

Your soup has a story! Take a closer look to discover the vegetables hiding in your bowl and learn about the farmers who helped bring your soup from the field to your table.

## Activity

- For younger students, read *Who Grew My Soup?* by Tom Darbyshire to introduce where the ingredients in their soup come from. Teachers may also choose to show an online video of the author reading the book.
- Ask students to raise their hand if they eat soup at home. Discuss different types of soup (vegetable, chicken noodle, minestrone, etc.). Have students vote for their favorite kind. Tell students they will be dissecting a bowl of soup to discover what ingredients are inside.
- Invite students to predict which ingredients they will find in the soup. Older students can also predict which ingredients will make up the largest portions.
- Distribute materials to each group of students. Students will pour their soup into the mesh strainer and allow the liquid to drain into the plastic bowl. Rinse the contents gently with water until only the solid ingredients remain. If using scales, have groups weigh and record the total mass of the solid ingredients.
- Using toothpicks and magnifying lenses, instruct students to separate the soup solids by ingredient (such as carrots, celery, potatoes, beans, pasta, or other vegetables). Depending on grade level, have students count and record the quantity of each ingredient or measure and record the mass of each ingredient.
- For older students, use proportional reasoning to convert the weights into percentages (or degrees) and create a pie chart representing the composition of the soup. Younger students can create a simple bar graph.
- Compare results as a class and discuss how different ingredients contribute to the soup's color, flavor, texture, and nutrition. Connect the discussion back to the farmers who grew the vegetables in the soup.

## Materials

- A can of vegetable soup (for each group)
- Can openers
- Mesh strainers
- Plastic bowl
- Paper plates
- Tooth picks or tweezers
- Magnifying lenses
- Optional: digital kitchen scale
- Optional: a copy of the *Who Grew My Soup?* handout at [LearnAboutAg.org/resources/bites](https://LearnAboutAg.org/resources/bites).



## Classroom Activities

- Use Ag in the Classroom fact sheets ([learnaboutag.org/resources/fact](https://LearnAboutAg.org/resources/fact)) to learn where and how one soup ingredient (such as carrots, potatoes, or beans) is grown. Locate where the crop is produced on a map and discuss the farmers who grow it.
- Sort ingredients by plant part (root, stem, leaf, seed). Discuss why different plant parts grow above or below the ground.
- Have students write or draw a short explanation titled "From the Farm to My Soup" describing how one ingredient gets from a farm to their bowl.
- Discuss how each ingredient helps the body (energy, strength, or staying healthy). Match ingredients to simple nutrition benefits.

## California Standards

### Grade 3

CC Math 3.MD.2, 3.MD.3

### Grade 4

CC Math 4.MD.1, 4.MD.4

### Grade 5

CC Math 5.NF.3, 5.MD.2

### Grade 6

CC Math 6.RP.3, 6.SP.4

### Grade 7

CC Math 7.RP.2