

How Did That Get in My Lunchbox?

A RIF GUIDE FOR PARENTS AND FAMILIES

Themes: Agriculture, Nutrition

Grade Level: 3rd to 5th grade

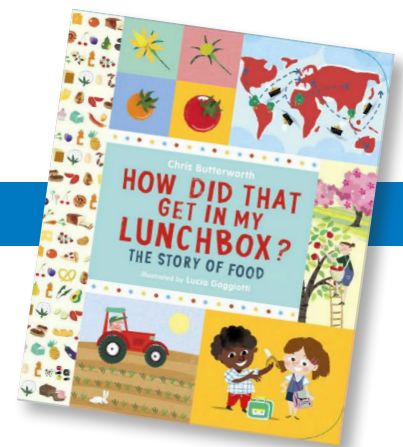
Book Brief: This book is a step by step look at how foods go from the farm to the table—or in this case, the lunchbox!

Author:

Chris Butterworth

Illustrator:

Lucia Gaggiotti



TIME TO READ!

Before reading, build background:

What does your child usually eat for lunch? Do they pack a lunch or get one at school?

While reading, sequence: All of the foods go through a number of steps before getting to the lunchbox. For each food, follow the steps

After reading, make connections:

- ◆ Look around your kitchen. Do you have any of the foods mentioned in the book?
- ◆ Pick a food in your pantry and help your child list the steps it took to get from the farm to your kitchen.

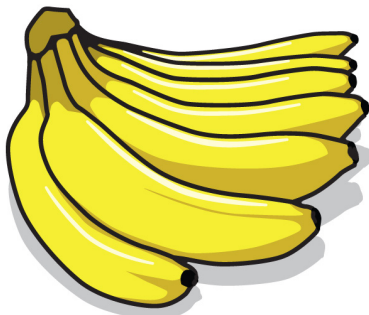


RELATED ACTIVITIES

BANANA DETECTIVE

Materials: 3 green bananas, paper bag, plastic bag, paper, pencil

Does a banana ripen (turn yellow) faster out in the open, in a paper bag, or in a plastic bag? What do you think? Have your child make a *hypothesis*, or guess. Put one green banana in each situation; check them each day for three days and record what you find. Was your hypothesis right? Why do you think one banana ripened faster than the others?



BUTTER IT UP!

Ingredients: heavy cream, small jar with lid, crackers

Where does butter come from? Cream, of course! To make your own butter, fill the jar half full of cream. Close the lid tightly and shake until the cream begins to solidify (this may take some time). Stop a few times to unscrew the lid and check your progress. When finished, drain off the extra liquid and spread the butter on crackers. Enjoy!

FIND A FARM

Visiting a farm or farmers market is a great way to get a firsthand look at where food comes from. Log on to www.localharvest.org and enter your zip code to find one near you.

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).



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