does get too wet, add dry absorbent material such as sawdust, straw, or manure, and turn the heap.
- ✓ If you find large, white, C-shaped grubs or larvae in the compost, destroy them. They are the larvae of the large black-and-yellow Fruit Chafer Beetle, which can do damage in the garden.

**Bylaag 6: Huishoudelikeafvaloudit**

## HOUSEHOLD WASTE AUDIT

To help you find the best way to reduce your waste and separate it for recycling or composting, it is important to do a household waste audit.

Choose a week in which you list all your household waste under the following headings:

| RECYCLABLE | NON-RECYCLABLE  | ORGANIC WASTE |
|------------|-----------------|---------------|
| e.g. glass | e.g. cling wrap | e.g. tea bags |
|            |                 |               |
|            |                 |               |
|            |                 |               |
|            |                 |               |
|            |                 |               |
|            |                 |               |
|            |                 |               |

Take time to examine the products that you would usually throw away. See which of those can be recycled or composted. If you do not want to sift through dirty waste, a tip is to have a look inside your grocery cupboards to see what you will be throwing out.

Keep all the recyclable products aside and find your closest drop-off site or buy-back centre where these can be dropped off. For your organic waste, create a compost heap or get a composting container. Combined, these efforts will reduce the amount of waste you throw away.

