

Leader's Guide

How Did That Get in My Lunchbox? The Story of Food by Chris Butterworth
Illustrated by Lucia Gaggiotti

Objectives: In addition to the overall objectives for Book in a Bag, children will learn:

- how food is grown.
- how food moves from the farm to our tables.

Lesson Outline:

1. Read the entire Facts Page on healthful lunch facts, and the book *How Did That Get in My Lunchbox?* prior to the lesson.
2. Develop lesson plan for day's activity.
3. Review supplies and equipment needed for activity. Make copies of recipes and "A Look at Our Book: Parent's Page" as needed. If desired, attach a recipe "card" to each Parent's Page.
4. Prepare evaluation tool you will use with children.
5. Arrive early – be sure to encourage handwashing before activity.
6. Read book with children. Ask questions to facilitate discussion.
7. Lead activity. Encourage all children to participate.
8. Incorporate physical activity into lesson.
9. Assist children in completing evaluation tool.
10. Distribute pages for take-home, as appropriate.

Questions to Facilitate Discussion:

- In the book, *How Did That Get in My Lunchbox?*, which grain is used to make the sandwich bread?
- Can you name one thing the cheesemakers do to the milk to make cheese?
- What happened to the apples to make juice?
- What kind of tree does chocolate come from?
- Which foods in the lunchbox are fruits? Vegetables? Protein foods?

Here is a related website:

<http://www.choosemyplate.gov/food-groups/>

Related Children's Books:

- *The Vegetables We Eat* by Gail Gibbons
- *Eat Lots of Colors* by Helen Marsteller
- *Vegetable Friends* by Tony Lawlor

Today's book showed a variety of foods you can enjoy. The final illustration in the book showed different food groupings on a plate. MyPlate shows us how we can make half our plate fruits and vegetables each day. As part of our healthy choices, we can also enjoy half of our grains as whole grains, select lean protein foods and lowfat milk. Let's take a look at a picture of MyPlate.