

# How did that get in my lunchbox?

How Did That Get in my Lunchbox by Chris Butterworth is a fantastic illustrated book that helps explore the question 'Where does our food come from?'. When asked this question most children (and adults) answer 'the grocery store', without a thought to the crops, animals and farmers who produce our food before it gets to grocery store shelves. This read-aloud book helps students explore how food is produced, and how it gets to our plate and lunchbox.

We've compiled some discussion questions to dive deeper into the lessons and learning presented in this book.



- 1.** Show students the cover of the book. Before you open the book, ask students:  
*What do you think the book will be about? Identify the graphics on the front cover.*
- 2.** Read the first two pages and pause on the third & fourth page (the picture of the lunchbox). Ask students:  
*Where do you think the food presented on the page comes from and why do you think that?*
- 3.** Change to "You might allow students time to brainstorm how and where their food is grown or made. The think-pair-share strategy can be used here. Ask students to consider:  
*What are some foods in your lunchbox, not shown here?*
- 4.** With each new page, ask students to guess what will be the next item in the lunchbox to explore!

## Post-book discussion questions:

- Which grain is used to make the sandwich bread?
- What kind of tree does chocolate come from?
- Can you name one thing the cheesemakers do to the milk to make cheese?
- What happened to the apples to make juice?
- Why do the flowers die before the fruit and vegetables appear on the plant for tomatoes, apples and clementine? (Pollination!)
- Which foods in the lunchbox are fruits? Vegetables? Protein foods?
- Are any of the foods in the lunch box grown or raised where you live? Which ones? Which food do you think has to travel the furthest?
- Have you ever visited any of the places shown in the book that food was grown or raised (ie. orchard, farm, processing plant, etc.)? Is there one that you would like to visit? Why?
- How many careers can you name from the book? What were all the jobs that people were doing? Would you like to have one of these jobs? Why?
- Was there anything that surprised you about how a particular food is grown or made?
- Who packs your lunch in your family and why?
- How does this person, maybe parent or other care-giver, decide what to put in your lunch?
- What would you would pack if you made lunch yourself? Why?