



Where Does It Come From?

During play or mealtimes, ask children where their foods might have come from. Children may initially respond by saying that food comes from the store.

You can follow-up by asking how they think the store got the food (e.g., growing on trees, from the ocean, made in a bakery) or how it was prepared. Discuss the roles of the people who work to grow, make, deliver, and sell the food.

Model and Narrate Healthy Food Choices

“You are really thinking about where corn might come from. Do you think corn would grow on a farm or in the ocean?”

“We talked about mangos today and how they grow on trees. Who has ever eaten a mango? How did it taste?”