

A Food Story

Book 9 · The Table We Made

You need: A grown-up, one adult-identified food, paper, and a pencil.

1. Choose a food with a grown-up. It can come from a garden, market, or shop.
2. Draw the journey you know: growing, harvesting, traveling, or preparing. Put a question mark where you are unsure.
3. If you prepare or taste it, wash hands and let the grown-up check allergies and food safety.
4. Share one thing you learned. Listening or drawing counts as taking part.

Garden safely: Eat only food a responsible adult identifies and approves. Wash produce under clean running water, not soap. Adults handle knives, storage, and food-service decisions.

Another way: Use a photograph and draw the food's possible journey without eating it.

Wonder: Who helped this food reach your table? What could you share besides food?

My garden notes

Name: _____ Date: _____

I noticed...

I wonder...

Next time, I could...
