



Lesson 2: From Farm to Fork

Psalm 104:14

“He causeth the grass to grow for the cattle, and herb for the service of man: that he may bring forth food out of the earth.”

Did you know that food doesn’t actually come from the store? The grocery store is just the last stop before it comes to your home! All the food you eat has a special journey before it reaches your plate.

1. Fruits and Vegetables

These come from plants or trees that grow in the ground. Farmers plant seeds, water them, and make sure they get lots of sunshine so they can grow into apples, carrots, lettuce, and all the yummy fruits and veggies you eat.

2. Milk and Dairy

Milk comes from cows (and sometimes goats or other animals). Farmers take care of the animals, making sure they have food, water, and shelter. The milk is collected, cleaned, and sent to factories where it’s turned into things like cheese, yogurt, or ice cream.

3. Meat and Eggs

Meat comes from animals like chickens, cows, pigs, and fish. Farmers raise these animals on farms, and they provide food and care for them. Eggs are laid by hens and collected carefully.

4. Grains

Bread, pasta, and cereal come from grains like wheat, oats, or rice. These grains grow in large fields, and farmers harvest them. Afterward, the grains are turned into flour or other ingredients used to make your favorite foods.

5. Sugar and Treats

Even sugar has a natural source! It often comes from plants like sugarcane or sugar beets, which are harvested and turned into sweet treats.

6. Honey

Ever had honey on your toast? That comes from bees! Bees collect nectar from flowers and turn it into honey in their hives.

Conclusion

When you eat a meal, think about all the people, animals, and plants that helped bring it to you. It's like a big team effort! That's why it's important to say "thank you" to God for providing your food and for all the farmers who work hard to grow and care for it.

Activities

Pick some of the following activities to do as a family.

1. Grocery Store Exploration

What to Do: As you shop, pick a food item in each aisle and ask your children where they think it came from. Parents can fill in the gaps with quick lessons about farms, animals, and crops. For example:

- Where do apples grow?
- What kind of plant did the bread's wheat come from?
- How do eggs get to the store?

2. Take a Drive in the Countryside

What to Do: Go on a family road trip and look for signs of food growing—cornfields, orchards, vineyards, or even a dairy farm. It's like a real-life treasure hunt for food! Talk about what you see:

- How does corn grow so tall?
- What's inside those greenhouses?
- Why do cows live on farms?

3. Unpack and Investigate

What to Do: When unpacking groceries, take time to explore where each item came from. Use a smartphone or computer to look up pictures or videos:

- Watch how bananas grow on trees or how potatoes are harvested.
- Learn how milk is collected and turned into cheese.

Note: Members of [SchoolhouseTeachers.com](https://www.schoolhouseteachers.com) can further explore where foods come from in the course [Foods and Food Production](#).

4. Farmer’s Market Adventure

What to Do: Visit a local farmers’ market and talk directly with farmers. See the faces behind the food! Ask them questions like:

- How do you grow these tomatoes?
- How long does it take for carrots to grow?
- What’s your favorite thing to eat from your farm?

5. Grow a Small Garden

What to Do: Grow a small herb garden or regrow kitchen scraps* in water. Let kids watch the process over time and discuss plant cycles. It’s hands-on and shows how plants grow, even inside your home!

Place these cuttings in the window sill, keep the water filled, and watch as they grow:

- *For celery, cut the base of the whole stalk and put it root-side-down in a shallow dish with water.*
- *For carrots, cut the tops off and place cut side down in a shallow dish of water.*
- *For green onions, cut off the white parts with the roots and put them root-side-down in a narrow glass of water, ensuring that the water does not cover the cut stems.*

6. Farm Visit or Petting Zoo

What to Do: Visit a working farm or petting zoo where kids can see animals like chickens, cows, and goats. Many farms even offer U-pick activities for fruits like strawberries or pumpkins. It’s a chance to touch, see, and smell where food comes from—up close!

7. Food Art Collage

What to Do: Use old magazines or print pictures of food in different stages (e.g., wheat growing, milk being collected). Create a “farm-to-table” collage together. It’s creative and helps kids visualize the journey from the farm to their plates.

8. Cooking as a Family

What to Do: Pick a recipe and research where each ingredient came from. For example: Spaghetti has wheat (for pasta), tomatoes (for sauce), and dairy cows (for cheese). Kids will enjoy connecting ingredients to their sources as they help in the kitchen.