



**“This is the orange
that grew on a tree...”**

In the One Hen story, the food in the market that Kojo and his mother frequent comes from nearby farms and communities. It is entirely possible that everything for sale in the market depicted on page 10 was grown, raised or made within walking distance.

Either as a homework assignment or through a class trip to a local supermarket, ask students to make notes on where the food they eat comes from. Students should include examples from all the major food groups: dairy; fruits and vegetables; protein such as meat, fish or legumes; carbohydrates such as pasta or grains.

Once all of the information has been gathered, ask your students to discuss the advantages and disadvantages of eating food that has been grown locally versus food that has traveled a long distance to get to the supermarket. For example, locally grown food might arrive at the store fresher, but shipping food from other places allows stores to carry more variety throughout the year.

Ask students to choose one food item from their list, and map the route it has taken from its origin to the store. It could be done using the same technique found in One Hen, as in this example: “This is the orange that grew on a tree in Florida. This is the worker who picked the orange and packed it into a crate. This is the truck that carried the crate. This is the highway that carried the truck...” and so on. This exercise will be shorter or longer depending upon the distance the food has traveled and the amount of processing and packaging it has undergone.



**Pre
Reading**