

Value of Food

Chapter 8: Value of Food · Topic 1

Key Concept

Growing food takes effort from farmers, water, and time, so wasting food means wasting all these valuable resources.

Many people around the world do not have enough food to eat, making food wastage a serious ethical and social concern.

We can reduce food waste by taking only what we can eat, storing food properly, and using leftovers creatively.

Valuing food means appreciating the effort behind it and being mindful not to waste it unnecessarily.

Quick Revision Notes

- Growing food takes farmer effort, water, time.
- Wasting food wastes these resources.
- Many people lack enough food globally.
- Food wastage is an ethical concern.
- Reduce waste: take only what you can eat.
- Also store food properly.
- Use leftovers creatively.
- Valuing food means not wasting it.

Practice Questions

- 1 Discuss why food should not be wasted.
- 2 List two ways to reduce food waste at home.
- 3 Discuss the effort involved in growing rice or wheat.
- 4 Research global food scarcity issues.
- 5 Discuss creative ways to use leftover food.
- 6 Discuss why we should finish food on our plate.