

# Grow! Raise! Catch!

## How We Get Our Food

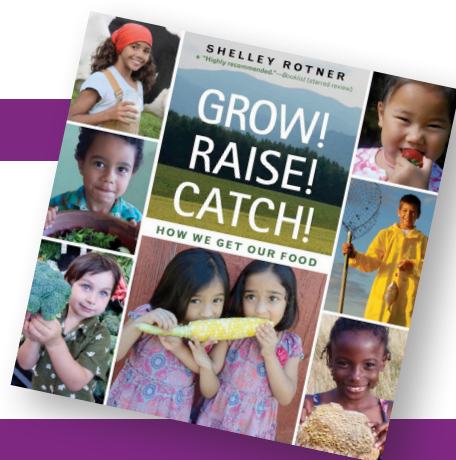
### A RIF GUIDE FOR EDUCATORS

**Themes:** Farming, Food Groups, Health, Nutrition, Sustainability

**Book Brief:** A lively look at where our food comes from, and the hardworking people who produce it.

**Author:**  
Shelley Rotner

**Photographs:**  
Shelley Rotner



### TIME TO READ!

**The Cover:** Look at the cover of the book with students and ask, “What do you see on the cover of this book? What do you think each child is holding?” Discuss student responses and keep them in mind for the picture walk.

**Prior Knowledge:** Ask students, “How do you get your favorite food?” (Optional: Pair-Share)

**Vocabulary:** This story will introduce vocabulary relating to gardening. Use Picture Cards: *grow, gather, fruit, vegetable, air, harvest, farmer, soil/dirt, seeds, plant, ripe, spring, buds/sprout, farm, compost, garden.* Ask

students if they know of words in their home language(s) that mean the same thing as these words.

**Purpose for Reading:**  
“As we read, think about what the author wants to teach us about different people who help us get our food.”

### WHILE WE READ

#### AS YOU READ, PAUSE AND ASK...

*Throughout the story, pause and ask...*

- **Level 1:** “Where is the \_\_\_\_ (fruit, vegetable, fish)? Point to it.”
- **Level 2:** “What type of food is on this page?”
- **Level 3:** “How do people get this type of food?”
- **Level 4:** “What do you think would happen if we did not have farmers and fishers?”

### LET’S THINK ABOUT

**Our Purpose:** Say, “In this book we saw lots of different types of foods and the people who help get these foods to our tables. There were some things about the farms that were the same and some things that were different. Every farmer and fisher helps us to get the food we need to be healthy.”

**Extending Our Thinking:** In this book we learned about many kinds of farms and farmers. Explain how a vegetable farmer is different than a citrus farmer.

#### BOOK ACTIVITY: Farmer’s Market Dramatic Play

Materials: market stand, cash register, play food, baskets or reusable bags, gardening tools, gardening gloves and straw hat

Students can pretend to harvest crops, gather eggs, milk a cow and sell these fresh products in a dramatic play Farmer’s Market. Display brightly colored signs with fruits and vegetables alongside prices. This center allows students to develop their math skills alongside literacy skills. Count how many eggs makes a dozen and sort fruits and vegetables by size, shape, or color.

