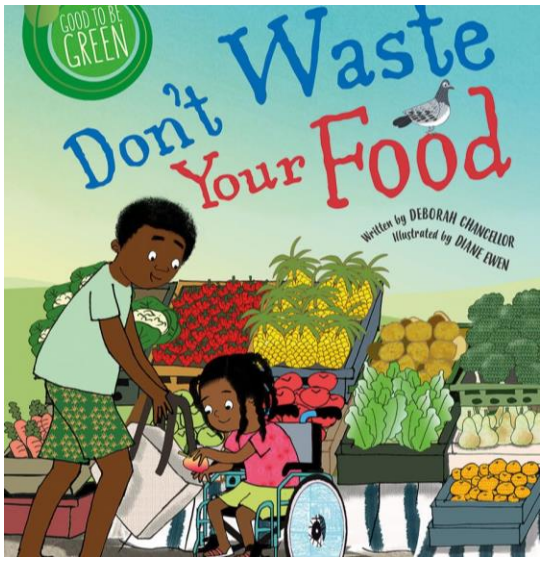
Discussion Guide for Families



Don't Waste Your Food

Author: Deborah Chancellor

Illustrator: Diane Ewen

Themes: Environment and Sustainability

Book Brief: Amara's dad says they shouldn't waste food. But why is this such a big problem? Follow their story and find out what happens to food waste, what can be composted, and how to reduce the amount of food we throw away.

READ ALOUD

Before Reading: Build Background

- Ask your child "Why do you think it's important to not waste food? Can you think of ways food gets wasted in your home or at school?"

While Reading: Make Connections

- What are some reasons the book gives for why food gets wasted? How do these reasons affect the environment?
- What are some actions people can take to reduce food waste? Why do you think these actions are important?
- How does the book show that wasting food affects people in other parts of the world? What does that teach us about being mindful of our food?

After Reading: Ask Questions

- What are some things you can do at home or school to make sure you don't waste food? How can these actions help others and the planet?

RELATED ACTIVITIES

If your child enjoyed this book, consider:

- Encourage them to talk about it during other conversations.
- Check out RIF's Sustainable Futures center to learn more about sustainability with related books and resources.

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