

Food Stories

Word Bank

Word	What it means	Similar Words
Food processing	The changing of food from one form into another	
Habits	Doing the same thing again and again	routine
Portion	The quantity of food served (think of this as the amount of food on your plate!)	Helping, plateful, serving

“ Have you ever thought about who makes the food you eat? Before your mum or dad cook it for you. Who has a part in growing, processing, and packaging it? What do you know about them? How about the journey your food goes on to get to you? It seems strange, but the distance your food travels before it reaches your plate, is likely more than you will travel in a whole year! And yet, in some countries, food even ends up in the bin! ”

...World's Largest Lesson – Food Project



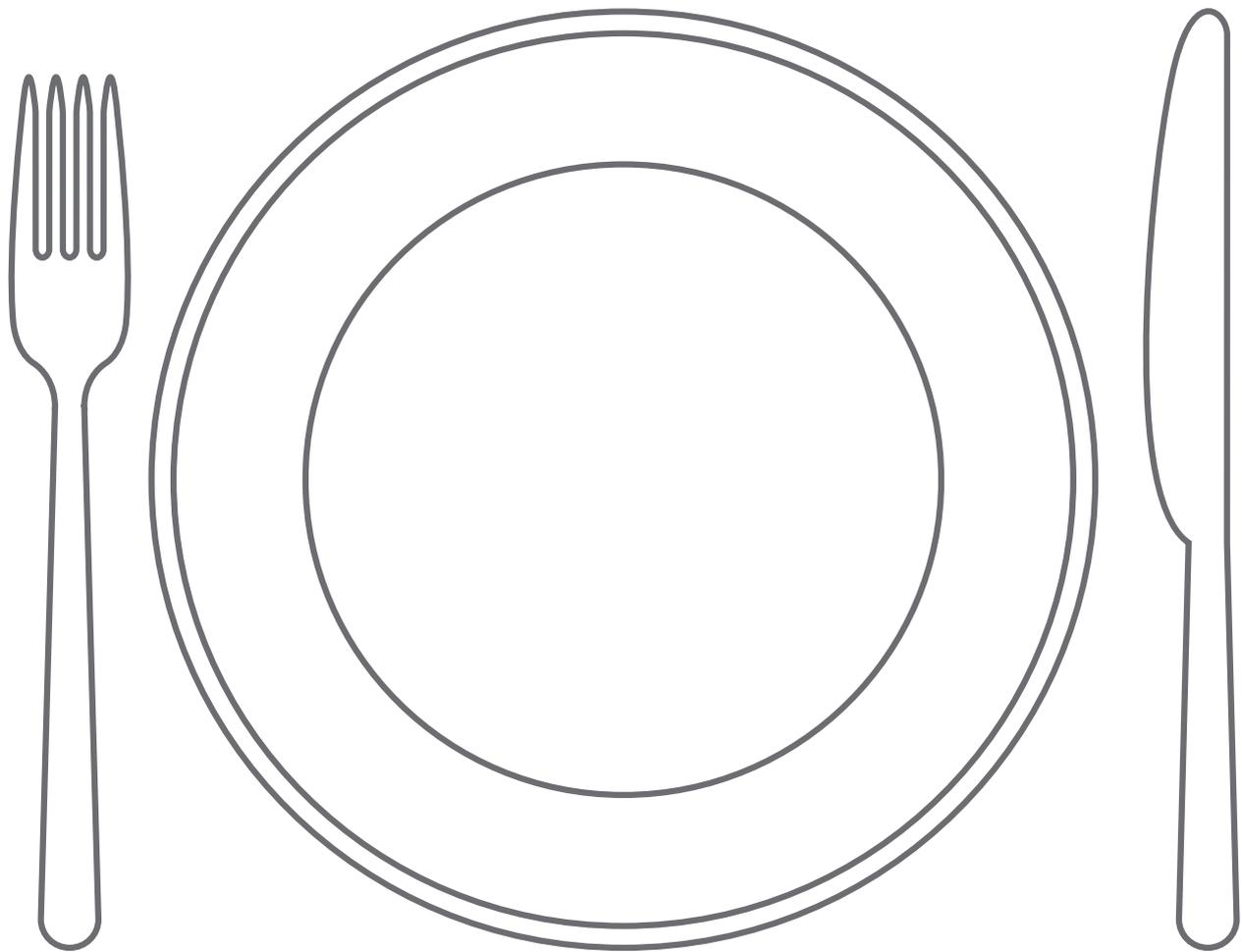
We learned from the Hunger Hero video, that climate change is a major cause of hunger; unpredictable seasons and extreme weather events are causing less crops to grow. The journey our food takes to get to us and the amount of food we waste contributes to carbon dioxide, which makes climate change worse! So how can you play your part?

The first step in helping with Zero Hunger is taking a look into our own food habits. Once we start to notice where the food we eat comes from and how much food we waste, we can use that information to change our habits for the better.



Draw your Plate

What meal have you eaten recently? It can be something you had for breakfast, lunch or dinner. Draw and label your meal on the plate below. Think about the **portion** you took for each food item and try to draw it to size. Then, answer the questions below.



1. How much food did you throw away?
2. Is throwing food away a habit in your home?
3. What is one change you could make to waste less food?
4. Do you know where the food on your plate comes from?