



Read & STEAM

How Did That Get In My Lunch Box?



Lesson Summary

Students will learn about the process of farm to table through the book *How Did That Get In My Lunchbox* and a “Farm in a Glove” experiment

Grade Level

K-5

Length of Lesson

45 minutes

Materials

- Each student will need
 - 1 clear plastic glove
 - 1 bean seed
 - 1 cantaloupe seed
 - 1 tomato seed
 - 1 wheat seed
 - 1 popcorn seed
 - 5-6 cotton balls
- Permanent markers to share
- Water
- Tape

Reading Guide

1. Introduce the story using these questions **(2 min)**
 - a. What are you going to eat for lunch today?
 - b. Where do you think those foods come from?
 - c. “Today we will read a story to learn about where our food comes from!”
2. Read *How Did That Get in my Lunchbox? - The Story of Food* by Chris Butterworth **(10 min)**
3. Reflect on the story with these questions **(3 min)**
 - a. What are three examples of products farmers grew or raised in the story?
 - b. If a farmer is growing a plant, what is the first step they have to take?
 - c. What do seeds need to grow into plants that provide food for us? (water, air, warmth, nutrients, light)
 - d. “Today, we will germinate seeds to make our own farm in a glove!”

Vocabulary

Farm: an area of land and its buildings used for growing crops and rearing animals.

Food Processing: the set of methods used to prepare, change, or preserve food after it is harvested or collected, to make it safe to eat, last longer, or taste better.

Additional Lesson Links

- Matrix Lessons
 - [Homegrown in Your State: Fruits and Vegetables](#)
 - [FoodMASTER: Meal Management](#)
 - [A Search for the Source](#)
- Other Resources
 - [Things You Should Know About Wisconsin Agriculture](#)

Standards

NALO:

T1.K-2.a

T2.K-2.a

T2.K-2.c

T2.3-5.e

T3.3-5.b

T5.k-2.a

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Farm in a Glove Activity

1. Begin Farm in a Glove activity (25 min)

- a. Have each student label the center of their glove with their name.
- b. Label each finger and thumb of the plastic glove with a different type of the provided seeds (bean, cantaloupe, tomato, wheat, and popcorn).
- c. Have each student dip five cotton balls in water and squeeze out the excess. For the bean seeds, use two cotton balls.
- d. Place 1-2 seeds of each type onto a cotton ball, and place it into the correct finger of the glove.
- e. Fold down the opening of the glove and secure it with tape.
- f. Hang the gloves on a bulletin board with fingers facing downward.
- g. Have students observe their seeds each day.
- h. After two weeks, have a final discussion about their observations and findings.

2. Review the activity with these questions (5 min)

- a. What is the first stage in the life cycle of a plant?
- b. What did we give our seeds to help them start to grow?
- c. What foods will these seeds help us grow?
- d. Final message: "Our food's journey usually starts on a farm where farmers grow and raise plants and animals. When the farmer is growing a plant, they usually start by planting a seed!"