

WHAT DO WE EAT?

Teacher Guide



Every day, no matter where we are or where we need to go, humans need food. Imagine carrying meals with you as you parachute into a war zone or trying to eat a balanced diet as you travel to Mars. Humans have always found innovative ways to create the meals we need to survive. But today we are gobbling up Earth's resources and food is not shared equally around the world. Luckily there are people cooking up solutions. Hungry to learn more? This discussion guide offers readers some food for thought.



ABOUT THE AUTHOR

Megan Clendenan is an award-winning children's author. Her books include *Cities: How Humans Live Together* (Children's Book Council 2024 Librarian's Favorite), *Fresh Air, Clean Water: Our Right to a Healthy Environment* (2023 Green Earth Book Award Winner), and *Design Like Nature: Biomimicry for a Healthy Planet* (2021 Blueberry Honor recipient) and she has more books on the way! Megan loves speaking with readers at festivals, schools and libraries. Megan lives near Vancouver, BC.

DISCUSSION QUESTIONS

Chapter One

1. What did Amelia Earhart eat while flying solo across the Atlantic? What would you eat if you were flying across an ocean in a one-person plane?
2. When was the first vitamin discovered? What was it?
3. If you were an astronaut heading to Mars, what kind of food do you wish you could bring with you or grow along the way?
4. How is space technology being used to help grow food on Earth?



Chapter Two

5. List some examples of how people accessed or shared food during times of war or conflict.
6. Read the sections about the Ancient Roman Army (pages 21–22) and Paratroopers of World War II (pages 24–25). What are some of the challenges to feeding an army?
7. On page 27 the author asks “Are we eating like soldiers today?” What is the author referring to?

Chapter Three

8. Think about what you eat each day. How many types of plants and animals do you eat?
9. Chapter Three discusses a variety of farming techniques. What type of farming would you like to try? Explain why.
10. Why is farming seaweed a good idea for our planet?



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Chapter Four

11. On page 55, the author states “farmers helped build the pyramids.” Do you agree with this statement? Why or why not?
12. If you were stranded on a deserted island with a group of your friends, how would you share duties for finding food and cooking meals?
13. On page 61, the author talks about the different ways people helped each other obtain food during the Covid-19 pandemic. How would you help your neighbors or friends if they needed food?



Chapter Five

14. What are some of the ways that we can change how we eat in the future?
15. On page 67, the author talks about “dining on trash”. What does this refer to?
16. What proportion of food produced is wasted globally?
17. Read page 79. What are some small steps that you could take towards wasting less, sharing more and choosing food that will be good for both the planet and our health?

Writing Exercises and Interactive Activities

1. The book discusses how people have found, grown and shared food through time. What are some ideas from the past? Are there ideas you would like to use in the future? Explain why or why not.
2. Why is food waste such a big problem? Discuss the different ways that food is wasted, how that contributes to climate change and what we can do to change this problem.
3. Research a new recipe, ask for help to make the dish, then share it with friends and family.



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