



## **Justine McKeen, Eat Your Beets**

Sigmund Brouwer

illustrated by Dave Whamond

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AR Quiz # 158256

### **About the Book**

In the fourth book of the Justine McKeen series, Justine finds a stray cat and her kittens living off food in the school Dumpster. Eager to reduce waste and save animals in need, Justine comes up with a plan. Can she convince grumpy Mr. Raymond, the cafeteria manager, to put her plan into action?

### **About the Author**

Best-selling author of 19 novels and several series of children's titles, and with over 3 million books in print in five different languages, **Sigmund Brouwer's** *Absolute Pressure* was a Junior Library Guild selection. Among Sigmund's titles are eight on the Canadian Children's Book Centre Best Books for Kids & Teens.

### **About the Writing**

In the Justine McKeen series, I'm trying to help kids learn about new ways they can show concern for environmental issues at home or at school. When I learned about the big impact that food waste has on the planet, I wanted to share that with readers—through the eyes of Justine!

**Teaching Ideas—Curriculum Connections*****Prereading Ideas***

Spend some time in the classroom discussing the different energy needs that it takes to grow food and get it from the farm to the kitchen. Then, discuss whether students have their own gardens and what they would see as fun or not fun about growing their own food.

***Classroom Discussion Questions***

1. What are three things you ate today that aren't grown locally and how did they arrive at your table from where they were grown?
2. What foods taste great as leftovers and what food do you hate as leftovers?
3. Are there some foods that are good for humans to eat that animals shouldn't eat?
4. Instead of throwing away food, how can it be used in a good way?

***Suggested Activities***

- Ask each student to come up with a recipe to use for leftovers. Then combine all the recipes into a classroom cookbook.
- Have students come up with a plan to reduce food waste in the cafeteria.
- Have students make posters to encourage reduction of waste. Place posters up in the hallways.
- Have students design a brochure that can be emailed as a PDF to send to parents on how to reduce food waste.
- Have students keep a daily food waste journal to see how much food they waste in a week.

**Other Titles and Websites of Interest**

1. *Waste: Uncovering the Global Food Scandal* (Penguin, 2009) by Tristram Stuart.
2. [www.myzerowaste.com](http://www.myzerowaste.com)
3. food waste app at iTunes: Food Waste Diary by geographics E.U.

**Other Books by the Author from Orca Book Publishers**

*Justine McKeen, Queen of Green* (Orca Echoes)  
*Justine McKeen, Walk The Talk* (Orca Echoes)  
*Justine McKeen, Pooper Scooper* (Orca Echoes)