

# Making Better Use of Food

(Using resources wisely)



Find out about the meaning of stories and articles

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# Caring for our environment

Matches the requirements of the Literacy Strategy and designed to integrate with your normal subject studies. (This material is independent of any specific text book and can be used alongside any publisher's books including our textbook.)

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# Making Better Use of Food

I was getting worried about how much food we were wasting every day. Did you know that as much as one-third of all the food we buy is thrown away or goes bad before we eat it? That is like throwing away one out of every three things that we buy. So our family decided to try and waste less food. Here is how we did it.

On Monday we went shopping for groceries. Before we went to the store, we made a list of exactly what we wanted to buy. That way we did not buy more food than we could eat.



On Tuesday, we had cauliflower cheese for dinner. We saved the leaves from the cauliflower, instead of throwing them out.

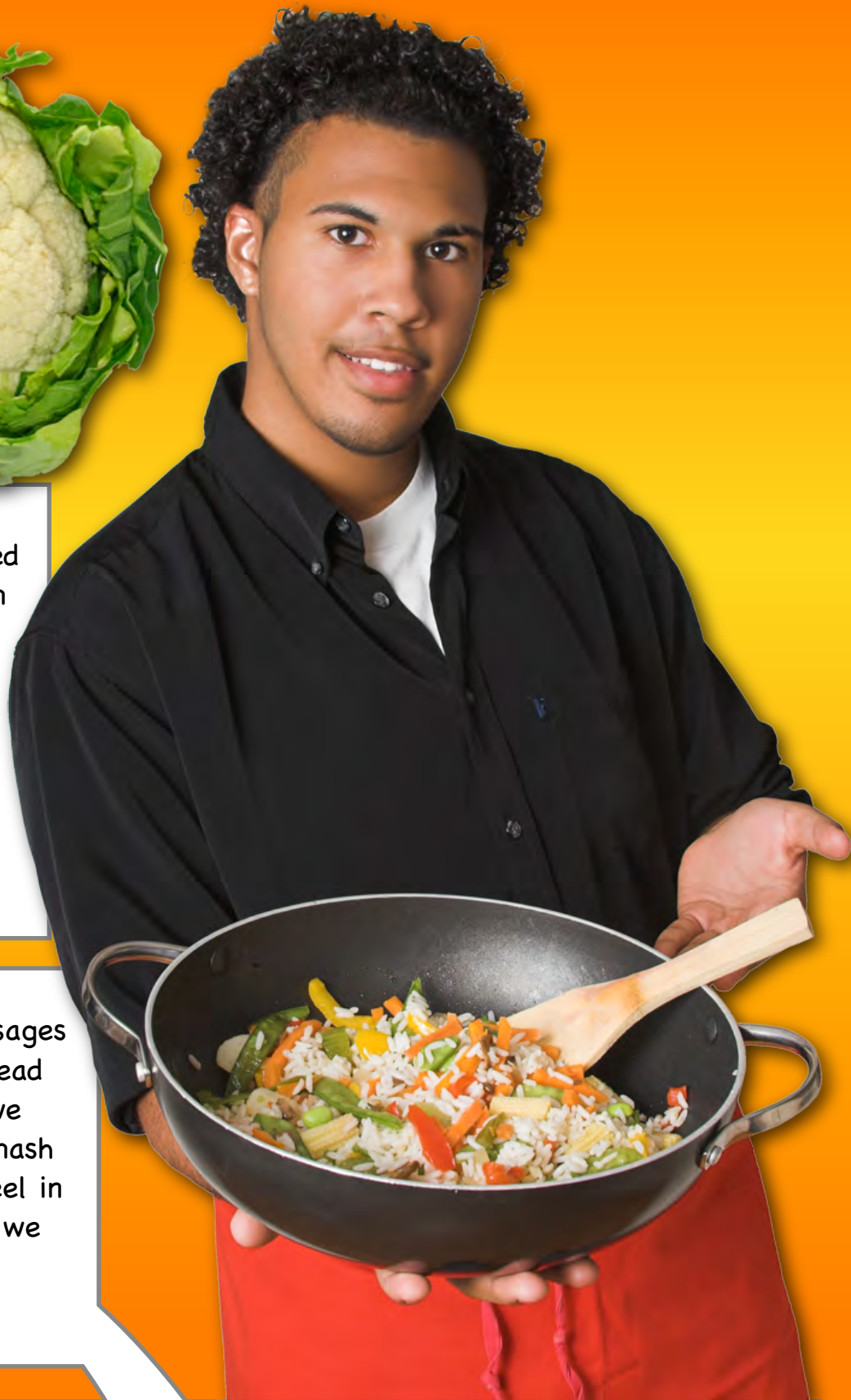




On Wednesday, we steamed the leaves and mixed them with pasta. The next time you have cauliflower or broccoli with dinner, save the leaves. These can be steamed and eaten as a green vegetable the next day.

On Thursday, we ate sausages and mash for dinner. Instead of peeling the potatoes, we left them unpeeled. The mash had little bits of tasty peel in it. It was very good, and we did not waste any of the potato.

On Friday, I ate some oranges. Instead of throwing the peel away, I left them out to dry. When they were dry, my dad made Chinese stir-fry of beef and dried orange peel for dinner. We also had some rice with our dinner. There was a lot of leftover rice. My mum added milk, sugar and cream and turned it into rice pudding for desert on Sunday.





# Understanding words

Before we can understand a story we have to know what all of the words mean. Let's try one...

**a** Write a sentence in which you found the word 'waste'.

**b** From that sentence, write what you think 'waste' means.

**c** Write a new sentence using the word 'waste'.

**d** Use a dictionary to find words with a similar meaning (synonyms) to 'waste'.

**e** Make a list of some of the food people might 'waste'.



# Finding key words

Next, we need to find the key words that tell us what the story is about...

Read the story and underline the key words. Write the most important of these key words in a list like the one below. Write next to it a word that means a similar thing (a synonym). You don't have to use all the spaces, but you should not use more.

Key word	Synonym (similar word)
Example: worried	concerned

3

# Summarising

(the gist of the story)

To summarise means to rewrite the story in a shorter version using as many of our key words from Task 2 as needed.

**1** Write a heading for your summary.

**2** Now write the main idea in one sentence.  
e.g. "This story tells us..."

**3** Now add some detail to the main idea by writing more sentences after it.



**Finally,  
can you rewrite your  
summary to make it better?**

- 1. Look out for errors such as using the same word too often – use alternatives.**
- 2. Make sure you have summarised the author's purpose in your OWN words.**
- 3. Make sure your summary is in a logical order.**
- 4. Is your summary informative AND interesting to others?**

**There is  
nothing wrong  
with rewriting; even  
the best authors  
rewrite their  
work.**



123  
4

# Sequencing

Sequencing means getting the events in the right order. Write these sentences in the correct order, so they make sense.



On Tuesday, we had cauliflower cheese for dinner.

My mum added milk, sugar and cream and turned it into rice pudding for desert on Sunday.

On Wednesday, we steamed the leaves and mixed them with pasta.

On Friday, I ate some oranges.

On Thursday, we ate sausages and mash for dinner.

On Monday we went shopping for groceries.



# Get to the facts

Answer these questions to see how much you know about the facts of the story.



1 How much of our food is thrown away or goes bad?

2 What did the family do on Monday?

3 What did the family have for dinner on Friday?

4 What were the cauliflower leaves mixed with?

4 What was made with the leftover rice?



# Whys and wherefores

Answer these questions to see how much you know about the meanings in the story and how it was written.



1 Why was the writer of this story worried?

2 What was the purpose of saving orange peel?

3 Why should you save cauliflower leaves?

4 Why did the family make a list before going shopping?





# Opinions matter

Answer these questions to give your views and to develop the story.



- 1 Why do you think it is important to reduce the amount of food we waste?
- 2 Do you think the food eaten by this family was tasty?
- 3 Can you think of other ways for the family to waste less food?
- 4 How much food do you think your family throws away each week?
- 5 Should everyone try to waste less food?



# Talking it through

It often helps if a group of people get together and discuss a problem.



**Discussion topic: Wasting less food**

Discuss some ways that you can waste less food in your home.



# Make a story...

When you read a description it often gives you ideas about how the event might be described differently.



## Wasting less food

One day you and your family decide that you want to waste less food.

(Now continue the story of describing some of the things your family could do to waste less food...)



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