

Where on Earth Did My Lunch Come From?



Set-up & Supplies:

- Pencil
- Paper
- Colored pencils, crayons or markers
- Lunch

Where did my lunch come from?

Did you know that no matter what you have packed for lunch, ultimately, everything you are eating food comes from dirt? All of our food, including animal products and processed foods, originates from the earth. We can trace our food back to its original form, and from there back to the soil. When we throw away our biodegradable materials to the landfill, we waste valuable nutrients that the soil needs to give new life. Through composting, we recycle our biodegradable materials and give them back to the soil. Compost feeds the billions of soil organisms that are essential in healthy soil. Healthy soil means healthy plants. Healthy plants mean healthy people and animals.

Activity:

Your challenge is to find a food in your lunch that did not come from dirt.

1. Make a list of everything you are having for lunch.
2. Take each food item on your list, and trace back to its origin from earth.

For example: Tuna Fish Sandwich

- Bread came from wheat grown in the dirt.
- Pickles are preserved cucumbers grown in the dirt.
- Lettuce is a vegetable grown in the dirt.
- Mayonnaise comes from eggs, that came from chickens, that ate grains grown in the dirt.

- Tuna living in the ocean eat smaller fish, that eat zooplankton, that eat phytoplankton, which needs nutrients from the decomposed bodies of dead plants and animals that accumulate on the ocean floor and are brought to the surface by currents.

Can you find anything that didn't come from dirt?

Challenge activity:

Create a story, using pictures of all the food and ingredients you ate in your lunch.

Using our tuna fish example from above:

1. You could draw wheat on a farm.
2. Then, you could draw the cucumbers and lettuce growing on the farm.
3. Then, show a farmer harvesting the cucumbers, pickling the cucumbers, and turning them into pickles.
4. Next, you could include a chicken coop with chickens, eggs and grains for the chickens to eat.
5. You can draw the ocean, with tuna, small fish, your small planktons and decomposers on the ocean floor.
6. Lastly, you could draw a fisherman going out to the ocean to catch the tuna for your sandwich.