Lesson Plan

How Did That Get In My Lunchbox? The Story of Food by Chris Butterworth

This book is a step-by-step look at how foods go from the farm to table – or in this case, lunchbox!

Objectives

- To help students understand where their food comes from
- To specifically identify which foods a farmer grows from the ground
- To help identify the role of the farmer in the production of food

Outline

Introduction

Tell the students about yourself! Is there a fun story you have about gardening?

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

Read How Did That Get In My Lunchbox?
There are guided questions located in Food Literacy Suggested Questions

Activity
There are a variety of activities to choose from: Crockpot Applesauce, Veggie Prints, or Butter It Up! (Choose one activity)

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