



How Did That Get in My Lunchbox?

NGSS Standards: K-LS1-1, K-ESS3-1, K-ESS3-3

Level: Kindergarten

Time: 45 minutes

Objectives:

1. Students will learn how food is produced.
2. Students will learn how food gets to our plate and lunchbox.

Materials:

- *How Did That Get in My Lunchbox* by Chris Butterworth
- Discussion Questions laminated sheet
- What's in YOUR lunchbox? Laminated sheet (make class copies)
- Where does our food come from? Laminated sheet (make class copies)
- 2 growing process laminated sheets (make class copies)

Pre-Activities:

Where does our food come from matching worksheet. There are many places where our food comes from, like fields, orchards or bakeries. Can your students match the definition on the right to the food making destination on the left? <https://www.littlegreenthumbs.org/2018/09/18/where-does-our-food-come-from-our-favourite-ag-food-system-resources/>

Farmers Market Challenge, play computer games and learn about agriculture, local products and math at the same time. <http://www.myamericanfarm.org/classroom/games>

Food Group Sorting activity helps students categorize various foods and meals into food groups. <https://oregonaitc.org/lessonplan/food-group-sorting/>

Procedure:

Begin with the Discussion Questions:

1. Show students the cover of the book. Before you open the book, ask students: What do you think the book will be about? Identify the graphics on the front cover.
2. Read the first two pages and pause on the third and fourth page (lunchbox picture). Ask Students: Where do you think the food presented on the page comes from and why do you think that?
3. Change to "You might allow students time to brainstorm how and where their food is grown or made. The think-pair-share strategy can be used here. Ask students to consider: What are some foods in your lunchbox, not shown here?"
4. With each new page, ask students to guess what will be the next item in the lunchbox to explore!

Post-Activities & Resources:

1. What's in YOUR lunchbox? Have the students draw their dream lunch and draw the sources of those foods.
2. Growing process for tomatoes and bread. Have student work in pairs or small groups to place the steps into the correct sequence for growing their lunchbox foods. (1-9)

<https://www.littlegreenthumbs.org/wp-content/uploads/2018/06/Seed-Balls.pdf>

<https://www.littlegreenthumbs.org/wp-content/uploads/2018/05/LGT-Recipe-Book-3.compressed.pdf>

<https://www.fns.usda.gov/tn/grow-it>

<https://www.fns.usda.gov/tn/discover-myplate-nutrition-education-kindergarten>