Lesson Plan

Before We Eat *From Farm to Table* by Pat Brisson

Before we eat, many people must work very hard planting grain, catching fish, tending animals, and filling crates. In this book, readers find out what must happen before food can get to our table to nourish our bodies.

**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 table.

**Read Before We Eat From Farm to Table**

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)

**Bookmark**

Post Food Literacy session