

KIDS BOOK CLUB

READING TIPS AND ACTIVITIES

Jumpstart
Children first.®

Reading with children can improve their language, literacy, and social-emotional skills, increasing their knowledge of the world around them. With the right book choices, reading can introduce children to healthy eating habits too!

HOW DID THAT GET IN MY LUNCHBOX?

by Chris Butterworth

What It's All About

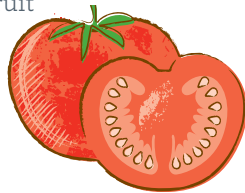
Explore how everyday lunch items such as bread, cheese, and juice boxes are made. Along the way, you will also learn the importance of healthy eating and some fun food facts.



Discover a World of Words

Throughout the story introduce new vocabulary words using gestures, tone of voice, pointing to illustrations, or providing brief explanations. Examples include:

- *bacteria*: germs
- *knead*: to press and squeeze
- *orchard*: a piece of land where fruit trees are grown
- *swell*: to rise or get bigger



Dig into the Story

Develop children's comprehension of the story by discussing higher-level information (e.g., link characters' feelings to their actions and /or events in the story, predict what might happen, or summarize chunks of text). Use prompts throughout the story, such as:

- *What do you notice the people are doing in the illustrations? I see three people picking the apples off the trees. After they pick the apples, the apples go into the bins and then to the factory.*
- *I see two rabbits watching the farmer drive his tractor as he prepares his land to plant carrots. I wonder what the rabbits are thinking as they watch these carrots grow.*
- *Who do you see being a helper in this picture?*

Make Connections Beyond the Book

After reading the story, make connections to an aspect of the child's real life by:

- Asking the following questions:
What foods do you like to have in your lunchbox?
What are your favorite fruits and vegetables?
- Exploring the food in your refrigerator and pantry. Ask the child what they see in your refrigerator or pantry and talk about how it was made.
Do you see any items that were mentioned in the book, such as bread, cheese or chocolate chip cookies?

Jumpstart

Jumpstart is a national early education organization working toward the day every child in America enters kindergarten prepared to succeed. Learn more at jstart.org.

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Some definitions taken from Biemiller, A. (2010). *Words worth teaching: Closing the vocabulary gap*.

Together Time Activity

HOW FAR DID YOUR FOOD TRAVEL?

Each food your family eats has been on a journey. Be the detective and try to figure out how far some of your favorite foods traveled before arriving at your table. The distances may be surprising—and some foods might leave you with an unsolved mystery!

1 Choose 5-10 foods from your fridge or pantry. Pick a mix of fresh and packaged foods and different types of foods (fruits, veggies, meat or dairy products, snacks or desserts).

2 Read the labels to find out where each food was grown, made or packaged. Write down notes detailing the path each food followed in order to reach you.

Some foods may have come directly from farm to market, while other foods were made in a factory, then sent to a packaging plant and then shipped to the grocery store, then traveled home with you.

Notice that some of the packaged foods contain a list of multiple ingredients that came from different places. Can you tell where any of those ingredients originated? Sometimes there's no way to know, although it should be possible to at least find out the city where a product was manufactured or packaged.



3 Find the locations on a map and estimate the distance traveled. Online maps and travel calculators are best for this step because they can estimate the number of miles between locations. Search for the farm, ranch, ocean, kitchen or facility where each product started. Then calculate (approximately – there's no need to be exact) how far it traveled to the place where you bought it. Now add the distance between the store and your home.



4 Think about your results. Which foods traveled the farthest? Which ones had more stops along their journey? Was it hard to figure out where some foods or some ingredients originated?

Bonus: Are any of the foods in your kitchen sourced nearby? Schedule a visit to the farm or facility where that product was grown or made! Think about your results. Which foods traveled the farthest? Which ones had more stops along their journey? Was it hard to figure out where some foods or some ingredients originated?

Talking Points:

Why do we transport foods long distances? There are lots of reasons, but some of them are: because a food or its ingredients can only grow or be produced in a certain location; because the costs of producing a food (this includes land and labor costs) are lower in a certain location; because it is a special kind of “artisan” food only made in only one place; because there is increased demand for international foods

What are some of the challenges and effects of transporting foods? The use of cars, trains, planes and boats—and the required fuel—has environmental effects, including pollution, and can impact animals and their ecosystems. More packaging is usually required when foods are transported long distances. Perishable foods must be preserved to prevent spoiling or contamination during shipping. Additives may be used to extend the shelf life of foods, to preserve foods or to halt or hasten ripening of foods.

How can you decrease the distance your food travels? The easiest thing to do is “shop local” when visiting the grocery store. Especially look for local produce, eggs, dairy and meats when available. Explain to your child what it means for a food to be “in season” and notice that some foods may be grown in different places depending on the time of year. Throughout the year, try to plan your meals around foods that are in season locally or in a nearby growing region (this also often means they are fresher, tastier or lower in price). Even with packaged goods, look for a version of your favorite snacks, cereals, condiments or frozen foods that are made nearby, or compare how far away each one originates.

Start a garden to grow some of your food in the backyard—that's the shortest distance your food could possibly travel!