

Grow! Raise! Catch!

How We Get Our Food

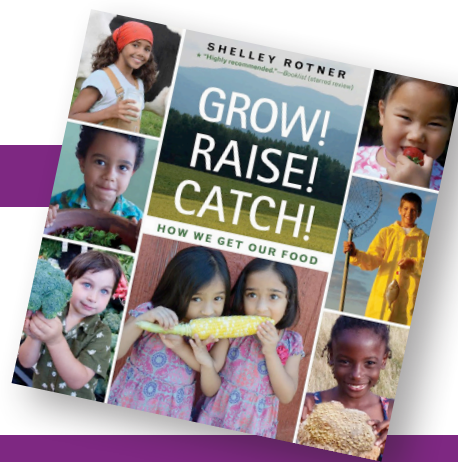
A RIF GUIDE FOR FAMILIES

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.

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Shelley Rotner



TIME TO READ!



Before: Read the title of the story and look at the cover. Ask your child what they think will happen in the story.

During: As you read, ask, “Think about your favorite food, where does it come from?”

After, ask questions:

- Name a type of fruit.
- Describe how a potato farmer knows it is time to harvest.
- Think about your favorite food. Did you see it in this book? Where does it come from?

INTENTIONAL TALK

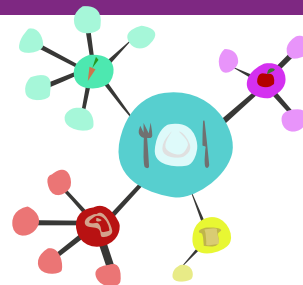
As your child develops **Print Awareness**, they learn how books are put together, and how print “works.” They learn what letters are, how letters make up words, and the difference between text and pictures in a book. As you read, show your child where the text in the book is and have them

point to the pictures. In this book, the pictures are photos rather than illustrations. Compare this book to a book with illustrations and talk about what you notice. Why do you think the author chose to use photos for this book?

RELATED ACTIVITIES

Food Map

Start by describing food groups to your child (vegetables, fruits, grains, protein, and dairy). Find foods around the house that fit each group. Draw a large circle or mind map with each food group in its section. Clearly label each food item with its group and maybe even a fun fact about it from the book. Add cultural or personal touches inspired by the book’s themes to make it unique! Look at your food map. Do you eat more from one group than another?



ADDITIONAL RESOURCES



OTHER BOOKS BY SHELLEY ROTNER

- **Love Is a Big Feeling (2025)**
- **Finding Home: Words from Kids Seeking Sanctuary (2024)**
- **Colors (2023)**