

How Did That Get in My Lunchbox?

A RIF GUIDE FOR COMMUNITY COORDINATORS

Themes: Agriculture, Nutrition

Grade Level: 3rd to 5th grade

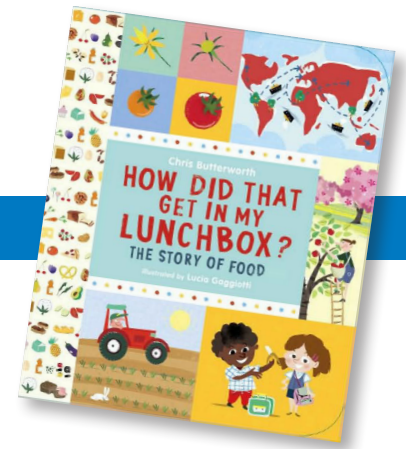
Book Brief: This book is a step by step look at how foods go from the farm to the table—or in this case, the lunchbox!

Author:

Chris Butterworth

Illustrator:

Lucia Gaggiotti



TIME TO READ!

Before reading: Ask children what they had for lunch. After they respond, ask them to tell you where that food came from. If they answer “from the grocery store,” ask where the store got it. Can anyone tell you? Explain that this book is about how food gets from the farm to the lunchbox.

RELATED ACTIVITIES

FAVORITE FRUIT FINDINGS (AGES 5-12)

Materials: paper plate; paper; pencil; bite-sized pieces of apples, bananas, grapes, oranges, strawberries

Find out the group’s favorite fruits by having a taste test. First make sure there are no food allergies. Then let each child taste the five fruits and rank them in order of preference. Compile the data in a class chart. Which fruit did the children like most? Least? For older children, find the average ranking of each fruit.

BUTTER IT UP! (AGES 5-12)

Ingredients: heavy cream, clean marble, small baby food jar, salt, crackers

Where does butter come from? Cream, of course! To make your own butter, fill the jar about 3/4 full of cream. Drop in the marble and a tiny bit of salt. Close the lid tightly and begin to shake. Have the group

take turns shaking until cream begins to solidify (this may take some time). When finished, drain off the excess liquid and spread the butter on crackers.

NUTRITIONAL NAMES (AGES 8-12)

Materials: markers, crayons, paper

Have children think about foods that could represent the letters in their names. List them out. For each food, draw an illustration. Example: **LISA** might look like:



TECHNOLOGY LINK

Visit urbanext.illinois.edu/food/ for an interactive presentation on global food origins.

ADDITIONAL RESOURCES

OTHER BOOKS ABOUT AGRICULTURE

Where Food Comes From, Ronne Randall (2009),

Our Farm: Four Seasons with Five Kids on One Family's Farm, Michael J. Rosen (2008),

All in Just One Cookie, Susan E. Goodman (2006).

TECHNOLOGY LINK FOR KIDS www.rif.org/kids

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