

## Read About the History of Growing Food

**OVERVIEW:** Before the Industrial Revolution, most people worked a farm or garden to grow their own food. Whatever period of history you are discussing in class, spend a few minutes talking about where people of that time got their food. Here are some great books to read about growing food throughout history.

**GRADES:** 1-5



### *First Garden*

#### *The White House Garden and How it Grew*

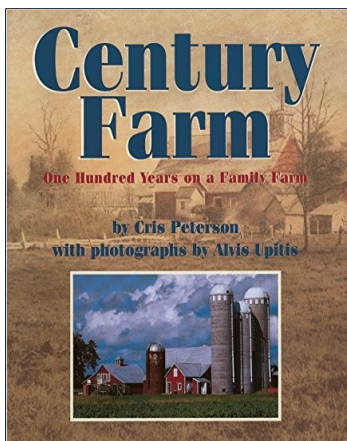
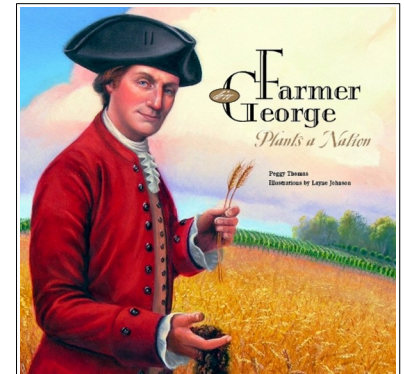
By Robbin Gourley

This book tells the story of the kitchen garden planted by Michelle Obama, but it also tells the history of gardens planted on the White House grounds since 1800, when John Adams was the first president to live there. The book includes garden recipes from White House chefs.

### *Farmer George Plants a Nation*

By Peggy Thomas

Like many people of his day, our first president was also a farmer. When he was 27 years old, Washington inherited Mount Vernon from his brother. Washington invented a plow to make planting easier. And when Washington discovered that years of planting the same crop had depleted the nutrients from his farm's soil, where did he turn – to manure! Your students will be delighted to learn that the father of our country spent a lot of time experimenting with animal droppings!



### *Century Farm*

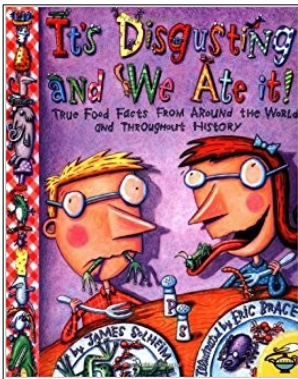
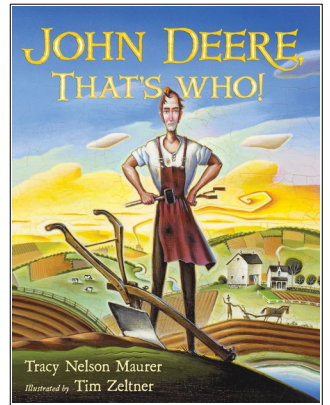
#### *One Hundred Years on a Family Farm*

By Cris Peterson

A century farm is a farm that has been worked continuously by the same family for at least one hundred years. The author lives on a century farm and shows through photos and stories how the farm has changed over the years. There are many century farms in New Jersey. After reading the book, invite a century farmer to talk to your students. They can interview the farmer and write a non-fiction story afterward.

*John Deere, That's Who!*  
By Tracy Nelson Maurer

Long before the tractor company that bears his name, John Deere invented plows that made it easier to dig through prairie soil. This book shows how Deere developed and tested his plows before he sold them to farmers. Read this book and ask students to research the work of other people who changed the way food is produced such as: Eli Whitney, Cyrus McCormick, Norman Borlaug, and Temple Grandin.



*It's Disgusting and We Ate It*  
By James Solheim

Students will be fascinated, and possibly disgusted, by this book that traces unusual food eaten throughout history and around the world. Insects, mice, rotten fish, flowers, robins, and muskrats all appear as delicacies in this book. After reading, students can research unusual food that is currently eaten in other countries or foods eaten in the United States that are not eaten elsewhere.

New Jersey Learning Standards

*Social Studies:* 1-2:6.1.2.Geo.HE.2, 4; 6.1.2.EconEM.1, 6.1.2.HistoryCC.3  
3-5:6.1.5.EconEM.1, 6.1.5.EconNM.3, 4, 6. 6.1.5.HistoryCC.3

*English Language Arts:* 1:RI.1.1-4,6      2:RI.2.1-7      3:RI.3.1-7      3:RI.3.1,2,4  
4:RI.4.1,2,4      5:RI.5.1,2,4