

Preschool - Year 2

Learning Intentions:

- Students learn about food systems – how foods get from the farm to the plate
- Students learn about foods from different cultures.
- Students learn about food variety and the types of food that can be brought to school.

Activity:

1. Read one book from the collection each day during National Lunchbox Week. If you are unable to access the recommended titles, you can view readings via the links provided.
2. Use the reflection questions to help generate a positive discussion about the foods portrayed in each story.

You will need:

- 5 x story books from the list provided OR
- Access to internet to view the book readings.



Aim

By the end of the week, the class will have read five different books that convey positive food messaging at lunchtime.

1

How Did That Get in My Lunchbox?

The Story of Food

By Chris Butterworth

Published by Candlewick Press, 2011



Read Along Link:

[How Did That Get In My Lunch Box?](#)

[The story of food | Read Aloud](#)



Discussion Questions:

1. What do you think the book will be about?
2. Pause on the lunchbox page and ask – Where do you think the food on the page comes from?
3. Have you visited a farm that grows any of these foods? Is there a farm that you would like to visit? Why?
4. Do you grow any of the fruits or vegetables at home?
5. Was there anything that surprised you in the book about how a food was grown or made?
6. If you were to pack your lunchbox, what would you pack yourself and why?

My Food, Your Food

By Lisa Bullard

Published by Lerner Publishing Group, 2015



Read Along Link:

[My Food, Your Food | Read Aloud](#)



Discussion Questions:

1. What parts of the world does your family come from?
2. Do you like to eat any special foods from those places?
3. What foods did you recognise in the book?
4. What foods were similar and what foods were different between the different cultures shown in the story?
5. Were there some foods in the book that you haven't tried before? Would you like to try them? Why?
6. What sorts of foods from your culture do you/could you put in your lunchbox?

3

Pete the Cat – Pete's Big Lunch

By James Dean

Published by Turtleback Books 2013



Read Along Link:

[Pete the Cat Pete's Big Lunch | Read Aloud](#)



Discussion Questions:

1. What did Pete make for his lunch?
2. What foods would you like to add to your sandwich?
3. What foods do you like to eat with your friends?
4. Do you think you would like some of Pete's sandwich?

Which Food Will You Choose?

4

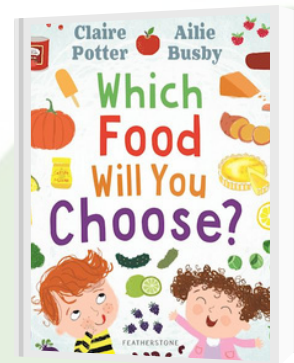
By Claire Potter

Published by Bloomsbury, 2021



Read Along Link:

[Which Food Will You Choose | Read-Aloud](#)



Discussion Questions:

1. What were the different coloured foods mentioned in the story?
2. What foods would you pick from the story that you could put in your lunchbox?
3. Can you think of any other foods that can be added to each of the coloured pages?

The Very Hungry Caterpillar Eats Lunch

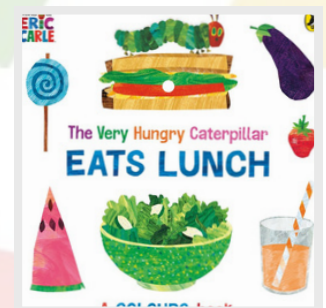
By Eric Carle

Published by Penguin Random House, 2023



Read Along Link:

[The Very Hungry Caterpillar Eats Lunch | Read-Aloud](#)



Discussion Questions:

1. What colours did the the very hungry caterpillar eat in the story?
2. What other colours could the very hungry caterpillar have eaten for lunch?
3. In your own rainbow coloured lunch, what colours would there be?

Our Lunchbox Week Journey

Class: _____

Adventure: _____



Plan your pit stops. Tick the coloured circles after completing each pit stop to reach the finish line.

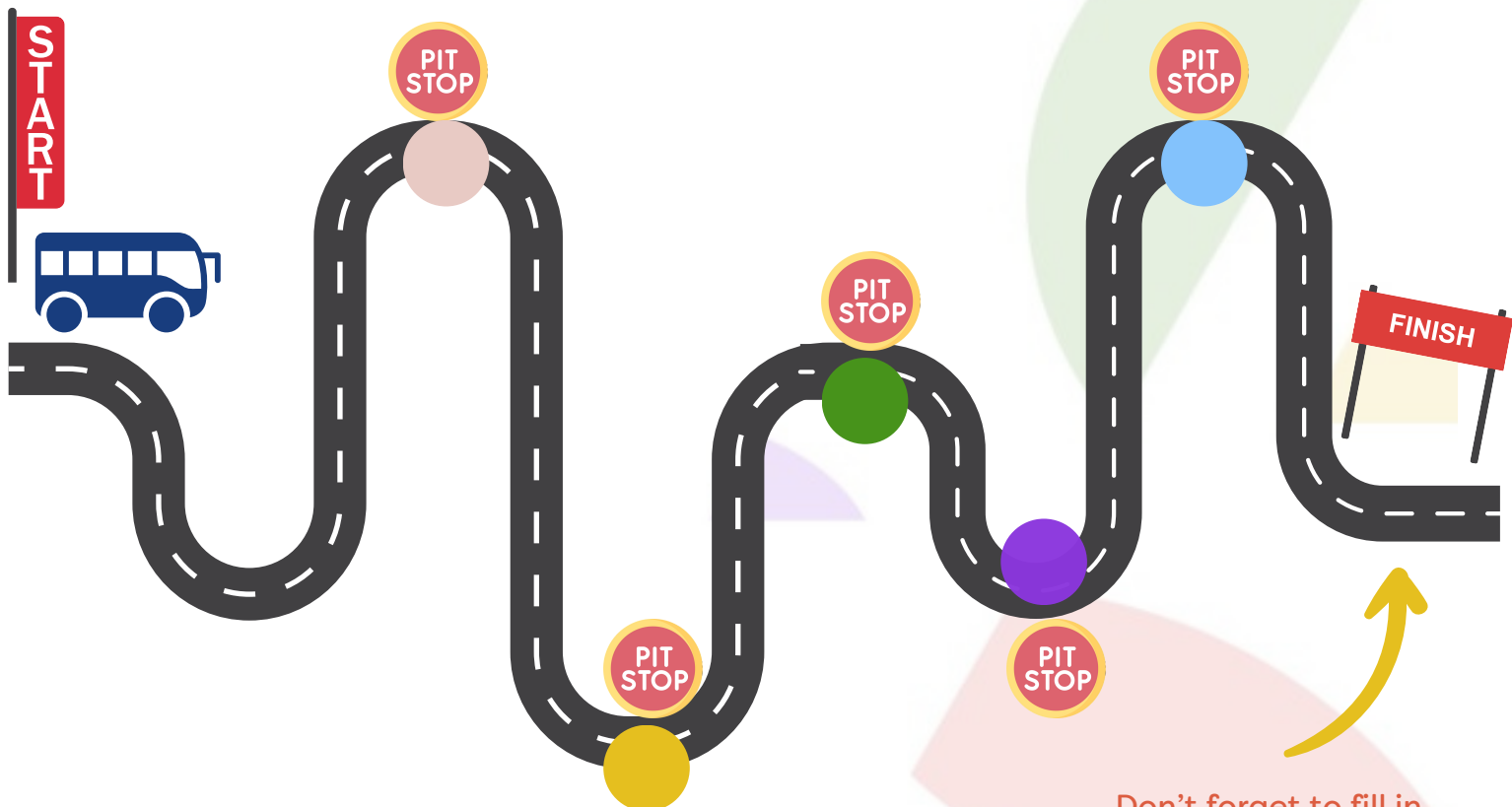
Monday

Tuesday

Wednesday

Thursday

Friday



Don't forget to fill in
your class certificate!

Class Certificate

CONGRATULATIONS

Class: _____

For completing Lunchbox Week
Reading Adventure

