



Reading adventure



(Preschool-Year 2)

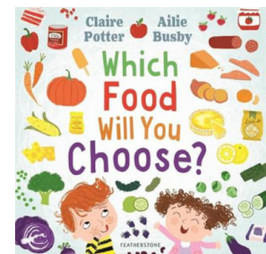
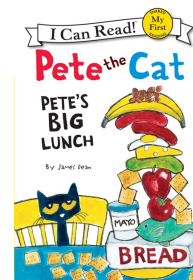
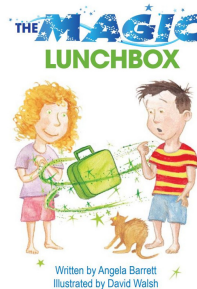
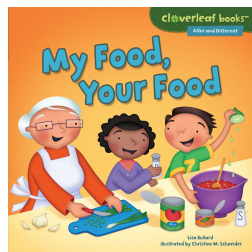
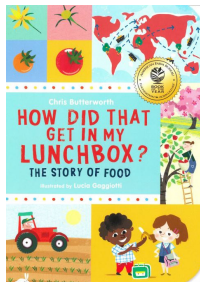
By the end of Healthy Lunchbox Week, the class will have read five stories that convey positive food messaging.

Learning objectives:

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

You will need:

- Five stories with healthy food messages within. See recommended list. OR
- Access to YouTube to watch the book readings.



Activity:

Select one book to read to the class each day during Healthy Lunchbox Week. If you are unable to access the recommended titles, there are some options to view a reading of each story on YouTube.

Use the reflection questions to help generate positive discussion about the foods portrayed in each story.



Book 1

How Did That Get In My Lunchbox?

By Chris Butterworth

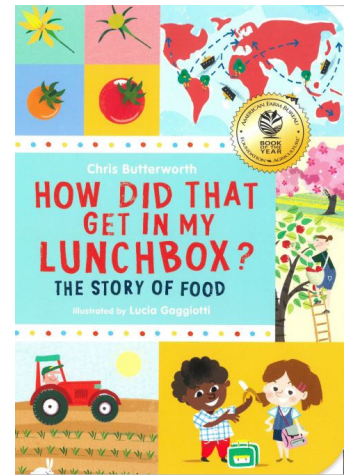
Published by Candlewick Press, 2011

Read-along Link:

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

Discussion questions:

1. Where did the food in the lunchbox come from?
2. Have you been to a farm before?
3. Is there a farm that you would like to visit?
4. Do you grow any fruits or vegetables at home?
5. What are some foods in your lunchbox, not shown in the book?
6. Do you know where some of the food in your lunchbox comes from?
7. Was there anything that surprised you about how a food was grown or made?
8. If you were to pack your lunchbox what would you pack yourself and why?



Book 2

My Food, Your Food

By Lisa Bullard

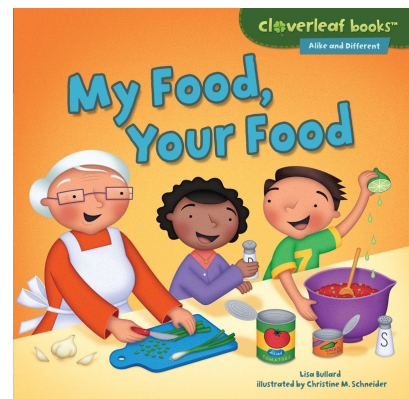
Published by Lerner Publishing Group, 2015

Read-along link:

[My Food, Your Food - YouTube](#)

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 food did you recognise in the book?
4. What foods do you like to eat in your own homes?
5. Were there some foods in the story that you haven't tried before?
6. Which foods would you like to try?
7. What sorts of food from the story could you put in your lunchbox?



Book 3

The Magic Lunchbox

By Angela Barrett

Published by Central Coast Health Promotion

Downloadable Book:

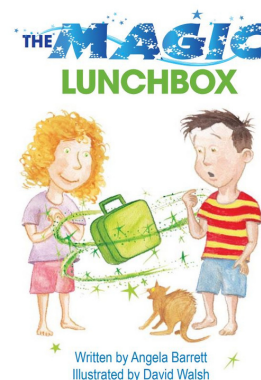
[Free e-book available from healthpromotion.com.au](http://healthpromotion.com.au)

Read-Along link:

[The Magic Lunchbox - YouTube](#)

Discussion questions:

1. What sort of foods stayed in the magic lunchbox and what foods were kicked out?
2. Why do you think some foods stayed in the magic lunchbox and some didn't?
3. What are some foods you could put in your magic lunchbox that won't get kicked out?



Book 4

Pete the Cat - Pete's Big Lunch

By James Dean

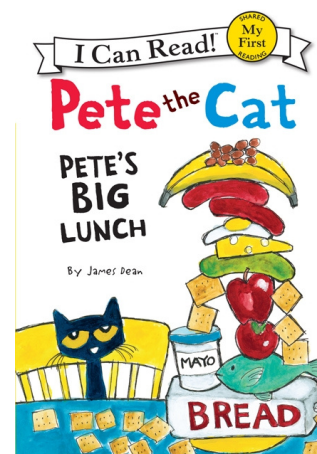
Published by Turtleback Books 2013

Read-Along link:

[Pete the Cat - Pete's Big Lunch - Youtube](#)

Discussion questions:

1. What did Pete make for his lunch?
2. What fillings do you like in your sandwiches?
3. What foods do you like to eat with your friends?
4. Would you like some of Pete's sandwich?



Book 5

Which Food Will You Choose?

By Claire Potter

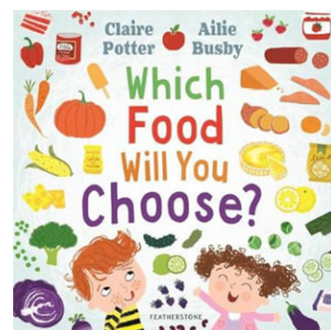
Published by Bloomsbury, 2021

Read-Along link:

[Which Food Will You Choose? - YouTube](#)

Discussion questions:

1. What coloured foods were mentioned in the story?
2. Why do you think we should eat foods from different colours of the rainbow?
3. What 3 foods would you pick from the book to put in your lunchbox?
4. Can you think of any other foods that can be added to each of the coloured pages?



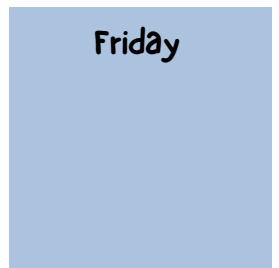
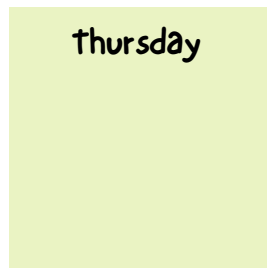
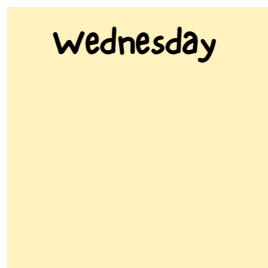
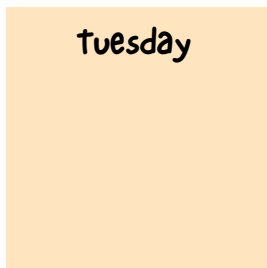
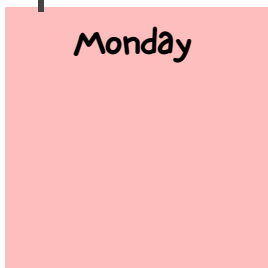
Our Healthy Lunchbox Week Journey



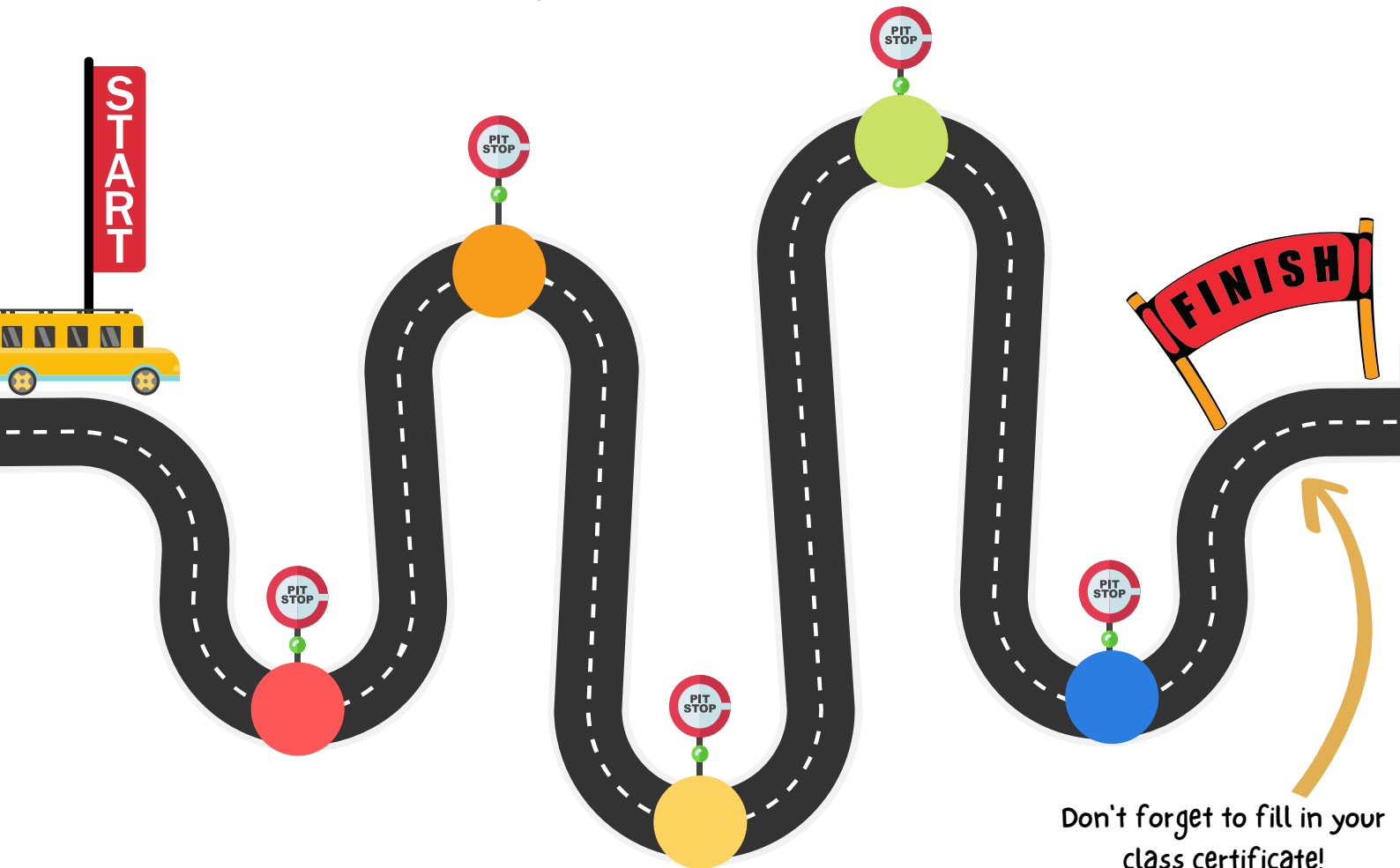
Class: _____

Adventure: Reading adventure

 Plan your pit stops.



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



Don't forget to fill in your class certificate!



CONGRATULATIONS

Class: _____

For completing the Healthy Lunchbox Week
Reading Adventure

