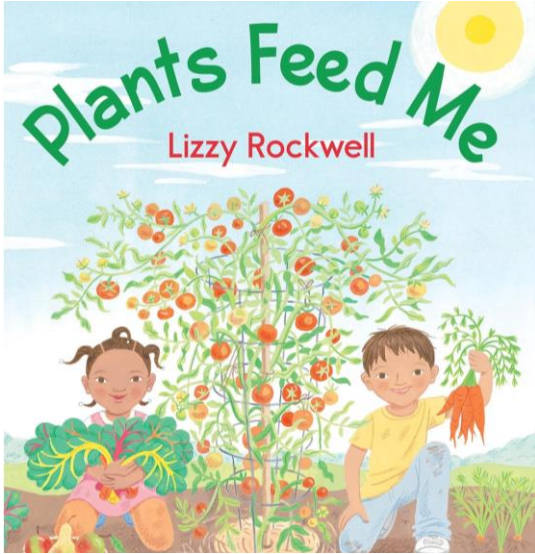


Discussion Guide for Families



Plants Feed Me

Author: Lizzy Rockwell

Illustrator: Lizzy Rockwell

Themes: Environment and Sustainability

Book Brief: *Plants Feed Me* introduces young readers to where their food comes from, focusing on the parts of plants we eat, such as leaves, roots, and seeds. Through bright illustrations and simple text, children learn about the journey of plants from seeds to the food we enjoy, encouraging an appreciation for fruits, vegetables, and grains.

READ ALOUD

Before Reading: Build Background

- Ask your child “Have you ever wondered where the food we eat comes from? What do you think grows in the ground that we can eat?”

While Reading: Make Connections

- What part of the plant do we eat when we have carrots or potatoes? How do you think it grows?
- What do you notice about the different types of plants in the book? Do you see any plants that give us food in more than one way?
- Why do you think the book shows pictures of children picking fruits and vegetables? How does this help us understand where our food comes from?

After Reading: Ask Questions

- What new things did you learn about how plants give us food, and what part of the plant do you think is the most interesting?

RELATED ACTIVITIES

If your child enjoyed this book, consider:

- Encourage them to talk about it during other conversations.
- Check out RIF’s [Sustainable Futures](#) center to learn more about sustainability with related books and resources.