

Morning Starters: Summer 1 - Food for Thought


Word Challenge

You'll notice that some words have other words hiding within them.

Example: planet – lane
nearby – ear

List the words that are hiding within the words underlined in the 'Did you know?' paragraph.

Grammar Challenge

Click text to edit 

Copy and complete the sentence below.

Growing your own food ...

Did You Know?

To help the planet, we can eat more plant-based foods; choose fruits and vegetables that are grown nearby and in season; and try not to waste food. Eating less meat, especially beef, helps lower the number of harmful gases released into the air. Choosing organic foods supports farming that is better for the environment. Eating fewer processed foods also reduces the energy needed to make them.

Number Challenge

Emma discovered that she was wasting 3 kilograms of food each month. By planning her meals better, she reduced her monthly food waste by 75%.

How many kilograms does Emma waste each year by planning her meals?

Critical Thinking

What can supermarkets do to address some of problems caused by the food that we buy?



Credit: CBBC Newsround

Monday

Tuesday

Wednesday

Thursday

Friday