




Time to Lose Waste!

On average, a school-age child who uses disposable containers at lunch generates 67 pounds of waste per school year. An average elementary school has about 280 students.*

Think About It

Put these three numbers in order from smallest to largest:

-  **15,400 pounds (7,000 kg.)**
The weight of a male African elephant
-  **22,000 pounds (10,000 kg.)**
The weight of a school bus
-  **18,760 pounds (8,000 kg.)**
The weight of lunch waste created in a year at an average-size elementary school

*Source: www.wastefreelunches.org
Standards Link: Number Sense: Compare numbers to 100,000.

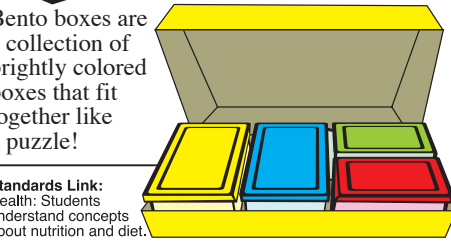


Cafeteria Confusion

Help Jarrod, Alisha and Michael meet at their favorite lunch table.

Beat Brown-Bag Boredom

Now you can borrow an idea from the Japanese to make school lunches more fun, better for you and waste-free!



Pack Your Lunch!

Pick at least one food from each category. Write or draw in each bento box the food you will pack in that box.

- | | | | |
|--|--|---|--|
| FRUIT
Sliced pear
Strawberries
Sliced apple
Orange sections | VEGETABLE
Carrot sticks
Snap peas
Jicama & carrot cubes
Celery & broccoli | PROTEIN
Hummus
Black bean salad
Hard-boiled egg
Mixed nuts | WHOLE GRAINS
Wheat crackers
Organic corn chips
Rice crackers
Pretzel sticks |
|--|--|---|--|

FRUIT	VEGETABLE	PROTEIN	WHOLE GRAINS

How to lose waste!

Pack your lunch in a _____ or other _____ container. Pack your foods in _____, reusable containers. Pack a cloth _____ and washable forks and spoons. Take your drink in the same _____ container every day. Remember to bring home everything that's reusable so you can _____ it and pack it for the next day's lunch!

Oops! Can you find where each of the missing words belong?

- STURDY
- NAPKIN
- REUSABLE
- WASH
- LUNCHBOX
- BEVERAGE

Extra! Extra! Healthy Lunch

A healthy lunch makes me feel _____

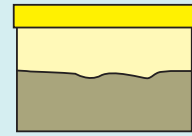
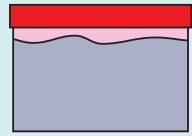
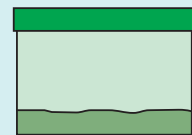
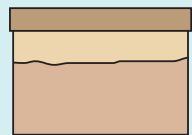
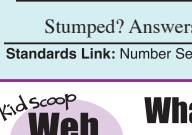

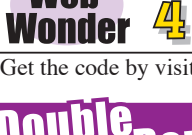
_____ and _____

Get delicious lunch ideas YOU can make on the KIDS page at www.kidscoop.com

Look through the newspaper for five words to finish this sentence. Cut them out and glue them on the lines.
Standards Link: Vocabulary: Understand grade-level appropriate words and vocabulary in context.

The Kid Scoop Puzzler

Match each fraction to the picture that illustrates it.

	3/4	
	1/4	
	1/2	
	7/8	

Stumped? Answers are at the KIDS page at www.kidscoop.com
Standards Link: Number Sense: Identify fractional amounts.

Web Wonder

What kind of drink never runs out?
4 5 3 4 5 4 - 6 2 1

Get the code by visiting the KIDS page at www.kidscoop.com

Double Double Word Search

Find the words in the puzzle, then in this week's Kid Scoop stories and activities.

LUNCHBOX
JAPANESE
BENTO
DISPOSABLE
JICAMA
WASTE
ELEPHANT
SNAP
AVERAGE
HEALTHY
HUMMUS
BOILED
IDEA
BEAN
PEAR

E	L	B	A	S	O	P	S	I	D
H	E	A	L	T	H	Y	J	X	E
U	A	T	W	A	S	A	I	O	L
M	O	V	S	A	P	R	C	B	I
M	T	T	E	A	E	A	A	H	O
U	B	D	N	R	W	E	M	C	B
S	I	E	E	E	A	P	A	N	S
G	S	N	A	E	B	G	O	U	N
E	E	T	N	A	H	P	E	L	E

Standards Link: Letter sequencing. Recognizing identical words. Skim and scan reading. Recall spelling patterns.

FROM THE Kid Scoop LESSON LIBRARY

Pollution Solution

Find as many articles as you can that discuss how to prevent pollution. List the techniques that the articles discuss. Beside each technique, list the organization or group of people using it.

Standards Link: Science: Understand relationships among organisms and their physical environment.

Write On!

What's For Lunch?

Come up with a healthy lunch for school. Be sure to include food from all of the food groups.

Kid Scoop Together: Fill In The Blanks

Ask a friend to give you each type of word. Fill in the blanks and read the story aloud for some silly fun.

Last Friday, something very strange happened in the school cafeteria. Instead of the regular menu, they served _____ PLURAL NOUN and _____ PLURAL NOUN.

Students had to _____ VERB in a very long line to get their _____ ADJECTIVE lunch. This caused a lot of confusion, so they were instructed to _____ VERB in line instead.

Later, Britney McHale slipped on some spilled _____ PLURAL NOUN and her tray went flying through the _____ NOUN. Students were completely covered in gobs of _____ ADJECTIVE.

Our principal tried to calm everyone. He spoke into the _____ ADJECTIVE _____ NOUN, but everyone was too busy trying to _____ VERB through the mess.

I'm pretty sure that's the last time they will allow _____ ADJECTIVE _____ PLURAL NOUN to prepare the school lunches!

Standards Link: Grammar: Understand and use nouns, adjectives, verbs and interjections in writing and speaking.

Kid Scoop VOCABULARY BUILDERS

This week's word: **WASTE**
One meaning of the noun waste means something seen as useless or worthless.

We put our food waste in a compost pile.

Try to use the word waste in a sentence today when talking with your friends and family members.