

Africa and Rice Project

Intro Activity: Where does your food come from?

1. What did you eat for breakfast this morning? What did you eat for dinner last night?

2. Make a list of the ingredients. (For example, a cheeseburger contains: ground beef, cheese, lettuce, tomato, onion, ketchup and bread. The bread is made of wheat flour, water, salt and yeast.)

3. Where does the food come from? (Trace the food back as far as you can. For example: cereal comes from the grocery store. Before that, it was made in a factory. Before that, it was flour. Flour comes from wheat. Wheat is a plant.)

4. When you trace your foods back as far as you can, what is at the “root”?