

## Week 5: Reading and writing prompts

### Be the Change - Munch, Crunch, Packed Lunch

#### Reading

##### Read the poem – Munch, Crunch, Packed Lunch

1. What could an 'eco box' be made of?
2. How can changing your packed lunch make a difference?
3. List three things you can put in a packed lunch to reduce your plastic waste.
4. Draw a picture of what this 'planet-saving' packed lunch would look like.

##### Extension:

Find out three other ways you can help to save the planet.

#### Writing

**Make a poster persuading other children to have packed lunches with no plastic packaging.**



## Week 5: Grammar and Spelling prompts

### Grammar

**Complete the sentence with an appropriate adverb.**

Mr Bold glanced at Mrs Bold \_\_\_\_\_ .

**Underline the expanded noun phrase.**

Betty found herself in filthy, muddy water.

**Continue this sentence with the coordinating conjunction 'but'.**

They were soaking wet, but

**Circle the conjunction in the sentence.**

Mrs Bold laughed when she heard Mr Bold's joke.

**Change this sentence into a question.**

Minnie was the only human who knew the Bolds' secret.

### Spelling

**Practise each word. Choose two and write their definitions.  
Choose two to write in sentences.**

strength

suppose

surprise

therefore

though/although

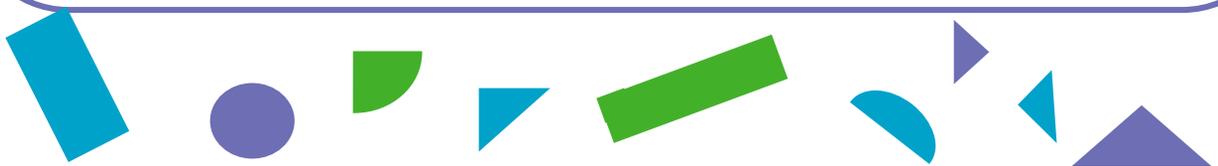
thought

through

various

weight

woman/women



# Extracts

## Be The Change Poems

Extract from [lovereading4kids](#): find out more about the book and the author



## Seven Ghosts

Extract from [lovereading4kids](#): find out more about the book and the author



# Be the Change

**Liz Brownlee** does readings and workshops, with her assistance dog, Lola, at schools, libraries, literary and nature festivals. She has fun organizing poetry retreats, exhibitions and events, and runs the poetry website Poetry Roundabout. She is a National Poetry Day Ambassador.

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**Roger Stevens** visits schools, libraries and festivals, performing his work and running workshops for young people and teachers. He is a National Poetry Day Ambassador, a founding member of the Able Writers scheme with Brian Moses and runs the award-winning poetry website [www.poetryzone.co.uk](http://www.poetryzone.co.uk) for children and teachers.

*Other poetry titles from  
Macmillan Children's Books*

*The Same Inside*

*Reaching the Stars*

The title 'BE THE CHANGE' is written in a large, bold, hand-drawn font. The letters are white with thick black outlines. The word 'CHANGE' is particularly large and has a slightly irregular, bubbly shape. Below 'CHANGE' are the words 'POEMS TO HELP YOU SAVE THE WORLD' in a smaller, similar hand-drawn font. The entire title is decorated with several small, stylized leaves or feathers scattered around it. At the bottom of the title, there is a small, simple drawing of a boot or shoe.

**BE  
THE  
CHANGE**  
POEMS TO HELP  
YOU SAVE THE  
WORLD

by

**Liz Brownlee,  
Matt Goodfellow  
Roger Stevens**

MACMILLAN  
CHILDREN'S  
BOOKS

*For Bob Alderdice and Rob Bostock, educating the  
next generation – M. G.*

*For Emmelie and Jem and all our children's children – L. B.*

*For the bees. Good luck! – R. S.*



First published 2019 by Macmillan Children's Books  
an imprint of Pan Macmillan  
20 New Wharf Road, London N1 9RR  
Associated companies throughout the world  
[www.panmacmillan.com](http://www.panmacmillan.com)

ISBN 978-1-5290-1894-3

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1 3 5 7 9 8 6 4 2

A CIP catalogue record for this book is available from  
the British Library.

Printed and bound by CPI Group (UK) Ltd, Croydon CR0 4YY

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# Ways to Change the World

## Start Now

be the change  
you want to see  
walk the walk  
stand with me

take the challenge  
spread the word  
we can make  
our voices heard

every single  
action helps  
with a friend  
or by yourself

be the change  
you want to see  
walk the walk  
stand with me

*Matt Goodfellow*

# Captain Save-the-Planet

I am Captain Save-the-Planet

I am GREEN

Not green like The Green Lantern

Not green like The Incredible Hulk

No, I am green like the forests

like grass, like ferns

and the green, clean air

that blew across the planet

long ago

I am Captain Save-the-Planet

I am strong

Not strong like my arch enemy Radioactive

Man

who burns the sky

with invisible rays

Not like Coal Power Man

who spews out deadly fumes

No, I am strong like the wind

turning a million wind turbines

I am strong like the sun

heating a million homes

I am Captain Save-the-Planet  
and I am looking for an assistant  
Would you care to apply?

*Roger Stevens*

What would your planet-saving superpower be?

# Munch, Crunch, Packed Lunch . . .

Your packed lunch can  
if you plan it  
help to save our  
ailing planet,  
you'll be saving  
just by scrapping  
straws and packets,  
plastic wrapping,  
get an eco  
box or two  
made of wheat straw  
or bamboo,  
put in your lunch  
and with no oil  
the shut-tight lid  
won't let it spoil,  
banish crisps  
and juice in boxes,  
fill with wraps

and nuts and coxes,  
sliced ham rolled up  
(roast or parma),  
blueberries, grapes  
or a banana,  
carrot slices  
eggs and cheese,  
pizza pieces  
pickled peas,  
naan bread sarnies,  
carrot crunch,  
sustainable  
sustaining lunch!

*Liz Brownlee*

Packed lunches contribute to a lot of unrecyclable waste products. **You can help!** See how creative you can become making lunches with no plastic packing whatsoever. Have a competition each week to see who has brought the greenest lunch to school! Use a reusable water bottle for drinks. Sometimes a reusable plastic box is the only solution; but these can last a long time.

# Couch Superstar

If changing the world seems far-fetched and  
crazy

because, frankly, my dear, you're incredibly  
lazy

more likely to yawn and stretch on the sofa  
than strap yourself in to the change  
rollercoaster

here's an idea you mustn't forget:  
there are ways you can help without breaking  
a sweat

put on a jumper, keep thermostats low  
get a blanket and rug – feel that warm, cosy  
glow

switch electrical equipment off at the wall  
now you're part of the change with no effort at  
all

just two tiny things, but look what you are:  
a champion of change - a couch superstar

*Matt Goodfellow*

**You can help!** Check out the United Nations Sustainable Development Goals website for more tiny things you can do which make a big difference.

# Promise

You see them in doorways  
you see them in parks  
there are so many of them  
that after a while  
you don't even notice them  
We were in Nottingham  
and one of them  
played a tune on a toy xylophone  
and Mum put a five pound note  
in his cup  
Mum says  
as you grow up  
you'll find that life doesn't always turn out  
as planned  
You have to help people  
if you can

*Roger Stevens*

Crisis, a charity for the homeless, says the latest figures showed that 4,751 people slept rough across England on any given night in 2017.

# Are You Flushed?

Flushing loos will use a quarter  
Of your day's amount of water  
'If it's yellow, let it mellow'  
Science says just let it be  
Save the planet, save your wee!

*Liz Brownlee*

**You can help!** Yes, it's true – scientists say that it is fine to leave your wee in the loo, and saving water saves energy as well as water, because it has to be pumped through pipes every time you turn on a tap or flush the toilet. You can also save water by turning off the tap in between rinsing your toothbrush.

# Richest Boy in the World

Miss Moss divided the class  
proportionally  
by the wealth in the world  
John was one of the hundred multi-billionaires  
who owned half  
of all the world's money  
Six of the class were reasonably well off  
The rest of us were the millions  
of really poor people  
and some of us couldn't even afford a place to live  
After the lesson, at playtime, I asked John for a  
crisp  
and he gave me the whole packet  
and he said,  
If I do get rich, when I'm grown up, do you know  
what?  
I won't forget you.

*Roger Stevens*

The richest 1% of the population in the UK own as much as  
the poorest 55% of the population.

# Funny Fruit and Wonky Veg

make a change  
with a simple pledge:  
pick funny fruit  
and wonky veg

different looks  
same great taste  
now none of it  
need go to waste

*Matt Goodfellow*

1.3 billion tonnes of food is wasted in the world each year. In a pile it would be roughly the same size as the mountain Ben Nevis. Wonky fruit and veg tastes the same! Does it matter? Food production takes a massive amount of the planet's resources such as oil and water. Disposing of waste also uses energy. **You can help!** Embrace ugly fruit and veg!

# Ways I Have Raised Money for Charity This Year

*(or attempted to)*

Shaved Dad's eyebrows and half his  
moustache off

*(in hindsight it would have been better to ask him  
first and not do it while he was asleep the night  
before an important business meeting with his new  
boss)*

Dyed my hair pink and wore pyjamas to school  
*(again, possibly should have checked with the  
Headteacher, Mrs Jones, that this was OK – she  
nearly fainted when she saw me)*

Did a sponsored run around the school field  
with Stephen  
*(who had to stop after one lap because the cut  
grass was playing havoc with his hay fever and he  
got stung by a wasp)*

Made 12 iced fairy cakes to sell at playtime  
*(left them on the kitchen worktop where they were  
gobbled up by Frankie, the French Bulldog, who  
was then violently sick on Mum's fluffy slippers)*

*Matt Goodfellow*

Please protect your mum's slippers before raising  
money for charity.