

# DON'T THROW ME AWAY!





“Cutting food waste is a delicious way of saving money,  
helping to feed the world and protect the planet.”

-Tristram Stuart, author and environmental campaigner

Hello!  
My name is  
**Basma**  
the Rice



I am  
**Sam**



I am  
**Sam's  
Mother**



I am  
**Sarah**

This e-book reader is created with the contributions from:

**My First Skool, NTUC First Campus**

1. Thian Ai Ling, General Manager
2. Tengku Nur Annissa, Senior Manager, Partnerships
3. Gillian Neo, Executive Principal
4. Ainul Farhana Binti Mohamed Bathurudin, Executive Principal
5. Jas Chia, Executive Principal
6. Zuraimah Binte Jumahat, Principal
7. Sabirah Mohamed Idris, Principal
8. Zoe Chan, Principal
9. Tang Hui Min, Principal

**PacificLight Power Pte Ltd**

1. Clare Savereux, Senior Manager, Regulations & Corporate Communications
2. Jaylyn Tey, Manager, Corporate Communications
3. Sabrina Faisal, Executive, Corporate Communications

Copyright © My First Skool & PacificLight Power Pte Ltd, 2023

All rights reserved. No part of this publication may be reproduced, or transmitted in any form or by any means, electronic or mechanical, including photocopying and recording, without the prior written permission of the copyright owners, application for which should be addressed to the publisher. Such written permission must also be obtained before any part of this publication is stored in a retrieved system of any nature.

Illustration & Design  
Cristal Siew, P D Addison

Editor  
Ng Loke Koon, P D Addison

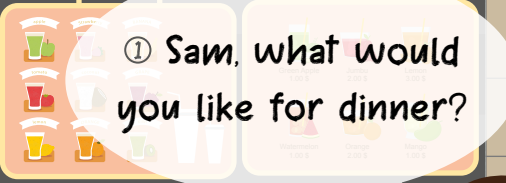


SINGAPORE HAWKER CENTRE

海南 HAINANESE 鸡饭  
CHICKEN RICE 饭



YUMMY JUICE



WESTERN FAST FOOD



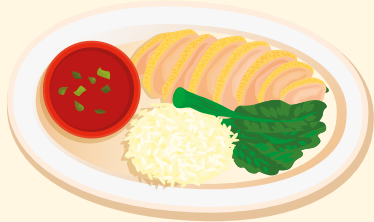
① Sam, what would you like for dinner?

② I'd like to have my favourite chicken rice.

③ I will have that too.



# 海南 HAINANESE 鸡 CHICKEN RICE 饭



STEAMED CHICKEN RICE SET \$7.50



ROASTED CHICKEN RICE \$6.50



① Sam's mother gives him some money with which he happily orders two plates of chicken rice.

② Thank you, uncle.

③ What else should I have?

A



YUMMY



A



① Sam's eyes light up when he catches the wonderful smell of Nasi Briyani and Lontong.

② Mommy, I want Nasi Briyani and Lontong, too.

④ Please, Mommy, I can finish them. I am very hungry!

③ We should not order more than we can finish. Let's not waste food.





① Sam and his mother find an empty table and lay out the food they have bought.

② Make sure you finish all the food.

③ Yes, I will.  
Thank you for buying  
all my favourite food.  
Yummy!






① Sam finishes the chicken rice and helps himself to the two other dishes.

② Delicious!

③ That was quick.  
You must be  
really hungry.







① There is a lot of food on these two plates. I am starting to feel full.

② Remember, let's not waste food.

③ I am trying, Mommy. But the two plates are too much for me. I may not be able to finish them.



① Sam and his mother head toward the tray return station.

② Next time, let's remember to buy only what we can finish.

③ Thank you, auntie.

④ The tray return station cleaner tips the leftover food into the garbage bin. Sam sees her disapproving look staring at the leftover food. He winces.



24HR  
mart

50%  
OFF

ONLY 3 DAYS

TRAY RETURN STATION  
HALAL NON-HALAL





① At home, Sam lets out a loud burp.

② Excuse me.

③ Oh, dear.  
You must have  
eaten too much.

④ Yes, I did, Mommy.  
I am sleepy because of all  
the food. I want to take  
a shower and go  
to bed.



① Sam falls fast asleep. Later, he has a dream.

② Why did you throw me away?  
Why am I left in this dark bin?

③ A Basmati grain cries out in tears.



① We have come a long way to give you energy and help you grow. But all you did was to throw us away.



② Sam tries to walk away from the angry grains of rice, but he cannot escape them.



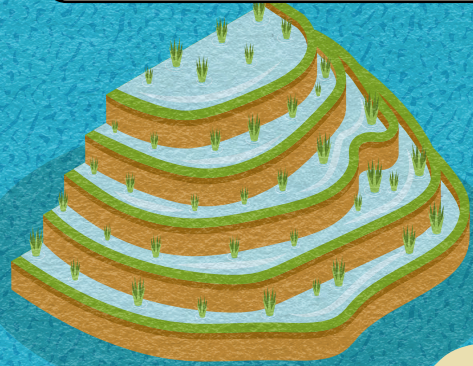
③ It is time you learn about the journey of rice.



① Basma introduces himself to Sam who is still in shock. Before he can reply, the rice grains begin to chant. They are now in a paddy field.



# This is the journey of rice!



1. First the farmer ploughs the field.

2. He then sows the paddy seeds.



3. He transplants the seedlings.



4. The seedlings grow into tall, golden, healthy paddy.



5. He harvests the ripe paddy.

He uses the stalks as cattle feed and to thatch the roof of houses.



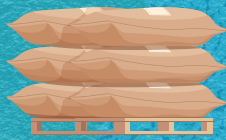
6. He puts the paddy in sacks and sends them to the factory.



7. The paddy is taken to the mill for processing.



8. The grains are separated from the husks in a milling machine.



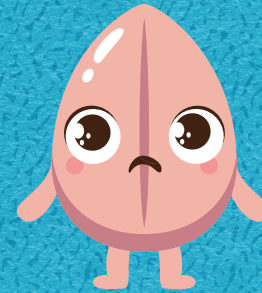
9. The processed grains are packed and sent to the shop for sale.



10. The bag of rice is brought back home and cooked for the family.

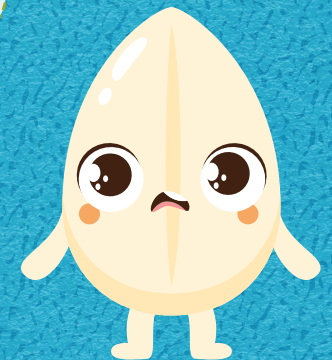
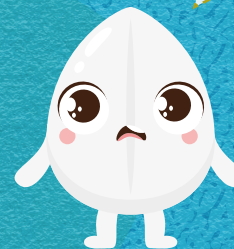


① We do not belong in the rubbish bin.



② We have toiled long and hard to give you strength and energy to grow.

③ Do not throw us away, please.





① Sam wakes up disturbed.  
Tears start to fill his eyes.

② What have  
I done?  
I have wasted  
a lot of rice.

③ Sam, time to get up  
for school.







② My friends,  
remember to finish  
all your food.

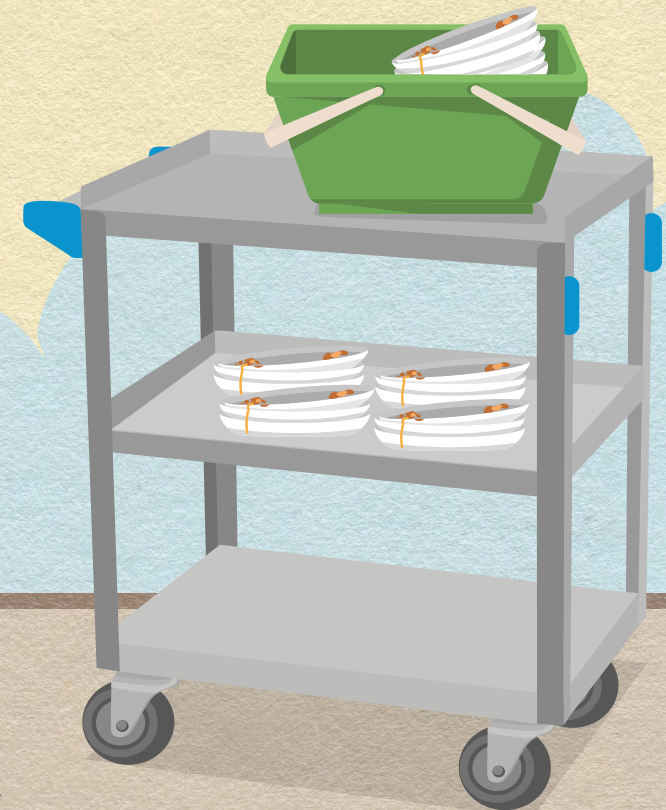


① In school, Sam cannot forget his bad dream. During recess, he makes sure to ask for only one portion. He joins his schoolmates and starts eating.



① Sam completes his meal and takes his empty plate to the tray return station. Sarah is also there to return her plate. Sam is surprised to see it is still half filled with rice. She scoops the leftover rice and throws it into the rubbish bin.

② No...







① Sarah, do you know rice has gone a long way to provide you with energy and help you grow? Do you know about the journey of rice?



② Journey of rice?



① This is the journey of rice.



② Let me share the journey of rice with you. Every grain is precious, and no grain belongs in the rubbish bin.



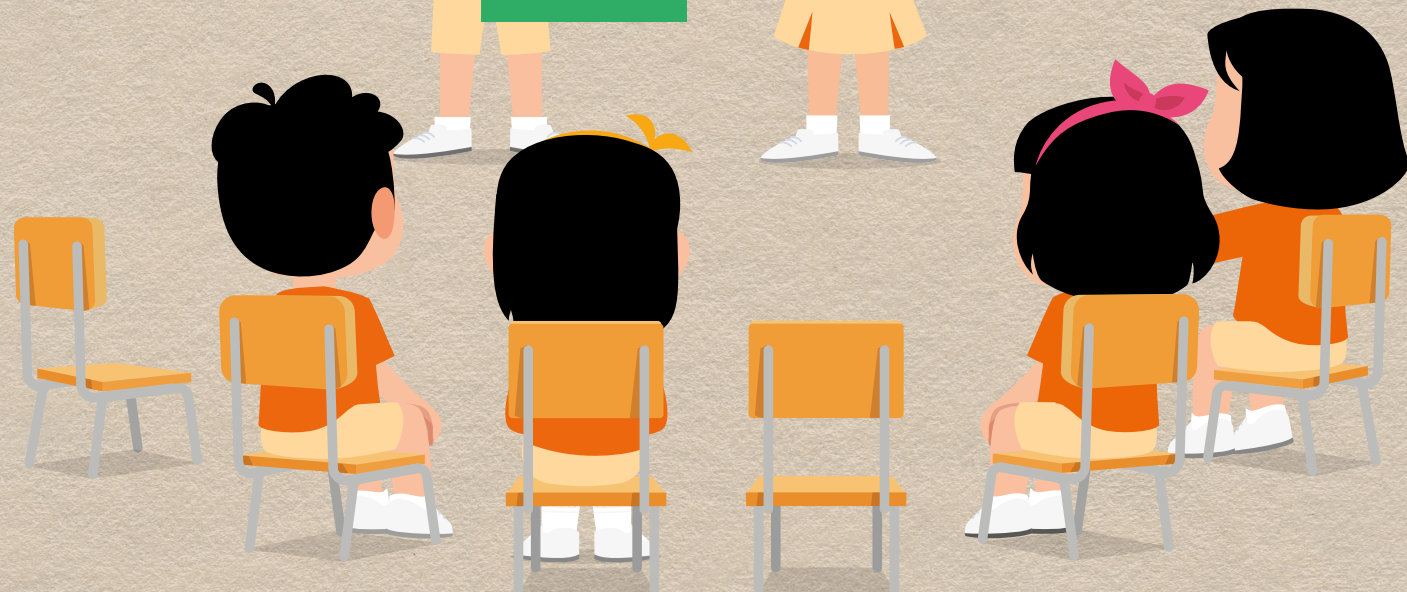




① Thank you, Sam, for sharing the story about Basma and the journey of rice. I did not know planting and growing rice take so much time and effort. From now on, I will remember to only ask for the food portion that I can finish so that there is no food wastage.



② Sam smiles. He decides to help rice with its mission by sharing the importance of not wasting food to all his friends.







# WHAT WE CAN DO...



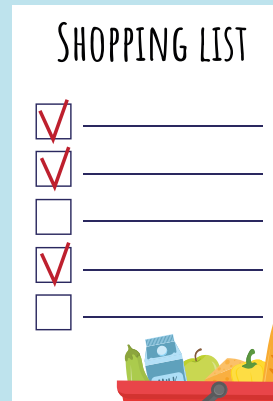
**Finish everything on our plate.**



**Rearrange the food in the refrigerator based on the expiry or "consume-by" dates, with the earliest in front. Consume the food in the front first.**



**Make a shopping list and buy only what is on the list.**



**Do not throw away odd-shaped or bruised fruits and vegetables.**



**Collect canned or processed food from home that we are unlikely to consume, and donate it to charitable organisations.**





# ZERO WASTE SUPERSTAR

CONGRATULATIONS TO

FOR NOT WASTING FOOD!

# WELL DONE

