



GRADE SCHOOL • K-8 • AGES 5-13

Planting the Seeds of Sustainability

Illustrated Lesson Guide for Teachers

A ready-to-teach guide introducing young learners to plastic pollution, compostable materials, and everyday eco-friendly choices — built for grade school classrooms.

WHAT'S INSIDE

- 1 Lesson 1: What Is Plastic & Why It's a Problem
- 2 Lesson 2: Compostable vs. Biodegradable
- 3 Lesson 3: School Lunch & Sustainable Choices
- 4 Lesson 4: The Life Cycle of a Compostable Product

Lessons 1 & 2

1

What Is Plastic & Why It's a Problem

Simple, visual lessons explaining what plastic is made of, how long it takes to break down, and where it ends up — in oceans, soil, and our food chain.

TRY THIS >>

Ask students to name 3 plastic items they saw today. Where do they think each one will end up in 10 years?

2

Compostable vs. Biodegradable

Kid-friendly comparisons between conventional plastic and plant-based alternatives like PHA. Students learn that some materials return to the earth without leaving harmful residue.

TRY THIS >>

Hold up a compostable cup and a plastic cup. Have students guess which one turns back into soil.

Lessons 3 & 4

3

School Lunch & Sustainable Choices

Practical guidance on making eco-friendly choices in the cafeteria — from compostable utensils and straws to reusable containers. Includes a take-home activity for families.

4

The Life Cycle of a Compostable Product

A visual journey from plant-based raw material to finished product to compost — helping students understand that sustainability is a cycle, not a one-time action.

VOCABULARY FOR YOUNG LEARNERS

Compostable

Breaks down completely into soil-safe material, with help from microbes.

Biodegradable

Breaks down naturally over time, without leaving harmful residue.

Microplastic

A tiny piece of plastic, smaller than a grain of rice, that never fully disappears.

PHA

A plant-based material that behaves like plastic but composts like a leaf.

What Students Take Away

- Foundational understanding of biodegradable vs. plastic materials
- Awareness of environmental impact of everyday choices
- Simple action steps students can take at school and home
- Take-home materials to share with families

NEXT STEPS FOR TEACHERS

1. Pair this guide with the Classroom Activity Sheets
2. Send the Take-Home Family Worksheet home after Lesson 3
3. Request a printed classroom set from Pure Form Solution

Questions? help@pureformsolution.com