

# BEFORE WE EAT

from farm to table

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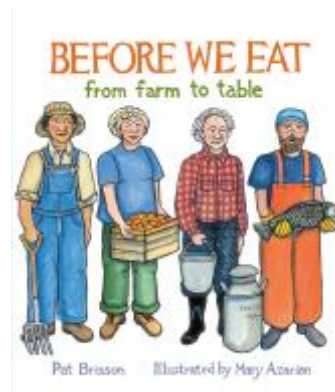
Illustrated by Mary Azarian

Hardcover, \$16.95

ISBN 978-0-88448-352-6

9x10, 32 pages, illustrations

Children/Food/Farms; All ages



## Summary

Milk doesn't just appear in your refrigerator. Before we eat, many people must work very hard—planting grain, catching fish, tending animals, and filling crates. In this book, vibrantly illustrated by Caldecott Medalist Mary Azarian, readers find out what must happen before food can get to our table to nourish our bodies and spirits

## Discussion Questions

*Before We Eat* will help inspire classroom conversations about:

- Where does our food come from?
- Where did the food you had for breakfast come from?
- Why should we care where our food comes from?
- What is the farm to table movement all about?
- Have the jobs
- Do you know anyone who is a farmer or a fisherman?

## More Information

About small farms and farm stands

About food co-ops

Where are our local food farms and co-ops

Fish Farms

## Activities

Plan a taste test of foods that are fresh and in season. Have a way to record your observations. Using your five senses, look at the food, smell the food, listen to the food, feel the food, and taste the food.

Plan to try one new food each week.

Invite in a farmer or co-op owner/worker to explain what bringing their food to the table entails. Or better yet, visit a farm, farm stand or co-op.

Create a bulletin board of the foods that are locally grown. Perhaps they could be arranged by the season where they are abundant. Then students can understand why in some climates we need to import food.

Plan to plant vegetable/herb seeds in the spring and give seedlings to friends and family in May baskets.

## Internet Resources

<http://www.slowfood.org.uk/projects/slow-food-kids/>