

Lesson: Where Does Food Come From?

Supplies Needed:

- EP_Five-Minute-Fitness-Ideas
- 1.7_LV_WHERE-DOES-FOOD-COME-FROM-Visual
- 1.7_LW_How-Do-We-Get-Our-Food-Worksheet

Goals:

- Students will learn that most of the food we eat comes from farms.
- Students will learn to trace the origins of food.
- Students will understand that each step is important to getting food to our tables.

Background:

When children understand the origin of their food, it gives them a better appreciation for what they are eating.

Lesson:

(Choose an exercise from 5 minute Fitness Ideas and do it for five minutes.)

Who can tell me what we talked about last month?
(*What we need to grow a strong body*)

What do we need to grow a strong body?
(*Go foods, exercise, water, rest/sleep*)

What are some foods that we need to fuel our body?
(*Water, veggies, protein, etc.*)

Can someone else tell me a food that we want, but don't need for strong bodies?
(*Chocolate, soda*)

Raise your hand and tell me what you ate for breakfast this morning.

When you were eating breakfast, did you ever stop to think where your food came from?
We purchase our food from grocery stores, but where does the grocery store get its food?
Today we are going to talk about where food comes from.

This morning we rolled out of bed and opened the pantry to find a box of cereal. How did it get there? **(Show slide 1.)** Let's do some detective work and trace back our steps to see if we can find out where our cereal came from.

Hmmm...Over the weekend we went to the grocery store with mom/dad and helped pick out cereal. That's how we got it; from the grocery store! **(Show slide 2.)**

But, wait, where did the grocery store get the cereal? Do they grow cereal in the back of the store? No! Let's ask the grocery store manager. The manager says that trucks deliver the cereal to the store a few times per week. **(Show slide 3.)**

But where do the trucks get the cereal?

Trucks pick up the cereal from food manufacturers. Food manufacturers take grains and turn them into cereal. **(Show slide 4.)** This is a truck picking up cereal from a factory. This is what it looks like inside the factory.

Hmm...so we get our cereal from the store, and store gets its cereal from food manufacturers. But where do food manufacturers get their food from?

From farmers! **(Show slide 5.)** Farmers grow all types of grains such as corn, soy and wheat. These grains are sold to food companies that turn the grains into foods like cereal, bread, crackers, and flour.

Growing food is a lot of hard work. First, farmers plant seeds. **(Show slide 6.)**

Then they water the seeds. **(Show slide 7.)**

Once the crop is full grown, the farmers harvest the crop and send it to food manufacturers! **(Show slide 8.)**

So this how we get our cereal.

(Distribute How We Get Our Food worksheet. Show Slide 9.) On this worksheet are the eight steps it takes to get food to our houses. Let's work together to number the pictures from the first step in the process to the last step.

1. Farmers plant seeds **(Show slide 10).**
2. Farmers water the seeds/crop **(Show slide 11).**
3. Farmers harvest the crop **(Show slide 12).**
4. Farmers sell the grain to food manufacturers **(Show slide 13).**
5. Food manufacturers turn the grain into cereal **(Show slide 14).**
6. Truckers deliver the cereal to the grocery store **(Show slide 15).**
7. We go to the store to buy the cereal **(Show slide 16).**
8. We enjoy the cereal for breakfast **(Show slide 17)!**

Wow! That is a lot of hard work. In order to get food on the table, there are many steps involved. We rely on farming for almost all of our food. In addition to growing grains, farmers also grow fruits and vegetables and they raise animals such as cows - where we get our milk and some meat from, chicken- where we get our eggs and chicken from, and pigs - where we get some of our meat from.

As you can see, farmers have a very important job. It's fun to see where our food comes from. Next time you enjoy a meal, stop and think for a moment of all the hard work that went into getting the food from a farm to your plate!