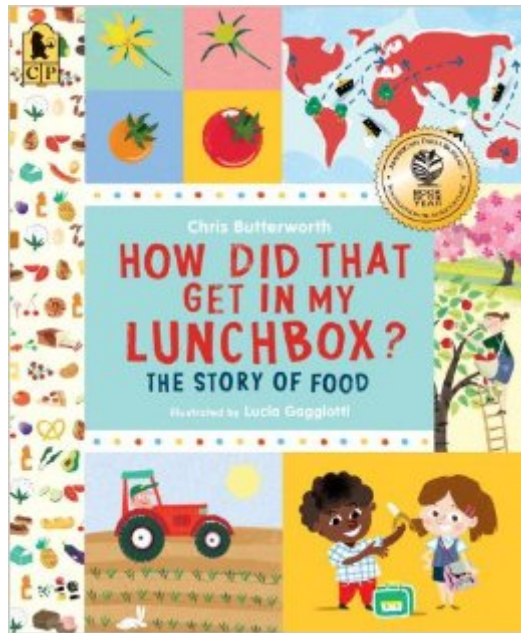


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# How Did That Get In My Lunchbox?: The Story Of Food



## Synopsis

"Equally informative and appetite-whetting." — The Horn Book One of the best parts of a young child's day is opening a lunchbox and diving in. But how did that delicious food get there? From planting wheat to mixing dough, climbing trees to machine-squeezing fruit, picking cocoa pods to stirring a vat of melted bliss, here is a clear, engaging look at the steps involved in producing some common foods. Health tips and a peek at basic food groups complete the menu.

## Book Information

Lexile Measure: 870L (What's this?)

Paperback: 32 pages

Publisher: Candlewick; Reprint edition (February 12, 2013)

Language: English

ISBN-10: 0763665037

ISBN-13: 978-0763665036

Product Dimensions: 8.5 x 0.2 x 10.2 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars — See all reviews (13 customer reviews)

Best Sellers Rank: #106,621 in Books (See Top 100 in Books) #44 in Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition #55 in Books > Children's Books > Science, Nature & How It Works > How Things Work #99 in Books > Children's Books > Children's Cookbooks

Age Range: 5 - 8 years

Grade Level: Kindergarten - 3

## Customer Reviews

This book has really cute pictures and my kids love it. I do think this book depends a little too much on the factory version of food rather than a more organic/homegrown understanding of food...but that is ok, after all the book is titled "How did that get in my lunchbox?"

Foods included: Bread (loaves, flour), cheese, apple-juice (apples), tomatoes, chocolate chip, carrots, clementine (oranges). It's a good general format for me to follow when the kiddo then asks me about any other food item... or retail item really. I thought it's a little redundant for them to have both the apple juice and clementine (almost identical process for apples and oranges), while skip out any meat or fish products altogether except cheese. I suppose the author intentionally

wanna avoid having to deal with topics of animal-slaughter, killing moving creatures etc, and not wanna insult any vegetarian or vegan customers. For me, it would have been nice to have that included though - hence the 4 stars instead of 5. Appreciate their choice of thick paper that's somewhat spill-guarded. Not sure if it would withstand a heavy liquid spill, but as my kid reads it next to his pasta plate ... i at least have the option of wiping it clean with a damp cloth :-)

As a health coach I have taught classes for preschoolers to introduce them to health as well as teaching parents how to lead by example and also teaching them how to teach their own families about health. Good books are critical to success of both of those endeavors! So, as you can imagine, I own quite a few books on food and health, both for kids and for adults. While this book isn't the most focused on health, I have found that kids tend to be VERY curious about where things come from (and my two boys I can speak for specifically as VERY VERY curious!). To that end, this book is excellent because it addresses where all the foods in a lunch box come from. The stories about healthy foods can be powerful tools to get kids interested in those healthy foods! This book does miss the mark slightly by repeating produce and avoiding meat entirely. Since we don't eat much meat in my family this didn't bother me much. But on the other hand I also talk about where food comes from (and, when an animal, I talk about how the animal used to be alive), so it would have been beneficial for this to be addressed. I understand it is tricky, especially since so much meat comes from abysmal circumstances in the USA, and you don't necessarily want to terrify your children... well, anyway, you get the idea. It's simply skipped this book, for better or worse. None the less, I recommend this book for piquing kids interest in food and food politics.

This is a great book for kids to learn the basics of where their food comes from! This a thick paperback book with above average quality pages and vibrant colors and illustrations. My kids and I will enjoy using this as a supplemental resource in our homeschool studies this year! Great for about Pre-K to 3rd grade ages in my opinion :)

This is a great book! Much of the content has been covered with our kindergartner on various occasions but pulling it altogether for this read was perfect. My daughter enjoyed the book although she doesn't ask for it much; thus the 4 STAR only rating.

This book was received quite well. It opened a whole conversation of those foods that are good for growing bodies. Unfortunately our 6 year old granddaughter's class has a short lunch period and the

class is not allowed to talk! It's strictly eating business. So it's nice to talk about the book at home. I might suggest that the book be taken to school for the teacher to read to the class!

I love reading this book to young students because the colorful illustrations help tell the story of how our food comes from the farm.

I love this book! Explains where foods that might be found in a lunchbox come from. My sons are picky eaters and this helped a little to get them to want to explore other foods.

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